

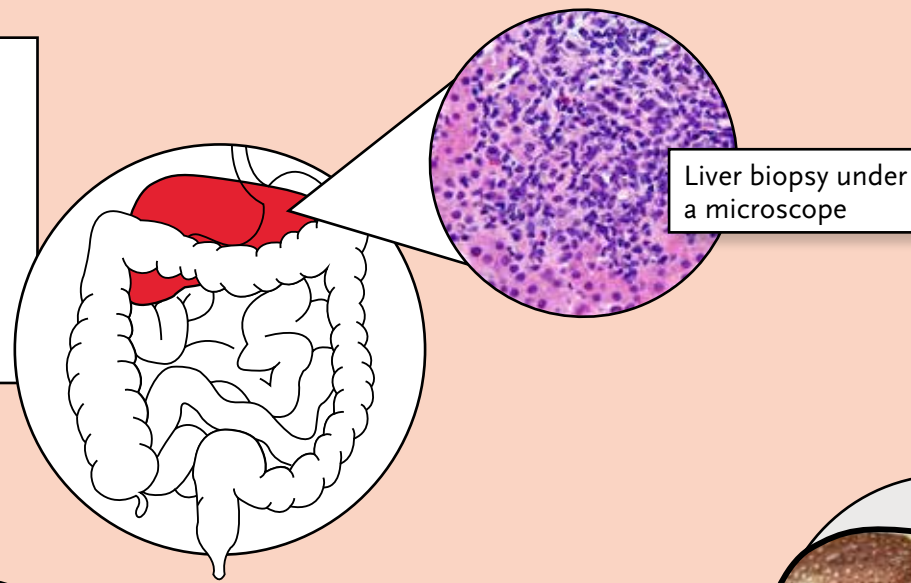
Autoimmune
hepatitis

explained

(AIH for short)

Autoimmune hepatitis (AIH for short)

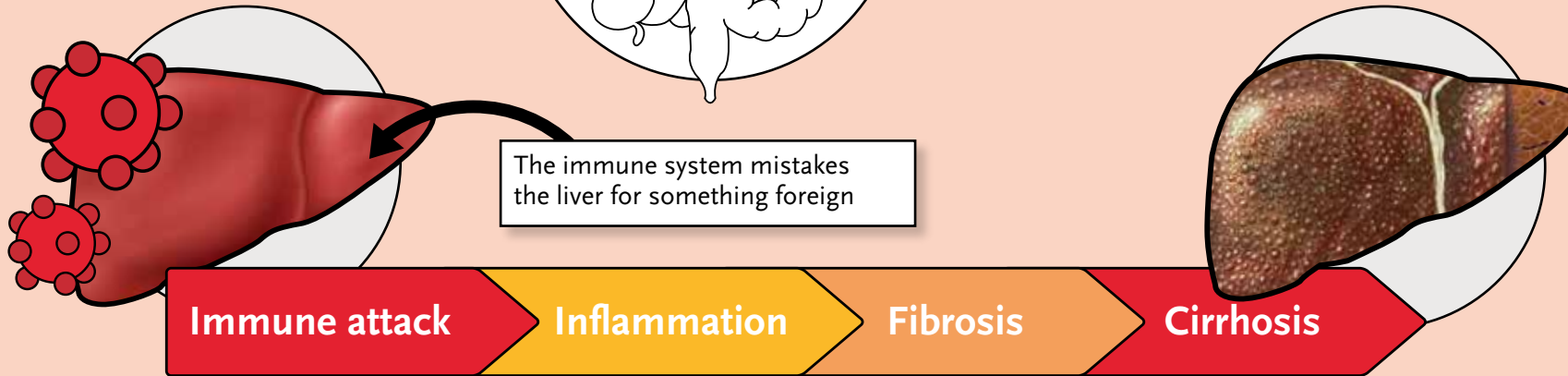
A condition causing inflammation of the liver



Scan here for more information about AIH




The immune system mistakes the liver for something foreign





We want to induce remission and maintain it long-term

Induction therapy



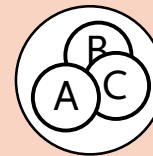
Steroids

Maintenance therapy

 +/- 

Immunosuppressants Steroids

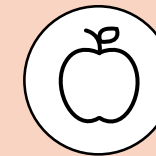
There are other things you can do to help yourself



