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Questions for Your Doctor About Alpha-1



When you talk to your doctor or healthcare professional about Alpha-1, it's important to ask the right questions to stay knowledgeable about your condition and treatment. Use this discussion guide during appointments to spark informed conversations.

Understanding Alpha-1

- What is Alpha-1 antitrypsin deficiency, and how does it affect my body?
- Are there specific genetic implications of my Alpha-1 diagnosis? If so, what are they?
- What stage of Alpha-1 am I in, and what does that mean for my health?

Treatment options

- What available treatment options are there for Alpha-1?
- Can you explain the benefits and downsides of each treatment option?

Symptoms

- Are there any signs or symptoms that show my condition is getting worse? If so, what are they?
- How often should I keep track of my symptoms?
- How should I monitor my symptoms?

Lifestyle changes

- What lifestyle changes will help me manage my condition?
- What sort of physical exercise will help me, and what exercises should I avoid?
- What dietary changes will support my treatment and overall health?

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Monitoring my condition

- How often should I schedule follow-ups?
- What kind of tests can I use to regularly monitor my condition?

Family and genetic counseling

- What does my diagnosis and condition mean for my children and relatives?
- Should my family members get tested for Alpha-1?

Patient support and resources

- Which patient support groups would you recommend for Alpha-1?
- What educational resources can I use to learn more about Alpha-1?
- Are there any mental health resources or professionals you can recommend should I need them?
- Who can I contact for more information about insurance coverage, my cost share, and financial assistance?

Long-term outlook with Alpha-1

- What is the long-term outlook for me, given my stage of Alpha-1?
- How can I prepare for the future to ensure the best possible physical health and quality of life?

You are your own best advocate and should make it a point to stay educated and speak up for yourself and your health.

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