

Recommended Protocol for Vitamin B12 Testing in Bhutanese Refugees

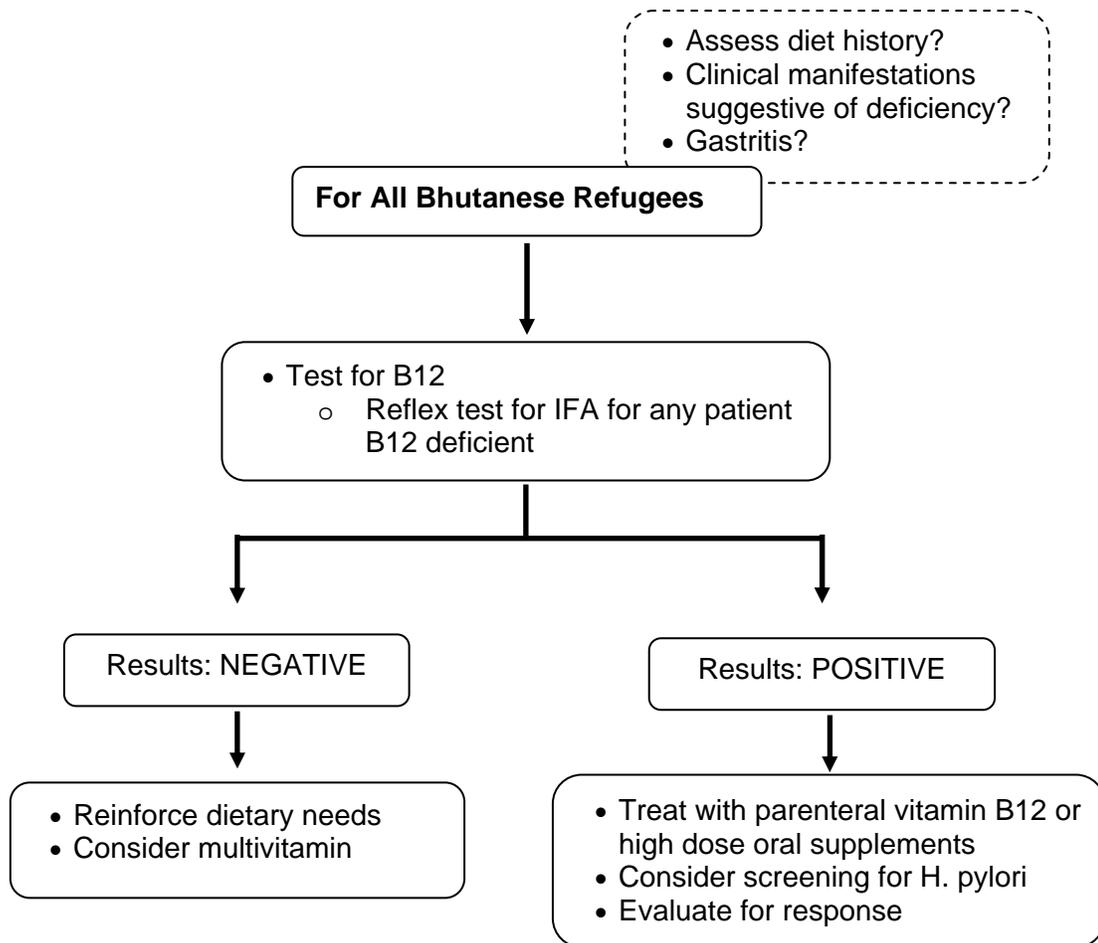
The Minnesota Department of Health recommends B12 testing for **all** Bhutanese refugees.

Note: This recommendation differs slightly from CDC recommendations (see MMWR, reference below).

MDH recommends B12 testing for all Bhutanese refugees due to these important factors:

- High pretest probability of B12 deficiency in Bhutanese
- Promote consistency in screening practice at the provider level
- Vegetarian diet has not been found to be a clear indicator of B12 deficiency.

MDH Recommended Protocol



CDC recommendations published in MMWR on March 25, 2011:

Centers for Disease Control and Prevention. Vitamin B12 Deficiency in Resettled Bhutanese Refugees - United States, 2008–2011. *MMWR* 2011;60:343-46.

Additional information:

Why Vitamin B12 Deficiency Should Be on Your Radar Screen: A Continuing Education Update

www.cdc.gov/ncbddd/b12/documents/B12-030910.pdf



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