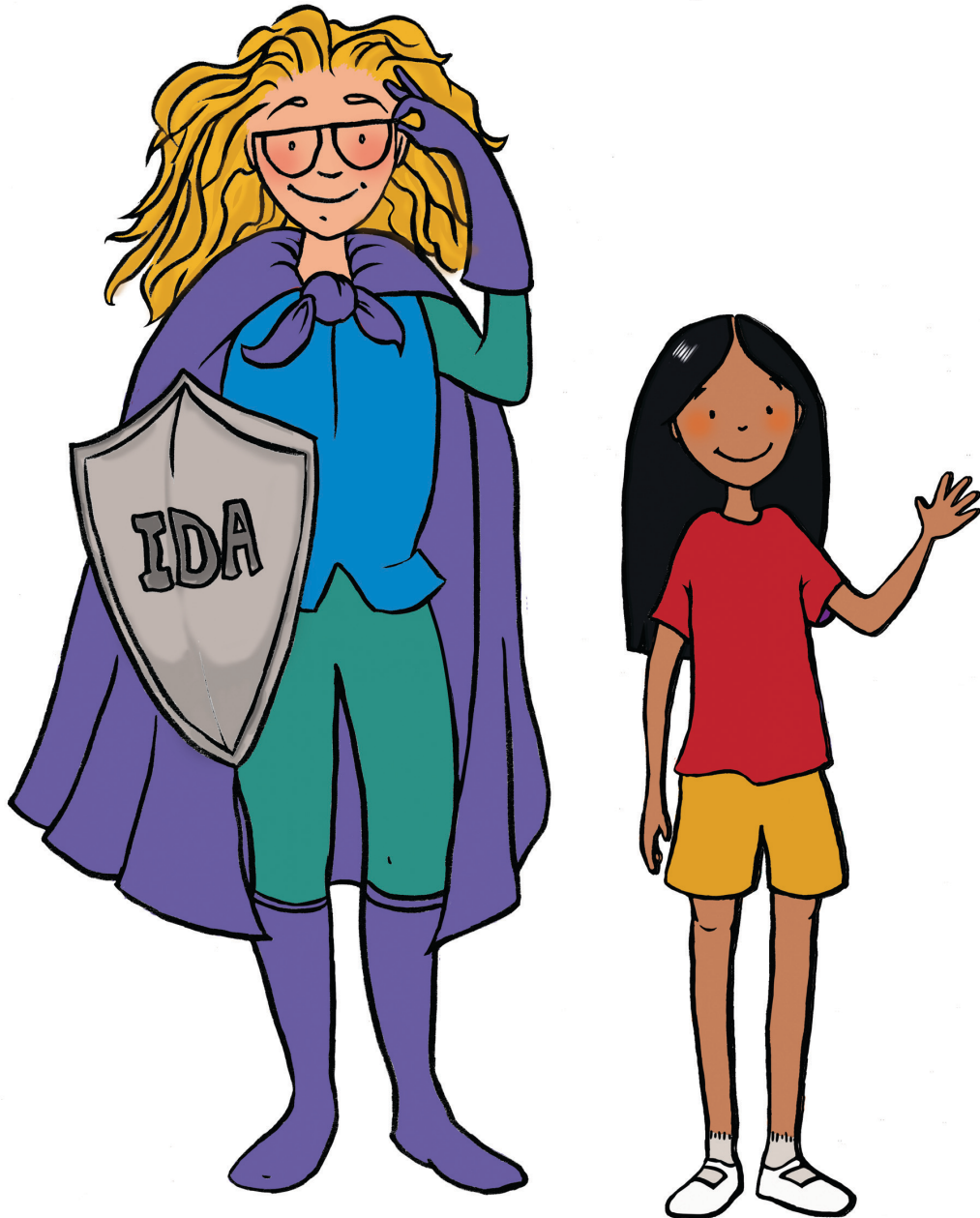


Pavani Patient Learns About *Autoimmune Hepatitis*



Written by
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Pictures by
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Dear autoimmune hepatitis patient and caregiver,

The Autoimmune Hepatitis Association (AIHA) is a nonprofit that provides education, offers support, and advances research. The AIHA's core initiatives include:

