

Autoimmune
hepatitis

explained

(AIH for short)

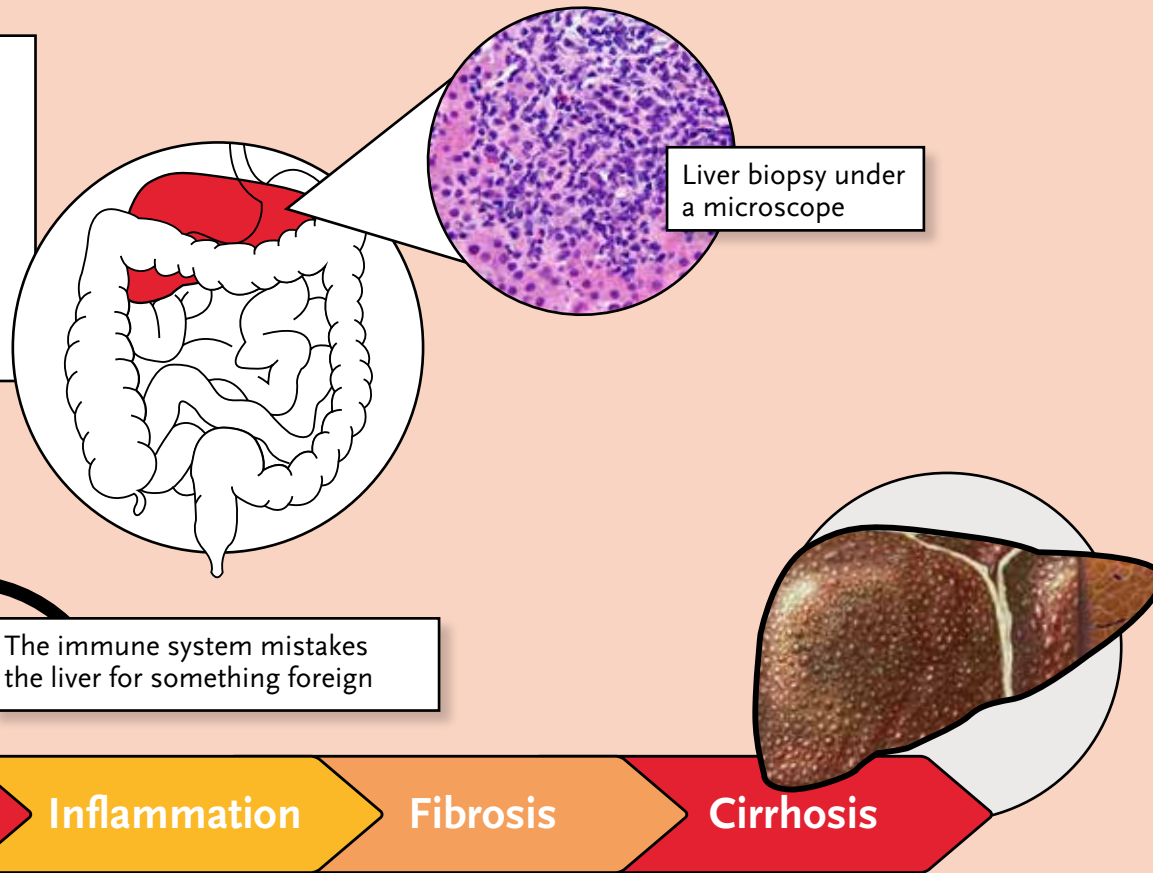


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Autoimmune hepatitis (AIH for short)

A condition causing inflammation of the liver




We want to induce remission and maintain it long-term

Induction therapy



Steroids

Maintenance therapy

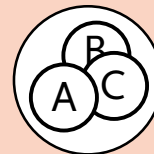


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Immunosuppressants Steroids

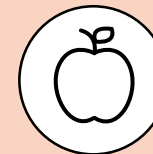
There are other things you can do to help yourself



Take supplements



Keep active



Eat well

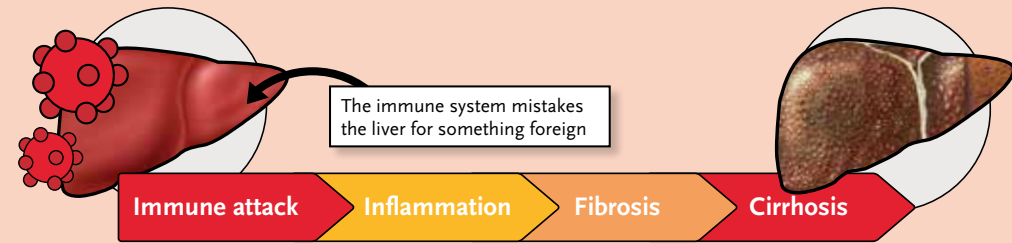
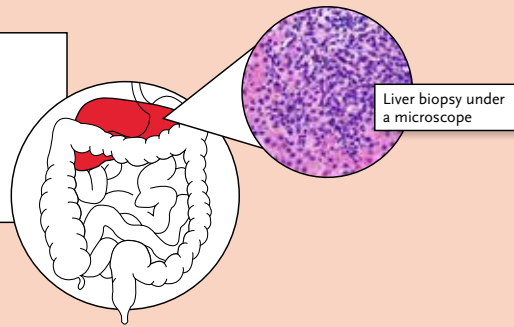


Talk things through

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}

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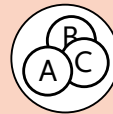
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Steroids

- 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

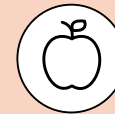
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Talk things through

- 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.drpharma.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@drpharma.co.uk

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