

Alpha 1-Antitrypsin Deficiency Alphabet

From A₁
to ZZ



by
Amy Jo Lindloff

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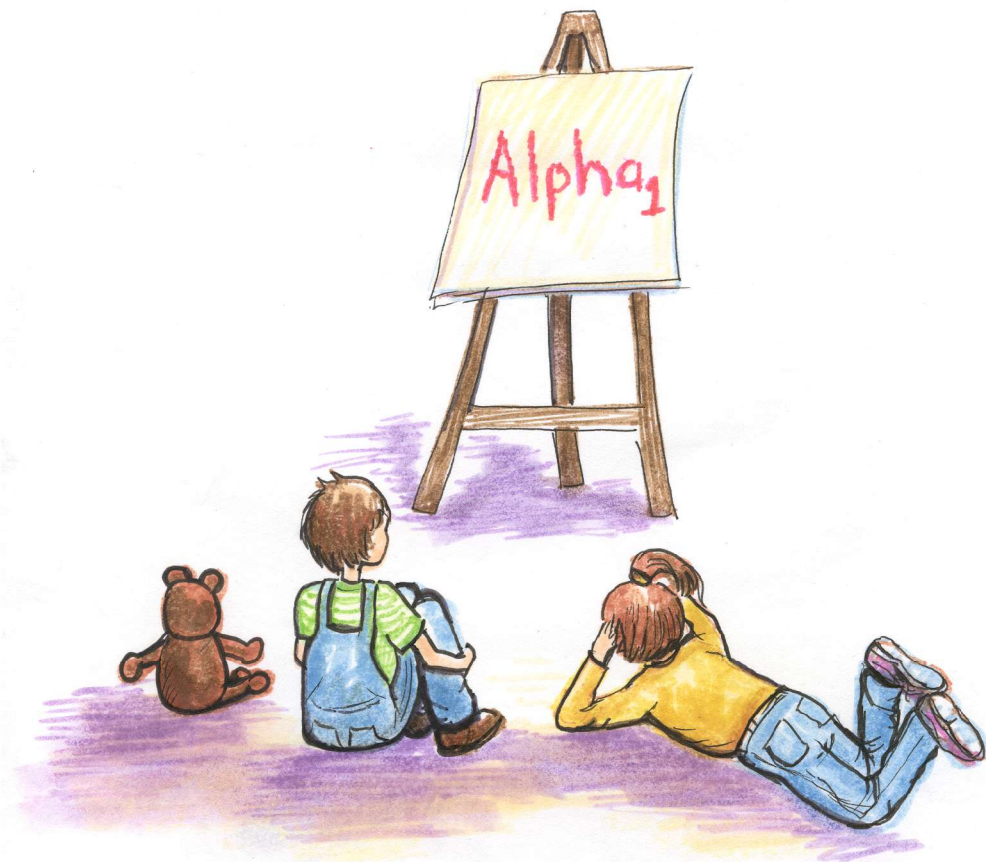
Illustrated by Christine Ohlsen

One day, I started to wonder how I was going to tell my daughters, then ages 3 and 1, that they both had Alpha 1 Antitrypsin Deficiency. I wanted to be able to explain to them the risks of the disease, the precautions that they could take, and that it should in no way inhibit what they do in life. What follows is my gift to them.

To any family dealing with Alpha 1, my prayers are with you and I hope this book helps.

To Kaitlyn and Elizabeth, who have shown me that with hope, love and prayer, anything is possible.

