	PRIMARY BILIARY CHOLANGITIS (PBC)
	Empowering your discussion with the doctor
Canadian PBC Society	**PBC Fact Sheet** (01-13-26)

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 (e.g., ursodeoxycholic acid, 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 Wellness 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