

\_\_\_\_\_ (name)

Progressive familial intrahepatic cholestasis (PFIC) is a rare genetic liver disease that can cause severe itching. If you want to learn more about PFIC, scan the QR code.



*Here's what you should know about my life with PFIC.*

## How PFIC affects me physically

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Itching and scratching | <input type="checkbox"/> Fatigue            | <input type="checkbox"/> Yellowing of the skin (jaundice) |
| <input type="checkbox"/> Bleeding/easy bruising | <input type="checkbox"/> Digestive problems | <input type="checkbox"/> Poor eating/throwing up          |

Other: \_\_\_\_\_

## PFIC impacts my life in many ways, including

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> Sleep            | <input type="checkbox"/> Irritability | <input type="checkbox"/> Socializing             |
| <input type="checkbox"/> Ability to focus | <input type="checkbox"/> Self-esteem  | <input type="checkbox"/> Frequent bathroom trips |

Other: \_\_\_\_\_

## Factors that may worsen itching

- Heat (from exercise, weather, hot baths, fever)
- Stress
- Long and/or frequent exposure to water (especially hot water)
- Clothing made of wool or synthetic fabrics

Other: \_\_\_\_\_

**My nutrition needs** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Notes (eg, contact information)** \_\_\_\_\_

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\_\_\_\_\_