



## IQIRVO® ▼ (elafibranor) suggested exercise guide

For people living with  
primary biliary cholangitis (PBC)

Keeping physically active has many benefits, but symptoms of PBC can make the idea of exercise daunting. Increasing evidence has shown that **purposeful movement** can help alleviate some of the symptoms of PBC.

This resource has been given to you as you have been prescribed IQIRVO® (elafibranor) by your doctor, and has been developed in collaboration with healthcare professionals. It outlines the benefits of exercise and ways you can fit it in around PBC. It does not replace the advice of your healthcare team, but it will give you the confidence to try something new or motivate you to keep on doing what you enjoy!

Please refer to  
the Glossary if you are unsure of any of  
the technical terms used in this resource.  
Terms that are defined in the Glossary  
are underlined throughout.

## IPSEN IN PBC

IQIRVO®(elafibranor) Patient Support

# How can exercise help me?

## Improve fatigue

**Fatigue** is one of the most common symptoms of PBC and can have a negative impact on your quality of life.<sup>1</sup> If you're experiencing fatigue, exercise may be the last thing on your mind, but research has shown that exercise can be beneficial and may even help to improve symptoms in people with PBC.<sup>2-4</sup>



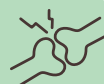
## Improve mood



The physical body and mind are closely linked, and evidence tells us that exercise can improve mood and mental well-being.<sup>5</sup> This is no different in PBC. Meditation, breathing exercises, and yoga have all been suggested as ways to improve anxiety and depression in people with PBC.<sup>4</sup>

## Strengthen bones

People with PBC may be at a higher risk of a condition called **osteoporosis** (a loss of bone density).<sup>3,6</sup> Exercises such as walking and climbing stairs can slow down bone density loss<sup>7</sup> and resistance training (which can be bodyweight only) can even strengthen bones.<sup>7,8</sup>



## Maintain independence



Being able to do what you want to the best of your ability is important, and exercising regularly can help make sure you're able to do so.<sup>9</sup>

This medicine is subject to additional monitoring. This will allow quick identification of new safety information. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can help by reporting any side effects you may get. See [www.mhra.gov.uk/yellowcard/](http://www.mhra.gov.uk/yellowcard/) for how to report side effects.

Side effects should also be reported to Ipsen via email at [pharmacovigilance.uk-ie@ipsen.com](mailto:pharmacovigilance.uk-ie@ipsen.com) or phone on 01753 627777.

# Which exercises might be best for me?

The word “exercise” itself can be daunting — you may picture someone going to the gym or running long distances. But exercise can be anything that gets you moving, even just a little bit more than usual.

## Do something you enjoy

Is there a sport that you have enjoyed in the past? Or something you’ve always wanted to try? Maintaining an exercise routine is always easier when it’s something you like. Remember, it’s ok to try something and decide it isn’t for you — figuring out what you enjoy is part of the process.

## Get a friend or loved one involved

It’s easier to stick to something if you’ve got someone to do it with. You may even inspire each other to try new activities!

## Challenge yourself with your day-to-day actions

Exercise can be any form of physical movement, including daily activities such as gardening or just walking to the shops! Challenging yourself to incorporate a little bit more movement each day, like walking to the shops, can make a huge difference to your well-being.



# Things to keep in mind

No matter what you choose to do, here are some tips to keep in mind.

## **Listen to your body**

Some days are busier than others, and your symptoms may be especially restrictive at times. Forcing yourself to exercise as you'd planned instead of doing what your body can handle could lead to injury, so it's important to listen to your body and rest when you need to.

## **Stay safe and prepared**

Make sure you have suitable clothing and footwear for the activity you choose to do, something that is easy to move in and breathable. To reduce the risk of injury, make sure you're exercising in a clear space and warm up with some light stretching. Finally, don't forget to stay hydrated!

Talk to your doctor or another member of your healthcare team if you have any questions about keeping active with PBC.





## References

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