



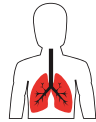
Alpha-1 Antitrypsin (AAT) Deficiency

Alpha-1 Antitrypsin (AAT) Deficiency is a hereditary condition that causes your body to lack or produce low levels of this important protein that protects the lungs. If inherited, AAT deficiency can lead to Chronic Obstructive Pulmonary Disease (COPD). People with this condition should talk with their family members. Genetic and psychological counseling can provide information and support for families who have been affected by the disease.

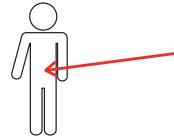
What are the symptoms?



Shortness of breath



Wheezing or recurring chest colds



Abdominal swelling or gastrointestinal bleeding



Cough and/or sputum production



Jaundice (yellowing of the skin)



Unexplained liver problems

Who should be tested?

- Anyone with a COPD diagnosis
- Those with an asthma diagnosis whose breathing tests do not return to normal after using a bronchodilator
- People with a family history of AAT deficiency, emphysema or liver disease at an early age, adult onset asthma, or recurring bronchitis

What are the treatment options?

- Highest priority for those with AAT deficiency is to quit smoking
- Scheduled flu and pneumonia vaccines
- Continued use of prescribed inhaled medications
- Pulmonary rehabilitation
- Additional therapies may be needed to decrease loss of lung function
- In severe cases, a lung transplant may be an option

Tips and Tricks for AAT:



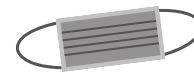
Avoid lung irritants: tobacco smoke, air pollutants, wood stoves, etc.



Take medications as directed



Follow a good nutrition, exercise, and stress management program



Avoid exposure to people who are sick



Maintain regular medical appointments



Stay current on immunizations



Reduce alcohol use



Participate in Pulmonary Rehabilitation if recommended