

Tips to help you get ready for your **next appointment**

LOOK INTO **genetic
COPD**

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 AlphaID™ Genetic COPD Screener
- ✓ Put your AlphaID where it will be easy to remember to take it with you
 - Remember, do not open your AlphaID
- ✓ On the day of your appointment, be sure to bring
 - Your AlphaID
 - 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 screening.

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 screened using the AlphaID you brought to the appointment

COPD=chronic obstructive pulmonary disease.

Appointment Date/Time: _____

Notes: _____

Tips to help you talk with your healthcare team about getting screened for alpha-1

Even though your healthcare professional is very familiar with diseases like COPD, he or she may not be as familiar with alpha₁-antitrypsin deficiency (alpha-1), also known as genetic COPD. The information provided below can help you have a conversation about alpha-1 and getting screened using your free* AlphaID™.



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 screening for genetic COPD.

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 screened for alpha-1, also known as genetic COPD?
- Could you please let (name of healthcare professional) know that I have my AlphaID with me today, and I'd like to be screened for alpha-1? It's an easy and free cheek swab that will help us find out if I am at risk for genetic COPD

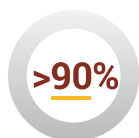


Starting a conversation with your healthcare professional

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 AlphaID. I have it with me today; can you use it to screen 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 easy cheek swab today? Everything you need is in this AlphaID package



If your healthcare professional is hesitant to screen 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 may be one of the 90% until you get screened.¹

Now go get screened for alpha-1 with your AlphaID

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 AlphaID Genetic COPD Screener is provided compliments of Grifols and may not be billed to patients or their health insurers.

Reference: 1. 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.

Does your patient have **alpha₁-antitrypsin deficiency?**

LOOK INTO **genetic
COPD**

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 screening them today with AlphaID™, you can help them start to 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 alpha₁-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 screening and processing of the results is available with the AlphaID Genetic COPD Screener your patient brought with him or her. 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 then confirm a diagnosis of alpha-1, treatment options may exist in addition to current COPD medications.^{1,2,4}

Benefits of screening with AlphaID™

- Screening for genetic COPD is easy and free with AlphaID. All it takes is a cheek swab
- All supplies needed to screen are included inside AlphaID, shown on the right
- Your AlphaID will be processed at no cost by Biocerna, a certified, independent laboratory, within 5 business days,[†] after they receive it
- Complies with HIPAA confidentiality regulations
- Results are kept confidential between you and your patient



How do I use AlphaID to screen for alpha-1?

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

- 1 Complete and sign the requisition form
- 2 Conduct the AlphaID cheek swab utilizing the instructions on the swab package
- 3 Seal the swab sample within the provided specimen bag and place into the bubble-wrap sleeve
- 4 Ensure the requisition form is enclosed within the shipping box. Seal and ship using the prepaid shipping label. Biocerna will process results within 5 business days[†] of receiving AlphaID

Help your patients find out if they are at risk for genetic COPD with AlphaID

[†]Average processing time for results is within 5 business days from the time AlphaID is received by the laboratory.

HIPAA=Health Insurance Portability and Accountability Act.

References: 1. What causes alpha-1 antitrypsin deficiency? National Heart, Lung, and Blood Institute website. <https://www.nhlbi.nih.gov/health/health-topics/topics/aat/causes>. Updated October 11, 2011. Accessed May 11, 2017. 2. World Health Organization. α_1 -antitrypsin deficiency: memorandum from a WHO meeting. *Bull World Health Organ.* 1997;75(5):397-415. 3. Köhnlein T, Welte T. *Alpha-1 Antitrypsin Deficiency—Clinical Aspects and Management*. Bremen, Germany: UNI-MED Verlag AG; 2007. 4. American Thoracic Society/European Respiratory Society. 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. Alpha-1 Foundation. What is alpha-1? <https://www.alpha1.org/what-is-alpha1>. Accessed May 11, 2017.