



Living with PBC[®] discussion guide

Use this guide to help start a conversation with your healthcare team about primary biliary cholangitis (PBC) and to make the most of your time at your next appointment. Just download and print a copy to take along with you on your next visit, and ask the questions that make the most sense for where you are in your PBC journey.

Disease progression

1. Does the age at which I was diagnosed with PBC have an impact on my risk for disease progression?

2. Does my gender impact my risk for PBC disease progression?

Liver enzymes

1. Do you have a record of my liver enzyme levels? If so, can we review it together? _____

2. What is alkaline phosphatase (ALP) and what does it measure? _____

3. Does my ALP level put me at risk for PBC disease progression? _____

4. If my ALP level is elevated, is there anything I can do to help lower it? _____

5. How often should I have my liver enzymes, including ALP, tested? _____

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Symptoms

1. Are there any treatment options to help manage my symptoms of PBC? (**Common symptoms include pruritus (itching); fatigue (tiredness); depression; abdominal pain; dry mouth and/or eyes; bone, muscle, or joint pain; and yellow eyes.**)

2. Do you have tips to help me keep track of my symptoms?

Goals of treatment

1. What are the goals of PBC treatment? _____

2. Should I be receiving treatment to help lower my ALP level and slow my PBC progression?

3. I am struggling with taking my prescribed treatment for PBC. Do you have any suggestions?

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. All decisions regarding your treatment should be made by your healthcare team.



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