



Coping with PBC: treatment challenges and QoL insights



An expert discussion with **Kris Kowdley**, with the patient perspective from **Sabrina Reeser**

Sabrina Reeser's diagnosis and treatment experience:



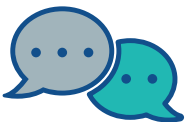
- Diagnosed with liver disease in 2016, confirmed as PBC in 2017.
- Initially treated with UDCA for 3-4 years but was determined a non-responder/not tolerant to treatment.
- Persistent and severe itching significantly impacted quality of life (sleep, work, and social interactions).

Treatment challenges:



- Difficulty in symptom management: UDCA caused significant GI symptoms, leading to intolerance.
- Itching made alternative treatments like OCA unsuitable.

Variability in doctor-patient communication:



- Some doctors dismissed symptoms, while others were supportive and communicative.
- Underscores the importance of effective communication between HCPs and patients, highlighting that many patients do not receive enough level of clarity and understanding.

Clinical trials and future hopes:



- Sabrina's individual experience with clinical trials was positive despite not always being successful.
- Encourages patient participation in clinical trials to advance treatment options.
- Recognizes the substantial commitment, such as traveling seven hours each way for the trial appointment, but values the potential for future benefits.

Sabrina's future treatment goals:



- Emphasizes the importance of slowing disease progression while maintaining quality of life.
- Hopes for more effective treatment options and ultimately a cure.



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WATCH**