

Learning Objectives Welcome Video

Hi and welcome to this Gilbert's Syndrome essentials course. Well done for taking steps to take control of your health. I'm delighted to help you learn more about how you can feel better with Gilbert's Syndrome.

I've been supporting people with Gilbert's Syndrome for nearly 20 years, and I'm so delighted that you can now help yourself through accessing this online course.

We're going to look at why you have Gilbert's Syndrome; what happens when you have Gilbert's Syndrome; what it does to your liver; what conversations you need to have with your health professionals, and most importantly, how you can start to take control of your symptoms and feel better.

Let's dig in.