**DIAGNOSIS REQUIRES 2 OF 3 FEATURES**

- Elevated Alkaline Phosphatase (ALP)
- Anti-mitochondrial 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.**

**TREATMENT**

- UDCA: Ursodeoxycholic Acid
- OCA: Obeticholic Acid

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Response Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>UDCA</td>
<td>~60% responders to optimal doses of UDCA</td>
</tr>
<tr>
<td>Combination of OCA + UDCA</td>
<td>~20% responders</td>
</tr>
<tr>
<td>OCA</td>
<td>~20% sub-optimal responders</td>
</tr>
</tbody>
</table>

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**

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**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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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.

PBC used to stand for “Primary Biliary Cirrhosis,” but the word “cirrhosis” was problematic because 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.

PATHOLOGY OF PBC

NORMAL
Absence of inflammation

PBC
Inflammatory destruction of small to medium caliber bile ducts by lymphocytes

PORTAL TRIAD: BILE DUCT - ARTERY - PORTAL VEIN

Affected region: small to medium caliber bile ducts

The acronym PBC now stands for PRIMARY BILIARY CHOLANGITIS

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

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