

# TAKE CONTROL OF YOUR JOURNEY WITH PRIMARY BILIARY CHOLANGITIS

Everyone's PBC journey is different. Regardless of where you are in your journey, it's important to manage your PBC to slow down disease progression.

This guide is designed to support your next conversation with your doctor and help you better understand your PBC management.

## Before your appointment, ask yourself the following questions:

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|--|-----|----|
| 1. Have my symptoms changed since I last saw my doctor? .....  | YES | NO |
| 2. Do I experience significant fatigue that interferes with my daily life? .....                         | YES | NO |
| 3. Do I ever experience an intense itch, or pruritus, that interferes with my sleep or daily life? ..... | YES | NO |
| 4. Have I tried any additional treatments to manage my PBC, on top of my first-line treatment? .....     | YES | NO |



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PBC expert Dr. Hin Hin Ko recommends asking your doctor the following questions to help guide your care and better understand your condition:

### Disease Management

1. What is my current treatment plan for PBC?
2. Can we monitor my cholesterol levels, bone health, and other key indicators of my overall health?

### Tests

3. How often do I need blood tests?
4. What are my blood test results and what do they tell me about my liver health?
5. Are there any other tests or markers that we should monitor to track disease progression in my liver?

### ALP Levels

6. How has my alkaline phosphatase (ALP) level changed over time? What does this mean for my disease progression?
7. What should my target ALP level be? What are my options if my ALP level remains high despite my current treatment plan?

### Symptoms

8. Is there anything else that we need to do differently? Is there any treatment for my symptoms, especially fatigue and itchiness (pruritus)?
9. Besides fatigue and itchiness, are there other symptoms or conditions that are associated with PBC?

**Take control** of your journey with PBC. Speak to your doctor about your ALP level and the best course of treatment for you.