DIAGNOSIS

REQUIRES 2 OF 3 FEATURES

- **Elevated Alkaline Phosphatase (ALP)**
- **Anti-mitocondrial Antibody (AMA) ⊕**
- **Compatible Liver Biopsy**

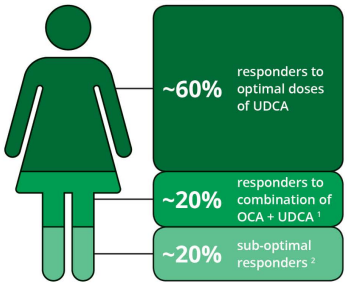
Primary Biliary Cholangitis (PBC) is a global autoimmune liver disease predominantly afflicting women of all races and ethnicities. **Early diagnosis is key to success with current therapies.**

PBC afflicts ~10 females for every 1 male.
PBC does not normally occur in childhood.

TREATMENT

UDCA Ursodeoxycholic Acid

OCA Obeticholic Acid



[1] OCA monotherapy is an option for patients unable to tolerate UDCA. [2] New therapies are in clinical trials.

ABOUT PBCers

We are an organization that supports Primary Biliary Cholangitis patients throughout their journey. One of the main reasons we emphasize education and support is to bolster doctor-patient relationships because a knowledgeable and supported patient is a compliant and empowered patient.

We offer education and support to Primary Biliary Cholangitis patients, family members and friends, and we raise funds to help research the cause(s) and discover a cure for PBC.

CONTACT US

(346) 302-1620 **pbcers@pbcers.org**

JOIN TODAY

PBCers EXISTS SO THAT NO ONE FEELS ALONE WITH PBC

- **Join our PBC email daily digest**
- **Share your story with fellow PBCers**
- **Attend a PBC conference or local meeting**
- **Follow us on Facebook and Twitter**

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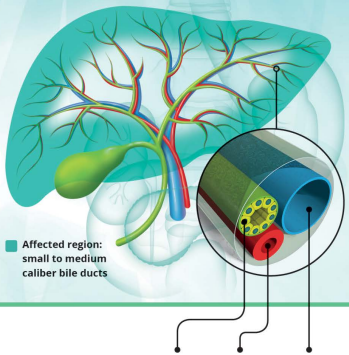
THE PBCers GUIDE TO PRIMARY BILIARY CHOLANGITIS (PBC)

PBCers Organization

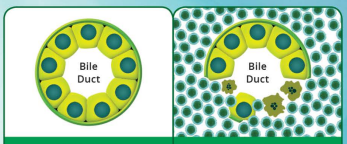
WHAT IS PBC?

Primary Biliary Cholangitis is an autoimmune liver disease caused by an immune attack against the cells lining the small to medium caliber bile ducts.

Like all autoimmune diseases, patients with PBC are prone to having other autoimmune diseases, such as Raynaud's, hypothyroidism, Sjögren's syndrome, scleroderma, arthritis, and celiac sprue.



PATHOLOGY OF PBC



PBC used to stand for "Primary Biliary Cirrhosis," but the word "cirrhosis" was problematic because it 1) carried negative connotations that inappropriately stigmatized patients, 2) was an inaccurate term for the majority of patients with PBC who do not progress to cirrhosis, and 3) did not communicate the ability of current therapies to prevent progression to cirrhosis.

The acronym PBC now stands for PRIMARY BILIARY CHOLANGITIS

COURSE OF UNTREATED PBC

SILENT PRECLINICAL

↓

ASYMPTOMATIC

↓

SYMPTOMATIC

↓

ADVANCED

↓

LIVER TRANSPLANT

- Destruction of Bile Ducts
- Progressive Cholestasis → Bile Acid Toxicity
- Progressive Biliary Fibrosis ↓ Biliary Cirrhosis → Decreasing Hepatic Function

SYMPTOMS

FATIGUE

Often the first symptom that patients notice, prompting them to visit a doctor.

ITCHING

Often starts with the hands and feet but can be generalized and unrelenting.

SYMPTOMS OF CONCURRENT AUTOIMMUNE DISEASES

- Dry eyes
- Dry mouth
- Dyspepsia
- Reflux
- Darkening of skin
- Fatty bowel movements
- Abdominal pain
- Arthritic pain

	SILENT PRECLINICAL	ASYMPTOMATIC	SYMPTOMATIC	ADVANCED	LIVER TRANSPLANT
PBC AUTOIMMUNITY AMA + ≥ 95% ANA ±, SMA ±	•	•	•	•	•
CONCURRENT AUTOIMMUNE DISEASES	•	•	•	•	•
PBC RELATED SYMPTOMS Fatigue, Itching			•	•	•
COMPLICATIONS High Cholesterol Osteoporosis	•	•	•	•	•
Advanced Disease Vitamin A,D,E,K Deficiency; Fat Malabsorption				•	•