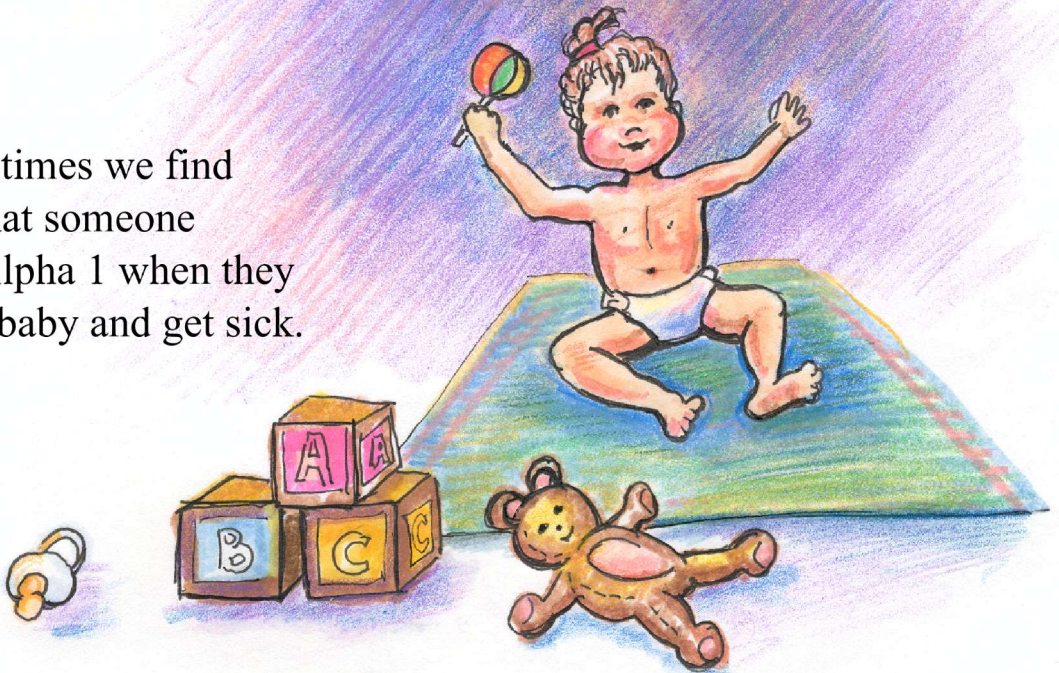
A is for Alpha 1-Antitrypsin Deficiency



That's hard to say. Can you say it?
We can just call it Alpha 1.

B is for Babies

Sometimes we find
out that someone
has Alpha 1 when they
are a baby and get sick.



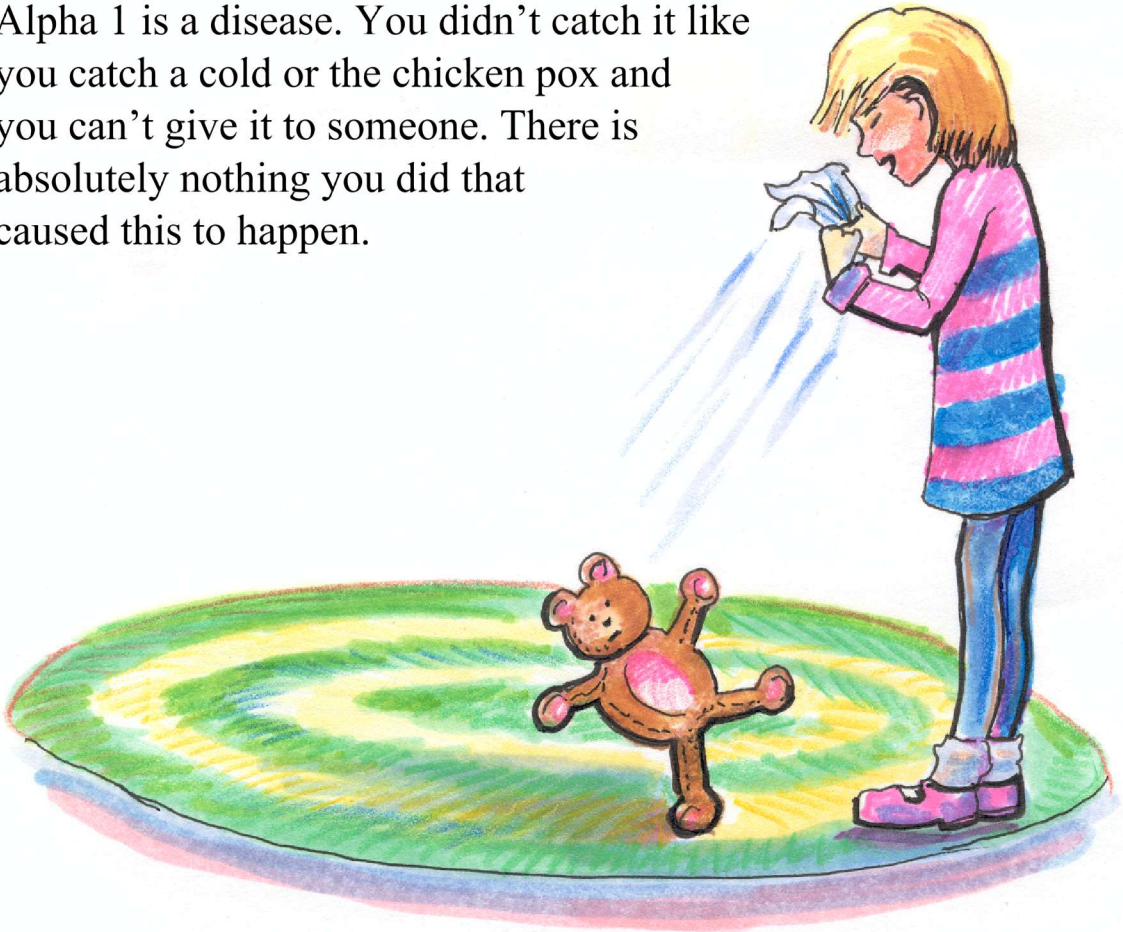
C is for Children



Other times, we don't know that children have Alpha 1 until they are older, and maybe even a grown up.

