

What you
should know about
alpha-1
before getting tested

LOOK INTO **genetic
COPD**

Now that you've taken the first step toward getting tested for alpha₁-antitrypsin deficiency (AL-fa / one / an-tee-TRIP-sin / de-FISH-an-see), also called alpha-1, it's natural to have questions. Talk to your healthcare professional and use the information below to help answer questions you may have about alpha-1 and the AlphaKit™ test.



What is alpha₁-antitrypsin deficiency (alpha-1)?

Alpha-1 is a rare genetic condition that people are born with, which is why it is sometimes referred to as genetic COPD. Alpha-1 is caused by a deficiency in a specific protein called alpha₁-antitrypsin. This protective protein plays a critical role in safeguarding the lungs.¹



Why should I get tested for alpha-1?

Having low levels of alpha₁-antitrypsin can leave your lungs vulnerable to serious damage. According to guidelines from both the World Health Organization (WHO) and American Thoracic Society (ATS), if you've been diagnosed with COPD, you should get tested for alpha-1, regardless of your smoking history. If you are diagnosed with alpha₁-antitrypsin deficiency, treatment options may exist in addition to your COPD medications.²⁻⁴



Why haven't I been tested for alpha-1 before?

In most cases, COPD is caused by smoking or exposure to harmful environmental factors, but for some it also may be due to a rare genetic condition. Because the symptoms of alpha-1 are the same as traditional COPD symptoms, alpha-1 can go undetected for years. In fact, more than 90% of the estimated 100,000 people in the United States who have alpha-1 don't know they have it.^{5,6}

The only way you will know if you have alpha-1 is to get tested for alpha-1



How do I get tested for alpha-1?

Free genetic testing and processing of the results is available with the AlphaKit™ test, the simple fingerstick test you just received. Other testing options include a blood test through a commercial lab (eg, LabCorp, Quest). Check with your insurance company to understand the costs and coverage associated with going to a commercial lab.

Make sure you remember to bring the unopened AlphaKit test to your next doctor's appointment.



What's in the AlphaKit test kit?

The AlphaKit test contains all the materials your healthcare professional needs to complete the simple fingerstick test. Remember, do not open your AlphaKit test prior to meeting with your healthcare professional. The photo on the right shows you all the materials in your AlphaKit test.



How is the AlphaKit test performed?

The AlphaKit test is a quick and easy fingerstick that takes fewer than 10 minutes to conduct in your healthcare professional's office. Testing for alpha-1 is needed only once in your lifetime.



How much does the AlphaKit test cost?

The AlphaKit test and the processing of the results are free.* If you choose to go to a commercial lab (eg, LabCorp, Quest) to get tested, check with your insurance company to understand the associated costs and coverage.



How long will it take to get the AlphaKit test results?

Your test will be processed at GeneAidyx Laboratory, a world-renowned genetics testing laboratory that specializes in alpha-1 testing, in just 2 business days[†] after receiving your test. Your results are kept completely confidential between you and your healthcare professional.

Still unsure how to start the conversation with your healthcare professional about getting tested with the AlphaKit test? Refer to the included Alpha-1 Discussion Guide for tips.

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

[†]Average processing time for results is 2 business days from the time the test kit is received by the laboratory.

References: 1. What causes alpha-1 antitrypsin deficiency? National Heart, Lung, and Blood Institute website.

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Foundation website. <https://www.alpha1.org/what-is-alpha1>. Accessed May 11, 2017. 3. World Health Organization. α 1-antitrypsin deficiency:

memorandum from a WHO meeting. *Bull World Health Organ*. 1997;75(5):397-415. 4. American Thoracic Society/European Respiratory Society statement: standards for the diagnosis and management of individuals with alpha-1 antitrypsin deficiency. *Am J Respir Crit Care Med*. 2003;168(7):818-900.

5. What is COPD? COPD Foundation website. <https://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD.aspx>. Accessed May 11, 2017. 6. Campos MA, Wanner A, Zhang G, Sandhaus RA. Trends in the diagnosis of symptomatic patients with α 1-antitrypsin deficiency between 1968 and 2003. *CHEST*. 2005;128(3):1179-1186.