



Alpha 1
Deutschland e.V.

Experience in

Diagnosis and treatment



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Diagnosis at age 40:



Remember:

Alpha-1 antitrypsin deficiency, PiZZ,

...as well as Asthma, COPD, emphysema and bronchiectasis



Diagnostic pathway

Unfortunately, I started smoking early on (15 packyears). Then came the cough and with it my **asthma diagnosis**.

I finally stopped smoking at the age of 30 and by the age of 40 my lung values should have been regenerated - but **they were not**.

A good instinct made my lung doctor **test for Alpha-1**.



Treatment



- Remaining with cortisone bronchodilator spray for my asthma
- Learning breathing facilitating position
- Learning to cough up
- Getting to know the disease
- Start augmentation therapy soon
- Regular examinations



As an Alpha-1 patient

2x per year to a
lung specialist

1x per year to a
centre (entry in the
EARCO register)

Daily inhalation of
medication

Alcohol only
rarely

1x per year **liver
check** (participation in
register study)

Lots of **exercise**, lung
sports, respiratory
physiotherapy

Liver-friendly **diet**



What has helped me the most?



My family



Good cooperation
with my doctors



Hope through
research



Positive thinking



Acceptance



Information!



Advice for others patients



- Learn to pay attention to your body and recognise new symptoms as well as an upcoming exacerbation
- Collect all the test results - get them from your doctor!
- Know your values and what they mean - that's what we're here to learn today
- Take part in registers/register studies

Thank you!



Thank you
for your attention



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