

Primary biliary
cholangitis

explained

(PBC for short)

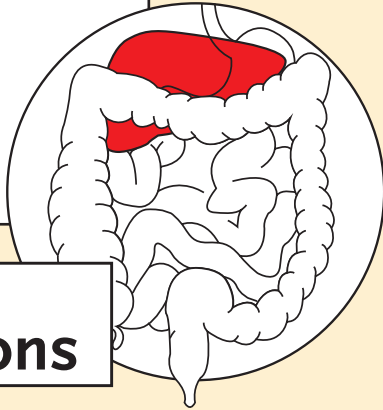


Informed with
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Primary biliary cholangitis (PBC for short)

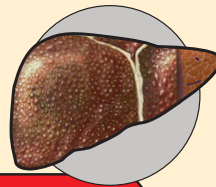
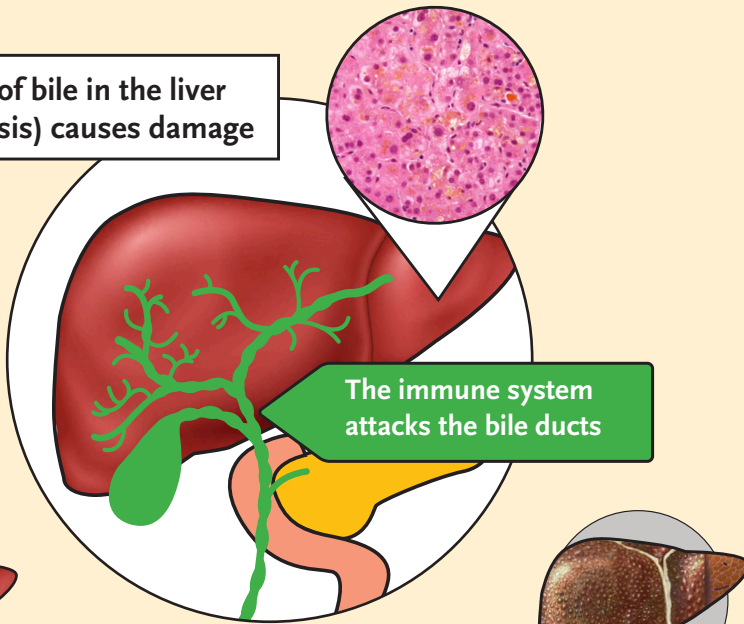
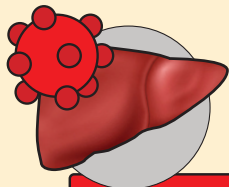
An autoimmune condition that affects the liver



The liver has over **500 functions**

Build-up of bile in the liver (cholestasis) causes damage

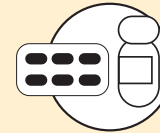
The immune system attacks the bile ducts



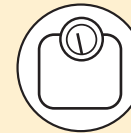
Your treatment has two main goals:

1

Treating your condition



Take UDCA everyday



Know how much you weigh



Know your LFT results



Use the PBC Foundation app

2

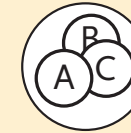
Managing your symptoms



Follow advice to relieve itching



Keep active



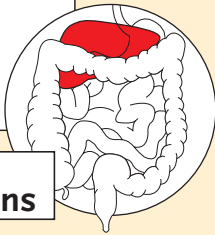
Take vitamins



Talk things through

Primary biliary cholangitis (PBC for short)

An autoimmune condition that affects the liver

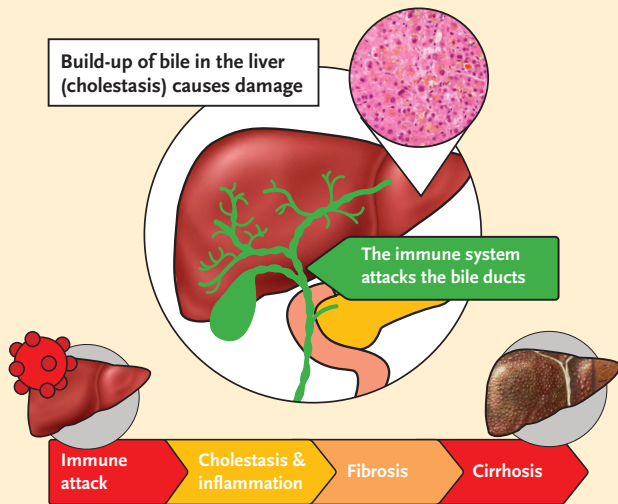


The liver has over **500 functions**

- The liver is one of the largest organs in the body, located just under your rib cage on the right-hand side¹
- Like a chemical processing factory, the liver performs over 500 functions including making proteins, removing toxins from your blood and secreting bile^{1,2}

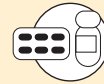
Build-up of bile in the liver (cholestasis) causes damage

The immune system attacks the bile ducts



- Bile is a digestive juice that flows from your liver and gallbladder into your gut to help you digest fats and other waste products³
- In PBC, the immune system attacks the bile ducts inside the liver, causing inflammation called cholangitis⁴
- Damage to these bile ducts stops bile from flowing normally out of the liver (cholestasis)^{4,5}
- Over time, the build-up of bile in the liver can lead to fibrosis, then cirrhosis^{4,5}

Your treatment has two main goals:



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Talk things through

1

Treating your condition

- Ursodeoxycholic acid (or UDCA) is the first-line treatment to help slow liver damage⁵
- Most people with PBC take UDCA for life – we'll assess how well you respond to it after you've taken it for a full year⁵
- Your dose of UDCA is personalised to your weight (13-15 mg per kilo), so keeping track of your weight helps make sure you're on the dose that's right for you^{4,6}
- Regular blood tests called liver function tests (or LFTs) can tell us useful information about how you're doing⁷
- You can use the PBC Foundation app to keep track of your test results over time

2

Managing your symptoms

- If you experience itchiness (pruritus), targeted medicines, cool showers and moisturisers can provide some relief^{5,8}
- Weight-bearing exercise like walking can help keep your bones strong and prevent osteoporosis⁴
- People with PBC may have trouble absorbing fats, so taking supplements can help make sure you don't miss out on fat-soluble vitamins^{4,5}
- If you find yourself struggling with fatigue, you're not alone – try connecting with other people with PBC through an organisation like the PBC Foundation⁵

References

Primary biliary cholangitis (PBC)

1. Baggaley A (ed.) Human body. London: Dorling Kindersley Limited; 2001.
2. Johns Hopkins Medicines. Liver: Anatomy and Functions. Johns Hopkins University.
3. National Institute of Diabetes and Digestive and Kidney Diseases. Your Digestive System & How it Works, 2017. Available at: <https://www.niddk.nih.gov/>
4. Hirschfield GM *et al.* Gut 2018; 67(9): 1568-94.
5. EASL. J Hepatol 2017; 67(1): 145-72.
6. Carey EJ *et al.* Lancet 2015; 386(10003): 1565-75.
7. Caldwell H. Br J Primary Care Nurs 2012; 9 (Suppl.): 26-9.
8. Carrion AF *et al.* Clin Liver Dis 2018; 22(3): 517-32.

Abbreviations

LFT: liver function test

PBC: primary biliary cholangitis

UDCA: ursodeoxycholic acid

Useful links:

www.drpharma.co.uk

www.pbcfoundation.org.uk

Adverse events should be reported. Reporting forms and information in Ireland can be found at www.hpra.ie and in the UK at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at PV@drpharma.co.uk

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