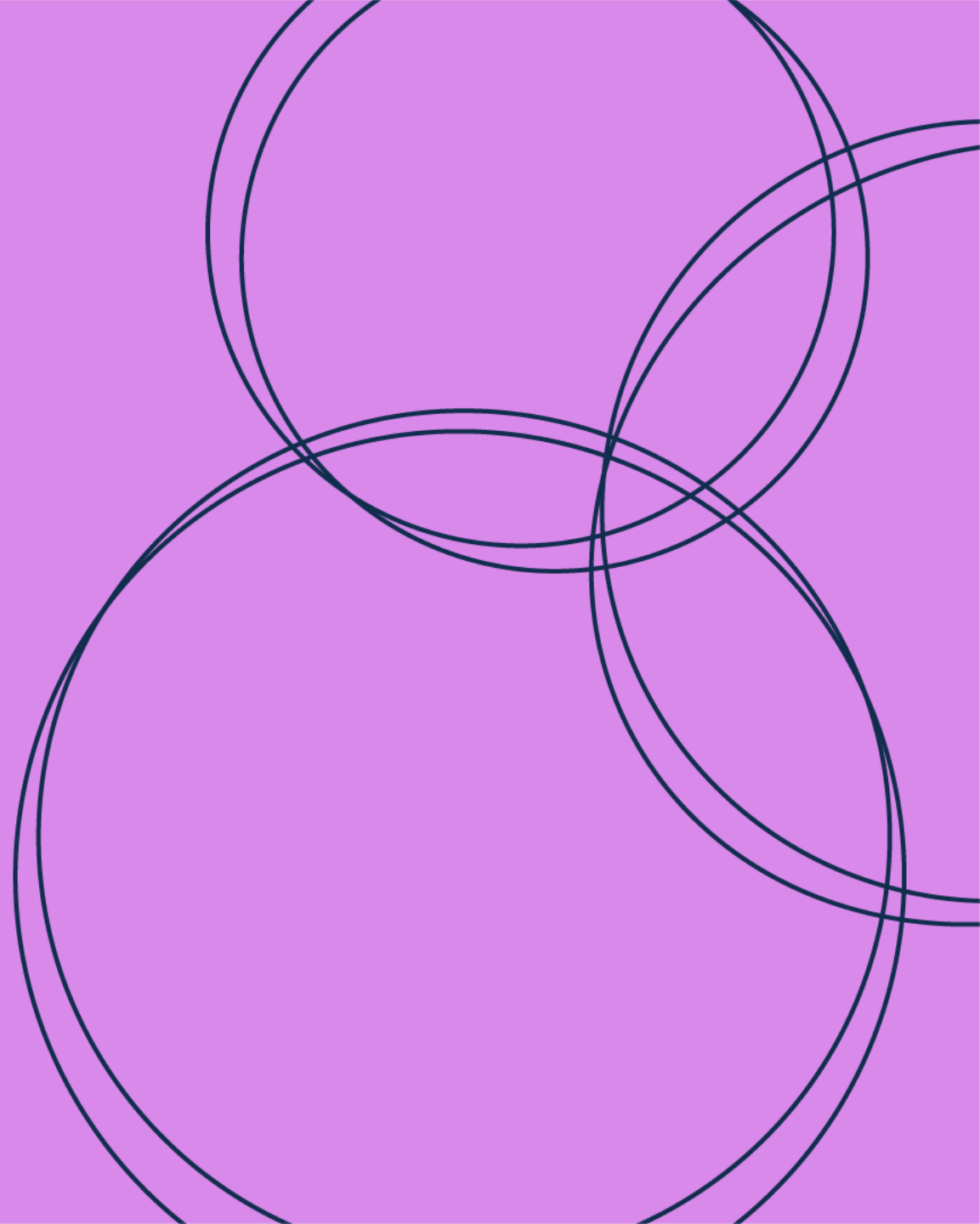


Understanding PBC: Living with PBC symptoms



Understanding PBC



What we will cover in living with PBC symptoms

01

Common symptoms of PBC – and how they may change over time

02

Reducing symptoms of PBC





Common symptoms of PBC

In the early stages of PBC, you may have no symptoms at all, or you may:



Experience fatigue



Sleep a lot



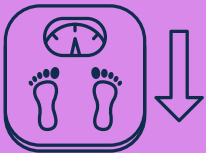
Have itchy skin (pruritis)



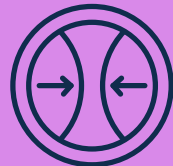
Have tummy pain or discomfort

It may be one of these 'vague' symptoms that prompted you to go the doctor for the first time.

