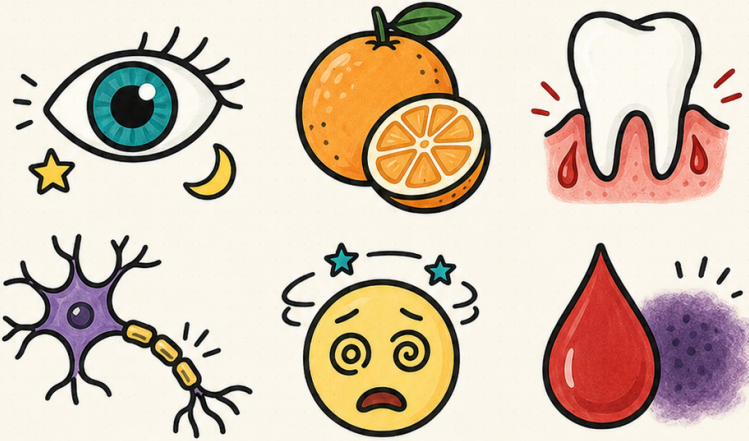
VITAMIN DEFICIENCY BUZZWORDS

the fastest clues

USMLE high yield



THE FASTEST CLUES

clue → answer

1	Night blindness + dry skin	→	Vitamin A
2	Dermatitis + diarrhea + dementia	→	Niacin (B3)
3	Bleeding gums + corkscrew hairs	→	Vitamin C
4	Macrocytic anemia + neuropathy	→	Vitamin B12
5	Confusion + ophthalmoplegia + ataxia	→	Thiamine (B1)
6	Bleeding + prolonged PT	→	Vitamin K

DON'T MIX THESE UP

the classic traps

MACROCYTIC ANEMIA

neuropathy	no neuro findings
↓	↓
Vitamin B12	Folate

BLEEDING CLUES

bleeding gums + corkscrew hairs	bleeding + prolonged PT
↓	↓
Vitamin C	Vitamin K

NEURO CLUES

confusion + ophthalmoplegia + ataxia	ataxia + loss of vibration sense
↓	↓
Thiamine	Vitamin E

PEARL: neuro findings in macrocytic anemia point to B12, not folate

WHERE YOU SEE THEM

the common setups

1	Alcohol use disorder	→	Thiamine (B1)
2	Vegan diet or pernicious anemia	→	Vitamin B12
3	Steatorrhea or cholestasis	→	A, D, E, K
4	Warfarin, newborn, or antibiotics	→	Vitamin K
5	Poor diet with no fruits	→	Vitamin C

PEARL: malabsorption points to the fat-soluble vitamins A, D, E, and K

LAST-MINUTE RULES

what to do on test day

macrocytic anemia + neuropathy
→ think Vitamin B12, not folate alone

confusion + ophthalmoplegia + ataxia
→ thiamine before glucose

steatorrhea or cholestasis
→ think A, D, E, K deficiency

bleeding + prolonged PT
→ think Vitamin K

PEARL: B12 = brain, thiamine = before glucose

→

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high yield USMLE cheat sheets, every week

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