

## About the Alpha-1 Foundation

The Alpha-1 Foundation is a not-for-profit organization founded in 1995 by Alphas. Its mission is to provide the leadership and resources that will result in increased research, improved health, worldwide detection and a cure for Alpha-1.

Most members of the Board of Directors either have Alpha-1 or have a family member with Alpha-1. The Foundation has had continuous growth since its inception. From the beginning, the Foundation has made the detection of Alpha-1 a priority. The Foundation has also developed a solid infrastructure to promote research and the development of new therapies for improving the quality of life for those with Alpha-1.

The Alpha-1 Foundation is available to help you better understand how to care for your Alpha-1 patients.



Please call **877-228-7321** or visit  
**[www.alpha1.org](http://www.alpha1.org)**

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## Is Your Patient Short of Breath?



An estimated 100,000 persons in the U.S. have **Alpha-1**, but **90%** are undetected. A simple blood test can rule it out.

# Rule Out Alpha-1!

Alpha-1 patients are at risk for lung disease as adults and liver disease at any age, but are rarely diagnosed.

*Alpha-1 Antitrypsin Deficiency (Alpha-1) is a genetic disorder characterized by low levels of or absent alpha-1 antitrypsin (AAT) protein in the blood.*

## Who Should Be Tested? \*

- All patients diagnosed with emphysema or COPD (up to 3% of patients with COPD may have Alpha-1)
- Patients with asthma that cannot be completely reversed with aggressive treatment
- Patients with unexplained liver disease
- Patients with a family history of COPD or liver disease
- Patients with a family history of Alpha-1
- Asymptomatic individuals with persistent obstruction on pulmonary function tests with identifiable risk factors (cigarette smoking, occupational exposure, etc.)

\* Standards of the American Thoracic Society/ European Respiratory Society, 2003

## Why Test?

- The results can help you give your patients better care.
- The diagnosis may affect decisions on career choices, personal health (such as avoiding smoking and excessive alcohol use) and family planning.
- Genetic counseling is available.

## Testing

Testing for Alpha-1 is simple, quick and highly accurate. A blood draw or fingerstick, in your office or a lab, can provide a quick diagnosis. For more information on testing, visit: [www.alpha-1foundation.org/testing-for-alpha-1](http://www.alpha-1foundation.org/testing-for-alpha-1)

## Testing results will give you one of these three important facts:

- You have successfully Ruled Out Alpha-1 in your patient!
- Your patient is an Alpha-1 carrier – may be slightly more susceptible to lung or liver disease, and carries an altered gene that can be passed on to children.
- Your patient has Alpha-1 Antitrypsin Deficiency and is vulnerable to lung and/or liver disease. With a specific diagnosis, you can give better, more focused treatment to your patients.

## Next Steps

- Better health management (nutrition, exercise)
- Interventional strategies (smoking prevention or cessation)
- Augmentation therapy (potential treatment should be discussed with patient) visit: [www.alpha-1foundation.org/augmentation-therapy](http://www.alpha-1foundation.org/augmentation-therapy)
- Family testing for Alpha-1
- Free educational material is available for you and your patient