Over time, you may have other symptoms that suggest more advanced liver disease:



Weight loss



Skin thinning / muscle wasting



Tummy discomfort or swelling



Yellowing of the skin or whites of the eyes (jaundice)



PBC can get worse over time, which may be a slow process. Some people will develop symptoms of liver disease – but not everyone.



Common symptoms of PBC

It may be one of these 'vague' symptoms that prompted you to go the doctor for the first time.

In the early stages



Feel
tired

Words You Might Hear and What They Mean

Fatigue

Fatigue is a chronic and debilitating condition that goes beyond ordinary tiredness, often persisting despite rest or sleep and can have a significant impact on quality of life.

Pruritis

Itchy skin that makes you want to scratch.

Abdomen

The area of your body between your chest and hips, often called your tummy.

Jaundice

A condition where the skin and the whites of the eyes turn yellow because of a build-up of a substance called bilirubin in the blood.

Over time, you may



Weight loss



Skin thinning /
muscle wasting



discomfort or
swelling



Yellowing of the
skin or whites of
the eyes (jaundice)



PBC can get worse over time, which may be a slow process. Some people will develop symptoms of liver disease – but not everyone.



Ask your doctor about options for managing your symptoms

Finding ways to reduce symptoms could help you maintain a good quality of life. The most common symptoms of PBC are fatigue and pruritis (itching).

To help with **itching**, you could:



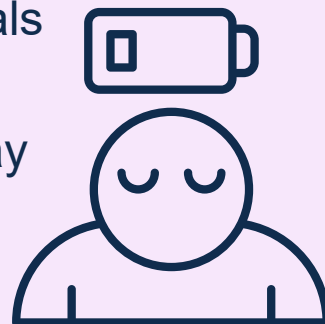
- Share with your nurse or doctor if itching is affecting your quality of life
- Certain medications can offer relief from itching

Have you tried any of these suggestions?

Fatigue affects up to 80% of people with PBC, with up to 20% experiencing severe fatigue.

To help with **fatigue**, you could:

- Talk to your family and friends about how fatigue affects you
- Keep a diary of how you are feeling – there may be time of day you feel better or worse
- Plan ahead to help manage fatigue by scheduling rest breaks between task and setting realistic daily goals to conserve energy
- Keep active, even though you may not always feel like it, but don't overdo it



Reducing PBC symptoms

[Click for definitions](#)



Finding ways to manage your symptoms can help you maintain a good quality of life. Fatigue is a common symptom of PBC (extreme tiredness).

To help with this, you can:



Words You Might Hear and What They Mean

Fatigue

Fatigue is a chronic and debilitating condition that goes beyond ordinary tiredness, often persisting despite rest or sleep and can have a significant impact on quality of life.

Pruritis

Itchy skin that makes you want to scratch.

Abdomen

The area of your body between your chest and hips—often called your tummy.

Symptom tracking

Keeping a record of symptoms (like fatigue or itching) to see changes over time.

Have you tried any of these suggestions?

- Certain medications can offer relief from itching

• Scheduling rest breaks between tasks and setting realistic daily goals to conserve energy



Questions To Ask Your Healthcare Team

Example questions: Living with PBC symptoms

What can I do to reduce fatigue and itching?

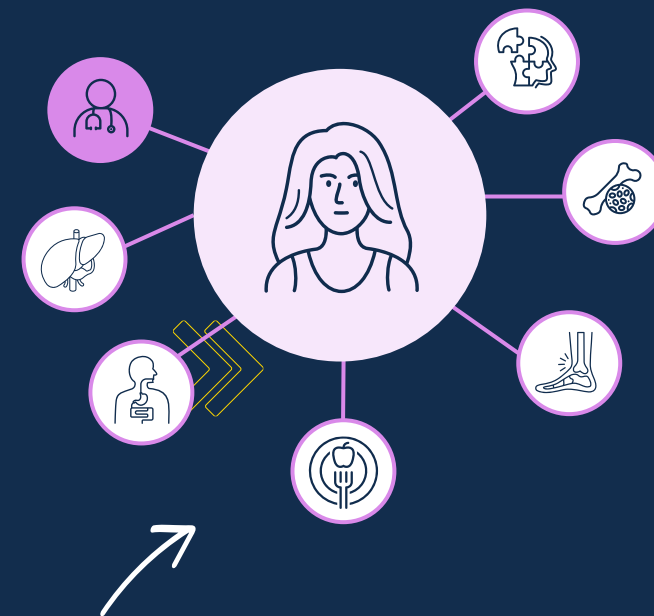
Can I prevent complications of PBC, and if so, how?

Why did I develop PBC?

How is PBC different from other liver diseases?

What other organs might be affected by PBC (apart from the liver)?

Are there any symptoms that mean my condition is getting worse?



What questions could you ask your healthcare team?

Who in your healthcare team might you ask?

How comfortable do you feel talking to my healthcare team about these topics