- Our patient conferences
- Educational videos and webinars
- Virtual support groups
- Programming to help patients deal with depression, anxiety, fatigue, and poor sleep, which are common symptoms of AIH
- AIH Connect, our patient registry to drive new research and improve quality of life

The AIHA provides disease education, resources, and support for patients, caregivers, and their families. We recently expanded our resources to offer additional support to pediatric patients and their families. We provide the essential things you need to know about AIH so you can quickly get up-to-speed on this treatable disease and know what to expect as a pediatric patient or caregiver. Some of our resources include:

- The AIHA Mentorship Program (available for caregivers and patients)
- Family support
- School resources
- Support in the transition to adult healthcare
- Mental health resources
- Medication adherence tips
- Questions for your doctor
- **Access our NEW Pediatric Patient Tool Kit**



Caregivers: Tear off this page and keep it in your records for easy access to our online resources.

Patients: Have fun with this coloring book! We wanted to give you a kid-friendly way to learn more about the disease. We hope this helps you become familiar and comfortable with your new diagnosis and the language used around it.

Sincerely,
The Autoimmune Hepatitis Association (AIHA)

Contact Us: info@aihep.org
Learn More: www.aihep.org
Join the AIHA: www.aihep.org/join



Autoimmune
Hepatitis
Association

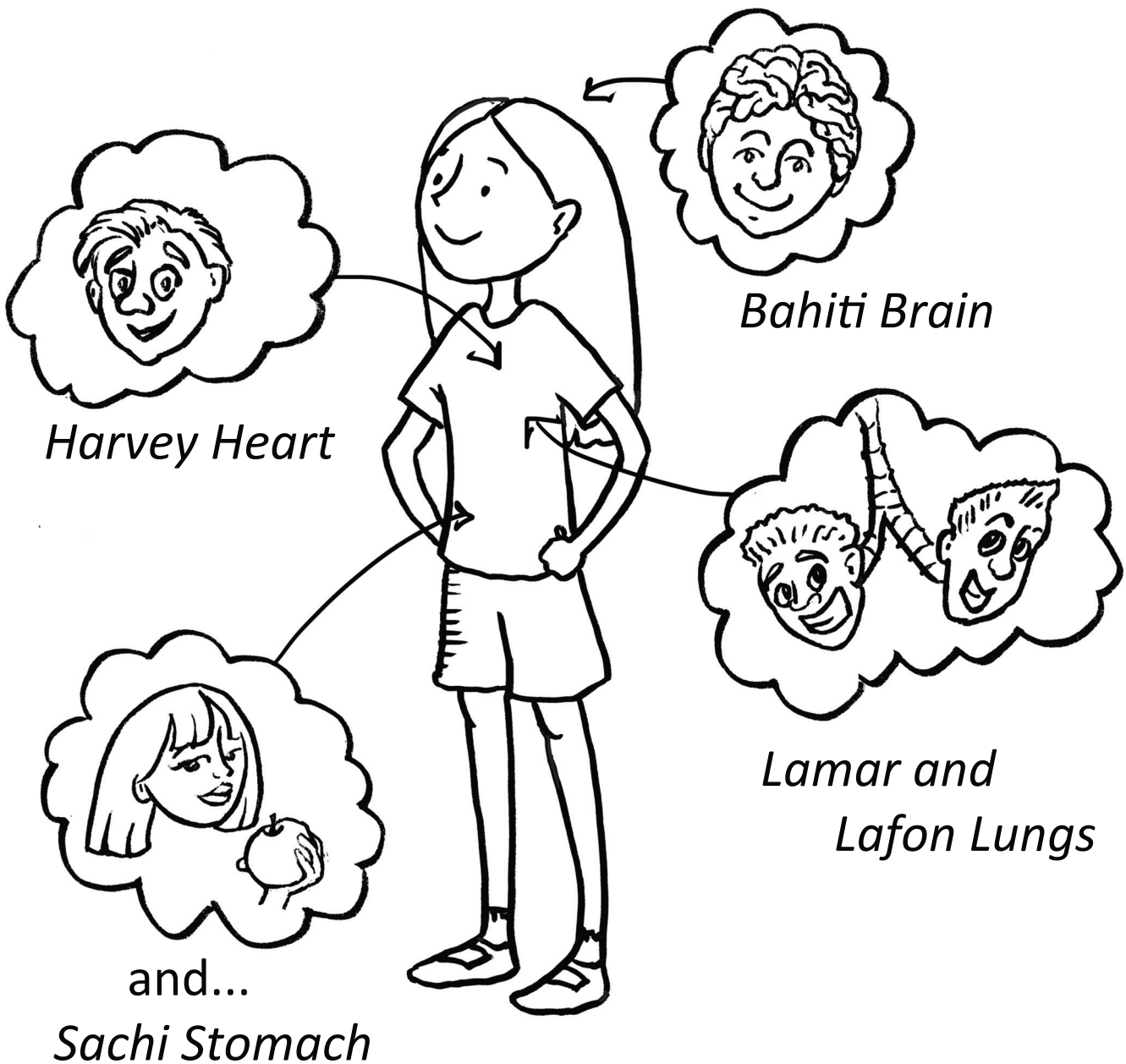
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Brought to you by the Autoimmune Hepatitis Association (AIHA)