Take supplements



Keep active



Eat well

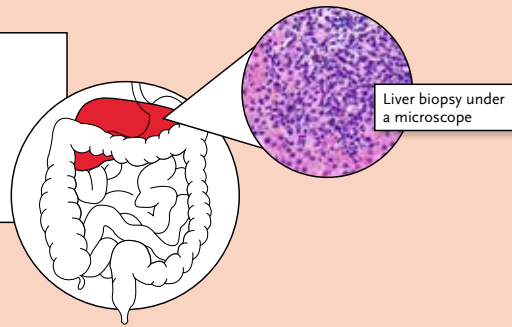


Talk things through

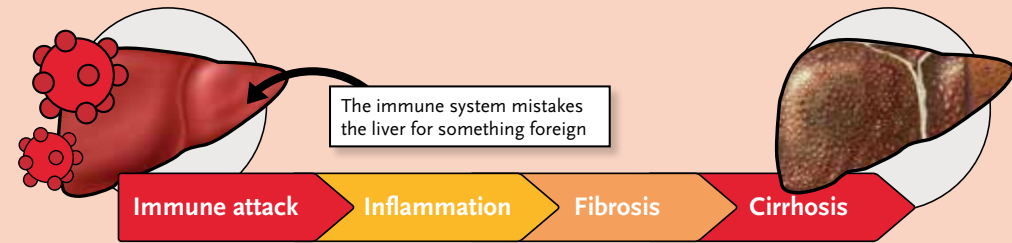
Autoimmune hepatitis

(AIH for short)

A condition causing inflammation of the liver



- The liver is one of the largest organs in the body, located just under your rib cage on the right-hand side¹
- Like a chemical processing factory, the liver performs over 500 functions including making proteins, removing toxins from your blood and secreting bile^{1,2}



- Your body's immune system fights off infection from foreign pathogens – it normally doesn't harm healthy cells³
- In AIH, the immune system mistakes your liver as foreign and attacks it, leading to chronic inflammation and damage³
- If it goes untreated, the inflammation leads to a build-up of scar tissue (fibrosis) that eventually replaces healthy liver tissue (cirrhosis) and stops your liver from working normally^{3,4}

We want to induce remission and maintain it long-term

Induction therapy

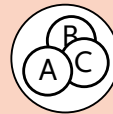


Maintenance therapy



- Our main goal is to stop the inflammation and get your AIH into remission by suppressing your immune system⁵
- Corticosteroids are the standard treatment for inducing remission (induction therapy)⁵
- As soon as you improve, you can start taking an immunosuppressant called azathioprine to keep you in remission (maintenance therapy)⁵
- If your liver is badly affected, you may be considered for a liver transplant⁵

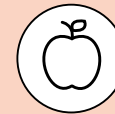
There are other things you can do to help yourself



Take supplements



Keep active



Eat well



Talk things through

- Taking vitamin D and calcium supplements can help keep your bones strong while you're taking steroids⁶
- Weight-bearing exercise like walking is also great for your bone health⁶
- There are no specific diet recommendations for AIH besides eating a healthy, balanced diet with plenty of fruit and veg⁷
- Many people find it helpful to talk things through – you can find lots of support through groups like AIH Support

References

Autoimmune hepatitis (AIH)

1. Baggaley A (ed.) Human body. London: Dorling Kindersley Limited; 2001.
2. Johns Hopkins Medicines. Liver: Anatomy and Functions. Johns Hopkins University.
3. National Institute of Diabetes and Digestive and Kidney Diseases. Autoimmune hepatitis. Available at: <https://www.niddk.nih.gov/>
4. Bataller R, Brenner DA. J Clin Invest 2005; 115(2): 209-18.
5. Mieli-Vergani G *et al.* Nat Rev Dis Primers 2018; 4: 18017.
6. Czaja AJ. Gut Liver 2016; 10(2): 177-203.
7. British Liver Trust. Autoimmune Hepatitis, 2017.

Abbreviations

AIH: autoimmune hepatitis

Useful links:

www.dralk.co.uk

www.aihsupport.org.uk

Adverse events should be reported. Reporting forms and information in Ireland can be found at www.hpra.ie and in the UK at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at PV@drfalkpharma.co.uk

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