

# Get **IN THE KNOW** About ALP

Tracking the effectiveness of your PBC treatment through ALP – a key marker of liver health



## Primary biliary cholangitis (PBC)

is a progressive liver disease that without adequate treatment can worsen and lead to serious health issues, including the possible need for liver transplant.<sup>1</sup> Monitoring and tracking alkaline phosphatase (ALP) is a way to gauge whether your PBC treatment is working for you.

### HOW DO YOU KNOW IF YOUR PBC TREATMENT IS WORKING?

ALP is an enzyme in the body and one of several key markers of liver health that can be used to see how well your therapy is working.<sup>1</sup>

ALP can be measured with a simple blood test called a liver function test (LFT).<sup>2</sup>



#### PBC Treatment Goals<sup>1</sup>

- ✓ *Slow disease progression*
- ✓ *Reduce the need for liver transplant*
- ✓ *Increase lifespan (compared to those not receiving adequate treatment for PBC)*

### WHY IS IT IMPORTANT TO KNOW ABOUT ALP?



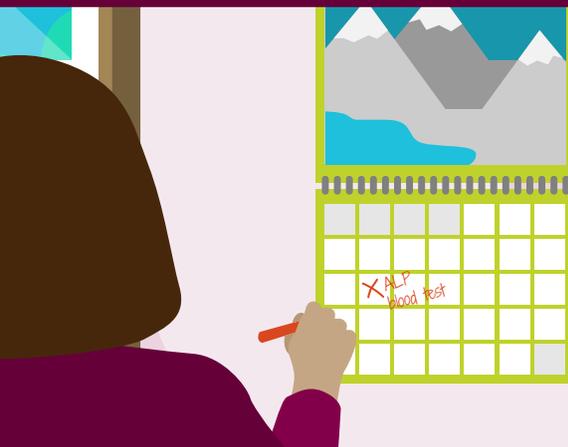
#### ALP operates as a disease barometer for PBC –

continually elevated ALP levels can mean that the disease is progressing and there is an increased risk of needing a liver transplant.<sup>1</sup>

**40%**

**Up to 40% of people being treated for PBC may still have ALP levels that put them at risk.<sup>1</sup>**

### WHAT CAN I DO TO REDUCE MY RISK?



Ask your doctor to conduct an ALP blood test

**EVERY 3 TO 6 MONTHS**

to see how well your liver is responding to treatment.<sup>2</sup>

Get **IN THE KNOW** about ALP today

1. Lammers WJ, van Buuren HR, Hirschfield GM, et al. Levels of Alkaline Phosphatase and Bilirubin Are Surrogate End Points of Outcomes of Patients with Primary Biliary Cirrhosis: An International Follow-up Study. *Gastroenterology*. 2014;147(6):1338-49.

2. Lindor, et al. AASLD Practice Guidelines. *Hepatology*. 2009;50(1):298-300.