

Walking the path of PBC: navigating symptoms and QoL



An expert discussion with David Jones, with the patient perspective from Mo Christie

Mo Christie's Journey with PBC:



- Diagnosed in 2007, a year after her daughter was born.
- Developed severe itch alongside fatigue. High liver biochemistry levels confirmed PBC diagnosis.
- Progressed to a liver transplant in 2013 due to the severity of the itch.

Impact on Quality of Life:



- Emphasized the impact of symptoms on quality of life.
- Severe itch was the most debilitating symptom, affecting sleep and daily functioning.
- Fatigue compounded by the inability to sleep due to itch.
- Missed out on family activities, felt like her daughter's childhood was passing her by.

Management Challenges:



Difficulty in Symptom Recognition

- Initial difficulty in having symptoms taken seriously by healthcare providers.
- Itch was particularly challenging to manage and was not addressed promptly.
- Impact on personal and family life due to symptoms.
- Limited effectiveness of treatments, including plasmapheresis.

Patient-Doctor Relationship and access to specialized care

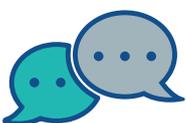
- Frustration at having to repeat symptoms to different healthcare providers.
- Experienced delays in referral to specialist centers for proper management.
- Value of building a rapport with a consistent doctor who understands the progression of symptoms.

Understanding PBC Symptoms:



- Itch goes beyond typical skin irritation, affecting mental health and overall well-being.
- Quotes from patients highlight the severity and impact of PBC itch on mental health and daily functioning.

Role of Support Groups:



- Provide support, guidance, and resources for patients navigating their PBC journey.
- Emphasis on sharing experiences and advocating for improved understanding and management of symptoms.
- Recognition of the importance of patient advocacy and support in managing PBC symptoms effectively.

SCAN TO
WATCH

