Tips to help you get ready for your next appointment

After making an appointment with your healthcare professional, use this simple checklist as a reminder of what you should do to get ready for that appointment:

✓ Read the Alpha-1 Fact Sheet
✓ Read this Alpha-1 Discussion Guide
✓ Add an appointment reminder to your calendar to bring your AlphaKit™ test
✓ Put your AlphaKit test where it will be easy to remember to take it with you
  • Remember, do not open your AlphaKit test
✓ On the day of your appointment, be sure to bring
  • Your AlphaKit test
  • This Alpha-1 Discussion Guide

Things to consider discussing with your healthcare professional
Use the space provided to write down things you want to tell your healthcare professional when discussing alpha-1 and alpha-1 testing.

Things to consider sharing:
• Review your current COPD symptoms and challenges you may be having
• Discuss your medical family history that applies to COPD and alpha-1
• Ask to be tested using the AlphaKit test you brought to the appointment

Appointment Date/Time: ____________________
Notes: ________________________________

www.geneticCOPDtest.com
Tips to help you talk with your healthcare team about getting tested for alpha-1

Even though your healthcare professional is very familiar with diseases like COPD, he or she may not be as familiar with alpha-1-antitrypsin deficiency (alpha-1). The information provided below can help you have a conversation about alpha-1 and getting tested using your free* AlphaKit™ test.

Starting a conversation with the office staff at your doctor’s office

It can be helpful to let the office staff know that you want to talk with your healthcare professional about alpha-1 testing.

Suggestions to start this conversation include:

- Could you please let (name of healthcare professional) know that I would like to talk with (him/her) about getting tested for alpha-1, also known as genetic COPD?
- Could you please let (name of healthcare professional) know that I have my AlphaKit test with me today, and I’d like to be tested for alpha-1? It’s a simple fingerstick test that will help us find out if I have genetic COPD.

Starting a conversation with your healthcare professional

Let your healthcare professional know that you want to find out if your COPD is actually related to alpha-1.

Suggestions to start this conversation include:

- I found some information online about a genetic condition called alpha-1. Do you think that could be a contributing cause of my COPD?
- After reading about how COPD may be genetic, I ordered this free AlphaKit test. I have it with me today; can you use it to test me for alpha-1?
- I would like to know if my COPD is caused by the genetic condition called alpha-1. Can you perform this quick fingerstick test today? Everything you need is in this AlphaKit test.

If your healthcare professional is hesitant to test you...

It may help to share that more than 90% of the estimated 100,000 people in the United States who have alpha-1 haven’t been diagnosed yet. You won’t know if you are one of the 90% until you get tested.¹

Now go get tested for alpha-1 with your AlphaKit test

Tear down the dotted line and give the section labeled “Alpha-1 Discussion Guide for Healthcare Professionals” to your healthcare professional during your next visit.

*The AlphaKit test kits are provided compliments of Grifols and may not be billed to patients or their health insurers.

Regardless of their smoking history, your patient would like to know whether their COPD is related to a genetic condition called alpha1-antitrypsin deficiency (alpha-1). By testing them today with the AlphaKit™ test, you can help them get the answers they are looking for.

What is alpha1-antitrypsin deficiency?
Alpha1-antitrypsin deficiency (alpha-1), the major known genetic risk factor for COPD, is one of the world’s most prevalent, potentially fatal hereditary diseases. This is why it is sometimes referred to as “genetic COPD.”

Alpha-1 is an inherited disease that is characterized by a severe deficiency of the alpha-1 antitrypsin (AAT) protein in the lungs. Low levels of circulating AAT allow potentially harmful enzymes, like neutrophil elastase, to remain in the lungs unchecked. Low levels of AAT, and the consequent proliferation of neutrophil elastase, leave lung tissue vulnerable to destruction, resulting in a decline in lung function. Alpha-1 may be a contributing cause of up to 3% of all COPD cases in the United States.1-3

Why should I test this patient for alpha-1?
The American Thoracic Society (ATS) guidelines recommend testing all people diagnosed with COPD for alpha-1, regardless of their age or smoking history.4

People with genetic COPD experience the same symptoms as people with COPD, such as dyspnea, decreased exercise tolerance, wheezing, persistent cough, excess sputum production, frequent lower respiratory tract infections, and history of suspected asthma. The only way you will know for sure if your patient has COPD or genetic COPD due to alpha-1 is to conduct a genetic test for alpha-1.5

Free* genetic testing and processing of the results is available with the AlphaKit test your patient brought with him or her. You will only need to test a patient one time to determine if they have alpha-1. Other testing options include a blood test through a commercial lab (ie, LabCorp, Quest); however, the patient’s insurance should be checked first to understand costs and coverage.

If you diagnose your patient with alpha-1, treatment options are available in addition to their current COPD medications.

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www.geneticCOPDtest.com
Benefits of testing with the AlphaKit™ test

• Free and easy; a simple fingerstick can let you and your patient know for sure
• Takes less than 10 minutes for you or your office staff to administer
• All supplies needed to test are included inside the AlphaKit test, shown on the right
• No CLIA certification needed to conduct test
• Test processed at GeneAidyx Laboratory, a world-renowned genetics testing facility that specializes in alpha-1 testing
• Complies with HIPAA confidentiality regulations
• Test results are processed in just 2 business days,† with results available through myalphakit.com, or by fax or mail
• Results are kept confidential between you and your patient

How do I use the AlphaKit test to test for alpha-1?

The steps below will give you a high-level overview on how to administer the AlphaKit test. Please refer to the full instructions located inside the AlphaKit test.

1. Complete the information on the test form provided
2. Remove the protective blue tip from the lancet
3. Place the tip of the lancet on the tip of the middle or fourth finger, press firmly until it “clicks,” and then release
4. Squeeze blood drops in each of the three circles. **Make sure blood completely covers the inside of each circle**
5. Let the blood dry, seal, and use the self-addressed, stamped envelope to mail to GeneAidyx —GeneAidyx will process test results in 2 business days†

GeneAidyx founder and director, Dr. Mark Brantly, a pioneer in alpha-1 discovery and research, is personally available to discuss test results, if needed.

Help your patients find out if they have alpha-1 with one simple AlphaKit test

†Average processing time for results is 2 business days from the time the test kit is received by the laboratory.
CLIA=Clinical Laboratory Improvement Amendments; HIPAA=Health Insurance Portability and Accountability Act.