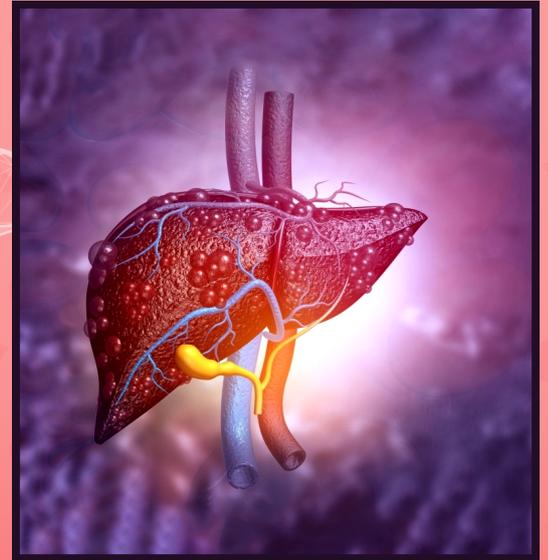


Primary Biliary Cholangitis

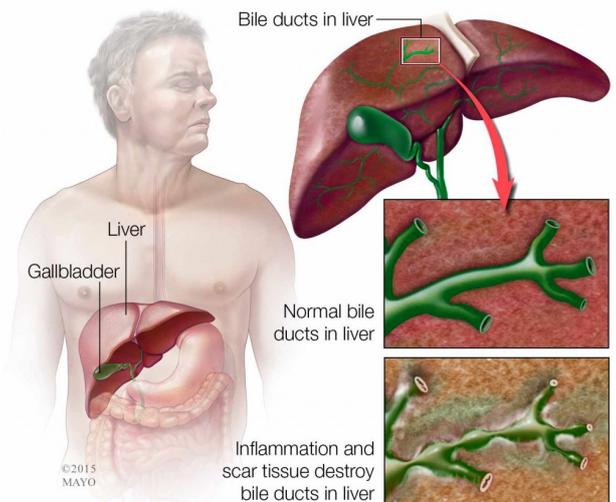
PBC a chronic disease characterized by progressive inflammation and destruction of small bile ducts within the liver. The bile ducts transport bile from the liver to the intestine for the absorption of fat and elimination of waste products.



Primary biliary cholangitis (PBC), formerly known as primary biliary cirrhosis, is a chronic disease of the liver, presumably autoimmune in nature, that leads to progressive cholestasis and often end-stage liver disease.

The name change reflects the fact that cirrhosis occurs only in the late stage and therefore does not correctly identify patients with early-stage disease.

Primary Biliary Cholangitis



Signs & Symptoms



Tiredness & Muscle Fatigue

Feeling exhausted is the most common symptom



Itchy Skin

Intense itchiness in any part of the body



Pain & Easy Bruising

Abdominal pain pressure in liver area & easy bruising



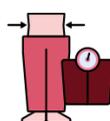
Nausea

Stomach discomfort with an urge to vomit



Poor Appetite

No hunger or interest in food



Weight Loss

Drastic drop in body weight and fat



Dry Eyes or Mouth

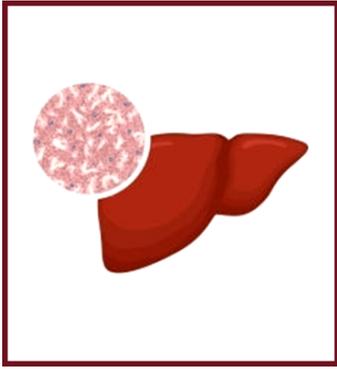
Feeling of sand in eyes or drying in mouth



Diarrhea

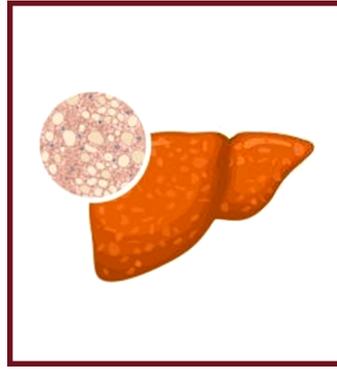
Loose stools and frequent bowel movement

