

Symptom Information^a

Primary biliary cholangitis (PBC)

Work with your doctor to find ways to face your fatigue (tiredness)

If you experience fatigue because of your PBC, you are not alone.



Up to **78%** of people with PBC suffer from fatigue.

Although it is not known why PBC causes fatigue, some facts are clear:

- The severity of fatigue is not related to the stage of your PBC.
- Fatigue usually remains constant over time.
- The fatigue caused by PBC can strike at any time of day or night.

Medical guidelines recommend that people who have PBC and experience fatigue talk to their doctors to make sure there are no other causes of the fatigue such as:

- Anemia
- Hypothyroidism
- Depression
- Sleep disorder
- Medicines that may cause fatigue

Therapeutic approaches you could discuss with your doctor include:

- Regular exercise
- Medicines that may help your fatigue



Fatigue is one of the most common symptoms of PBC. But with help from your doctor you may find ways to manage your symptoms and face your condition.

^aThis information is not intended to replace the advice of your doctor or other healthcare professional. All decisions regarding drug administration and dosing should be made by the prescriber using his/her clinical judgment.



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