Inside Pavani Patient, there is an entire community of organs and systems that work together to keep Pavani healthy and feeling well.

There are many vital organs in the community, including...



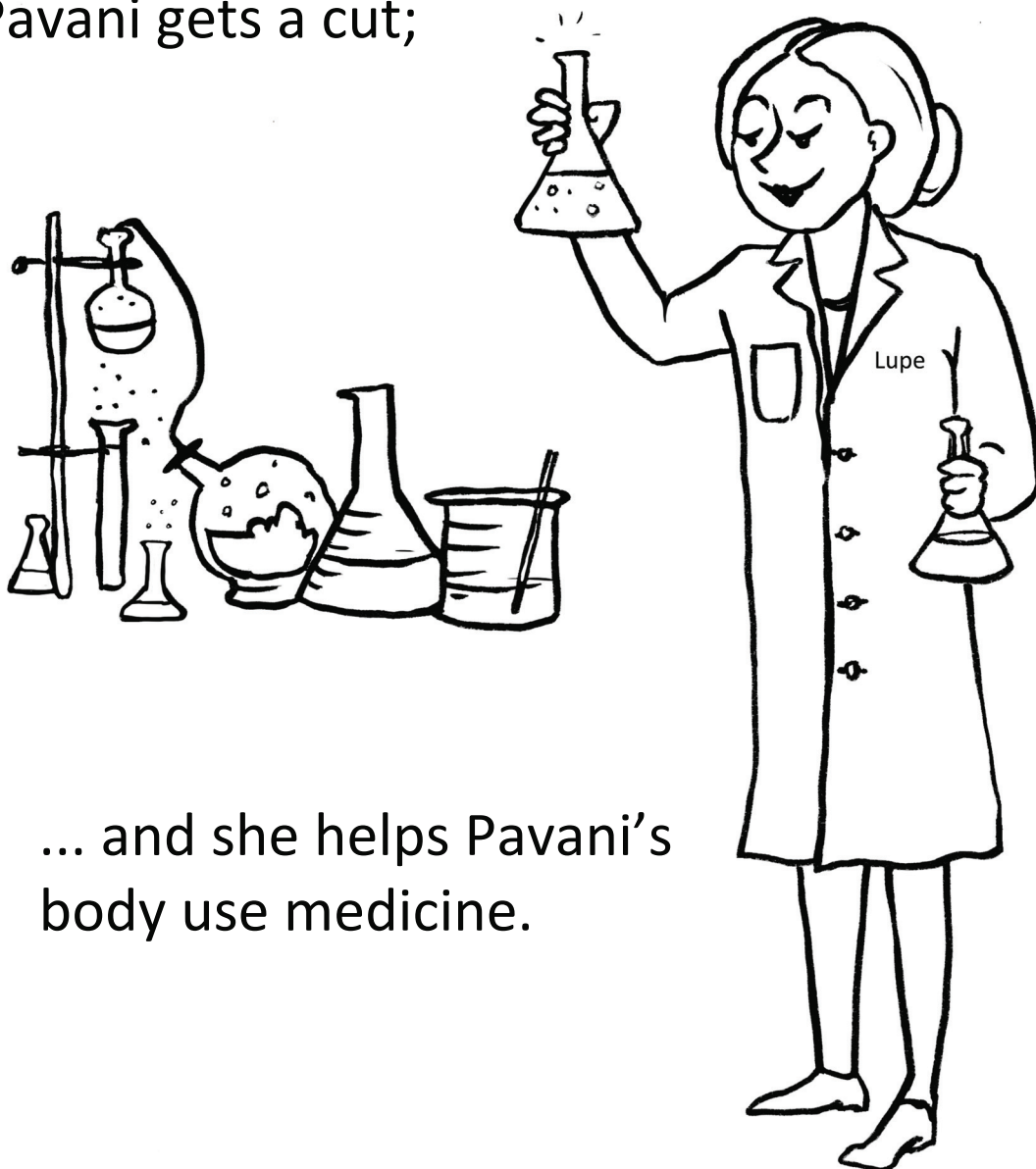
Every community needs protection.

