



Autoimmune Hepatitis Association

Educator and School Personnel Guide to Autoimmune Hepatitis

What is autoimmune hepatitis (AIH)?

- NOT contagious
- A rare disease that causes the immune system to attack the liver
- A chronic and lifelong disease
- A disease with no cure
- A disease that takes many tests to diagnose (i.e., liver biopsy, blood work)
- An invisible illness: patients look fine, but may feel awful

What are the most common symptoms and side effects?

- Extreme fatigue (can't be "fixed" with a nap)
- Abdominal pain or discomfort
- Nausea
- Feeling unwell
- Itching
- Joint pain
- Mental fog
- Physical changes, including weight gain and "moon face"

How will AIH affect students?

- May be out frequently for doctor appointments and important medical tests
- May be absent due to extreme fatigue or symptoms
- May be in class but still feeling extremely fatigued and unwell

What can you do to help?

- Show respect by talking or asking about it privately.
- Don't joke about it.
- Be supportive even if you don't see symptoms or side effects.
- Don't define the student by this rare disease.
- Follow any IEP or 504 accommodations.

Want to learn more about autoimmune hepatitis (AIH)?
Visit the Autoimmune Hepatitis Association website:

www.aihep.org