Different Stages Of PBC



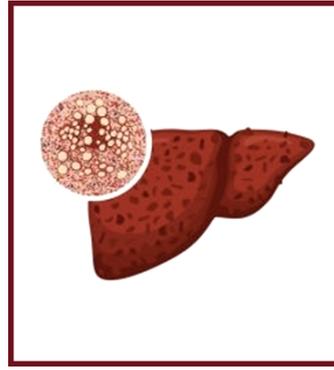
Stage 1

Inflammation and damage to the walls



Stage 2

Blockage of the small bile ducts



Stage 3

Third stage is beginning of scarring



Stage 4

Cirrhosis and permanent damage to liver

Risk Factors For PBC



FEMALE SEX



30-60 YEARS OF AGE



FAMILY MEMBER WHO HAS OR HAD IT



INFECTIONS CAUSED BY BACTERIA, FUNGI OR PARASITES



SMOKING



TOXIC CHEMICALS

- Sex - PBC primarily affects women.
- Age - Doctors typically diagnose PBC in people between 35 and 60 years of age.
- Genetic Factors- You are more likely to get PBC if you have a family member who has or had it.
- Smokers - Active smokers are likely to develop PBC.
- Chemicals - Exposure to toxic chemicals.
- Infection - Caused by bacteria, fungi or parasites.

Complications Due To PBC



Liver Scarring

Formation of an abnormally large amount of scar tissue in the liver.



Portal Hypertension

Increased pressure in the portal veins caused by blockage in the blood flow



Gallstones & Bile Duct Stones

Hardened deposits of cholesterol and bile that form in the gallbladder



Splenomegaly

A condition that occurs when the spleen becomes enlarged



Weak Bones (Osteoporosis)

Increased risk of weak, brittle bones that break easily



Enlarged veins (varices)

Abnormal sized veins that occur when normal blood flow is blocked



Liver Cancer

Liver scarring (Cirrhosis) increases your risk of liver cancer



Vitamin Deficiencies

Lack of bile affects the digestive system's ability to absorb vitamins like A,D, E and K



Decreased Mental Function

Hepatic Encephalopathy is common and leads to memory and concentration problems



Diet Management

INCLUDE THESE IN DIET:



Balanced Diet

A diet rich in fruits, vegetables, whole grains and low in saturated fats



Plant-Based Foods

Eat more plant-based foods like beans, legumes, and nuts



Good Fats

Consume fats that are good for your health like Olive Oil



Fiber

Eat food with fibre - fruits, vegetables, whole-grain bread, rice & cereals

TRY TO AVOID THESE:



Fat, Sugar & Salt

Don't eat food that's too sweet, salty or unhealthy



Fried Foods

Stay away from fried junk food and fast-food restaurants



Undercooked Shellfish

Avoid raw or undercooked shellfish like oysters and clams

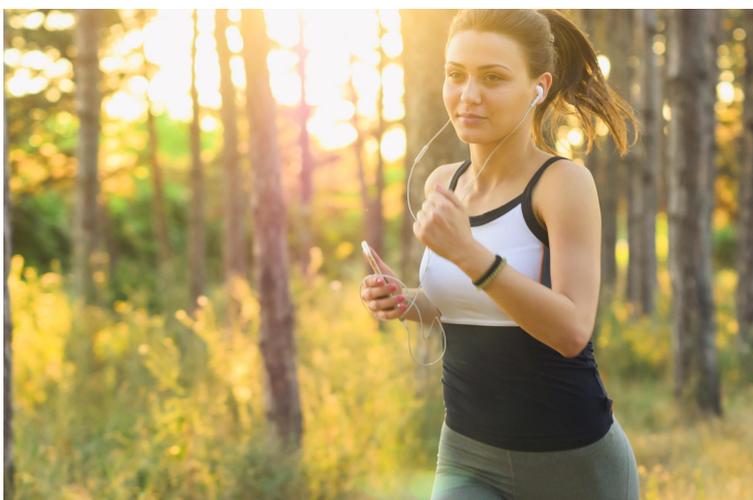


Alcohol

Avoid alcohol. If allowed, limit it to one drink a day if allowed



Lifestyle Changes Recommended



Maintaining a healthy lifestyle can help people with PBC feel better, as well as relieve or prevent some symptoms associated with the disease.

Upon diagnosis, your doctor may suggest the following:

- Start a reduced sodium diet if you have fluid overload (edema or ascites)
- Drink plenty of water
- Avoid undue stress when possible
- Start exercising, particularly walking
- Stop smoking