

CARES is reaching out to you regarding metformin. Information over the past few years suggests that metformin can slowly contribute to a vitamin b12 deficiency and nerve damage similar to the more common diabetic neuropathy. Oral B12 may not always prevent this. For this reason, we recommend anyone experiencing numbness or burning of the legs receive either B12 testing, or simply a yearly shot of B12. Those not experiencing symptoms may choose to simply wait until their next doctor visit and ask for either testing or a B12 shot. If you are experiencing symptoms and have not been tested or had a yearly shot, please see the doctor of your choice or call our office for an appointment.

Metformin remains the best first line oral drug for diabetes for most people and this is not a reason to stop taking it.

Also, to make it easier for us to reach you for this type of information in the future, be sure you are registered in our [patient portal](#). You may request registration by calling 256 741-1339 or [e-mail](#). Your full name and birthdate will be necessary for proper identification.

We hope you appreciate the extra effort CARES takes to ensure your high quality medical care.

Rodney Snead, MD