Ida Immune System's job is to fight and attack anything in Pavani's body that could make her sick or cause harm to the community, like viruses and bacteria.



Lupe Liver is vital because she has many jobs. Lupe makes the juice (bile) that helps Sachi Stomach digest Pavani's food and store energy.

Lupe also helps keep her blood free of germs; she helps stop bleeding if Pavani gets a cut;



... and she helps Pavani's body use medicine.

One rainy Monday morning, Ida rolls out of bed to get ready for work.

She reaches for her glasses on the nightstand, but she can't feel them. She jumps up and looks everywhere, but they are lost!

She rushes to work without them, bumping into cells on her way.



Ida tries to do her job, but without her glasses, she can't see! She mistakes Lupe's cells for bacteria. Ida attacks Lupe instead of bacteria!



Pavani's stomach begins to ache, and she feels SO tired that it is hard for her to do fun things.

The organs know Pavani is not feeling well. Ida goes into full attack mode! Without her glasses, she continues to attack Lupe's cells!



Pavani doesn't feel better. She feels worse. Her eyes are pencil yellow, and she is itchy.

Pavani goes to the doctor.

Dr. Hep discovers Ida has lost her glasses.
He explains Ida has been attacking Pavani's
healthy liver cells by mistake because she
can't see what she is fighting.



The doctor calls this attack *autoimmune hepatitis* (AIH).

He helps Pavani by making sure Ida can see what she is fighting and to stop her from fighting Lupe Liver's cells.



Dr. Hep gives Pavani Patient medicine to help
make sure Ida never
loses her
glasses
again!



I CAN SEE!

If you take your
medicine every day, have fun
exercising and eat healthy, you
will help Ida see clearly so she
only fights bacteria and
viruses!



Questions:

What did you learn about autoimmune hepatitis (AIH)?

What do you and Pavani Patient have in common?

What jobs does the liver have in your body?

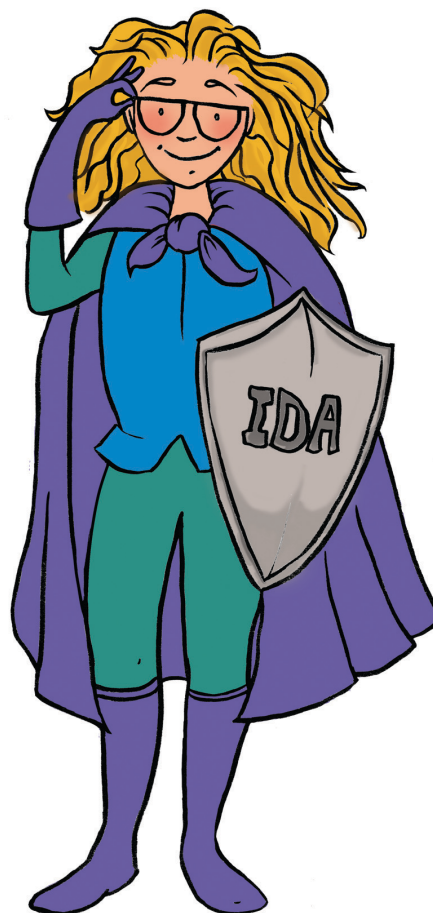
How can you help your liver keep its glasses on so it can see clearly?

What questions do you have for Dr. Hep?

If Pavani was your friend, what would you say to her?



Autoimmune Hepatitis Association



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