

	<p style="text-align: center;">PRIMARY BILIARY CHOLANGITIS (PBC)</p> <h1 style="text-align: center;">Empowering your discussion with the doctor</h1>
Canadian PBC Society	<p style="text-align: center;">PBC Fact Sheet</p>

PREPARE FOR YOUR APPOINTMENT

1. Prepare questions in advance

Write down your concerns, symptoms, and questions before your appointment. This ensures you don't forget important points.

2. Bring a support person

Consider bringing a family member or friend to help take notes and provide emotional support.

EDUCATE YOURSELF

3. Understand your condition

Learn the basics of PBC, causes, symptoms and treatments

4. Track your symptoms and lab results

Keep a journal to track your fatigue, itching, or other symptoms, and note any changes in your blood tests (e.g., ALP, bilirubin).

5. Know your rights

You can ask for second opinions or referrals to specialists (e.g., hepatologists).

COMMUNICATE WITH YOUR SPECIALIST

6. Clarify your treatment goals

Decide what matters most to you e.g. symptom relief, slowing disease progression, or improving quality of life, and share these priorities with your doctor.

7. Ask about all your options

Discuss medications (like ursodeoxycholic acid or second-line therapies), lifestyle changes, and clinical trials.

8. Request plain language explanations

If something is unclear, ask your doctor to explain in simple terms or provide written resources.

Tools to Support You

- **PBC Empower Wellness program App** – Release date: March 2026
- **Symptom Tracker Apps** to track your daily health and symptoms
- **Medication Checklist** to monitor adherence and side effects
- **Appointment Planner** with space for questions and notes
- **Educational Resources** from credible sources visit our website: www.pbc-society.ca
- **Support Groups** make connections online or in person- contact us: info@pbc-society.ca