

What you  
should know about  
**alpha-1**  
before getting screened

LOOK INTO **genetic  
COPD**

Now that you've taken the first step toward getting screened for alpha<sub>1</sub>-antitrypsin deficiency (AL-fa / one / an-te-TRIP-sin / de-FISH-an-see), also called alpha-1 or genetic COPD, it's natural to have questions. The information provided below will answer questions you may have about alpha-1 and the AlphaID™ Genetic COPD Screener.



### What is alpha<sub>1</sub>-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 alpha<sub>1</sub>-antitrypsin. This protective protein plays a critical role in safeguarding the lungs.<sup>1</sup>



### Why should I get screened for alpha-1?

Having low levels of alpha<sub>1</sub>-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 find out if you have alpha-1, regardless of your smoking history. If your healthcare professional then confirms a diagnosis of alpha<sub>1</sub>-antitrypsin deficiency, treatment options may exist in addition to your COPD medications.<sup>2-4</sup>



### Why haven't I been screened 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.<sup>5,6</sup>

The only way you will know if you are at risk for alpha-1 is to get screened for genetic COPD

COPD=chronic obstructive pulmonary disease.



## How do I get screened for alpha-1?

AlphaID™ is an easy cheek swab to screen you for genetic COPD. AlphaID and processing of the results are free, at no cost to you. Your insurance will not be billed. 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 AlphaID to your next doctor's appointment.



## What's in the AlphaID package?

The AlphaID package contains all the material your healthcare professional needs to complete the screening. Remember, do not open your AlphaID prior to meeting with your healthcare professional. The photo on the right shows you all the materials in your AlphaID.



## How is the AlphaID screener performed?

AlphaID is an easy cheek swab a healthcare professional uses to screen you for genetic COPD.



## How much does AlphaID cost?

AlphaID and processing of the results are free, at no cost to you. Your insurance will not be billed.\*



## How long will it take to get the results for AlphaID?

Your AlphaID will be processed at no cost by Biocerna, a certified, independent laboratory, within 5 business days after they receive it. Confidentiality is our first priority. Results are shared with only you and your healthcare professional.

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

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

**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. Alpha-1 Foundation. What is alpha-1? <https://www.alpha1.org/what-is-alpha1>. Accessed May 11, 2017. 3. World Health Organization.  $\alpha_1$ -antitrypsin deficiency: memorandum from a WHO meeting. *Bull World Health Organ*. 1997;75(5):397-415. 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. COPD Foundation. What is COPD? <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  $\alpha_1$ -antitrypsin deficiency between 1968 and 2003. *Chest*. 2005;128(3):1179-1186.