D is for Disease

Alpha 1 is a disease. You didn't catch it like you catch a cold or the chicken pox and you can't give it to someone. There is absolutely nothing you did that caused this to happen.



E is for Everyone Exercising



It is important to exercise to keep your body strong and healthy.

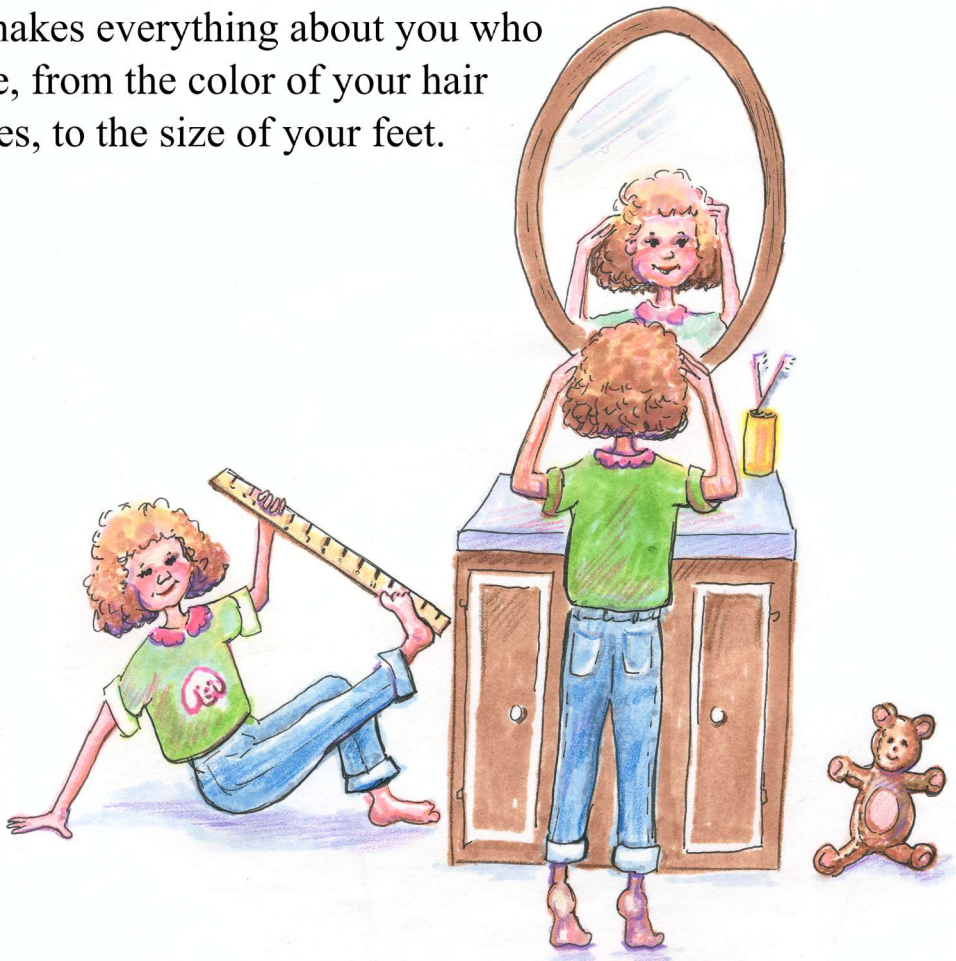
F is for Fun



There are a lot of fun things that kids with Alpha 1 can do, like football, finger painting and play with friends.

G is for Genetics

Now isn't that a funny word? Alpha 1 is a genetic disease, passed on by our parents. Genetics is what makes everything about you who you are, from the color of your hair and eyes, to the size of your feet.



H is for Hospital

When someone is sick, they may go to the hospital. In the hospital or at the doctor's office the lab technicians may take blood out of your arm with a needle. They will then test the blood to see if your liver is working right.



I is for **I Love You**



J is for Jaundice



Jaundice means that a person's skin color is yellow. If you have Alpha 1 you may have had jaundice as a baby.

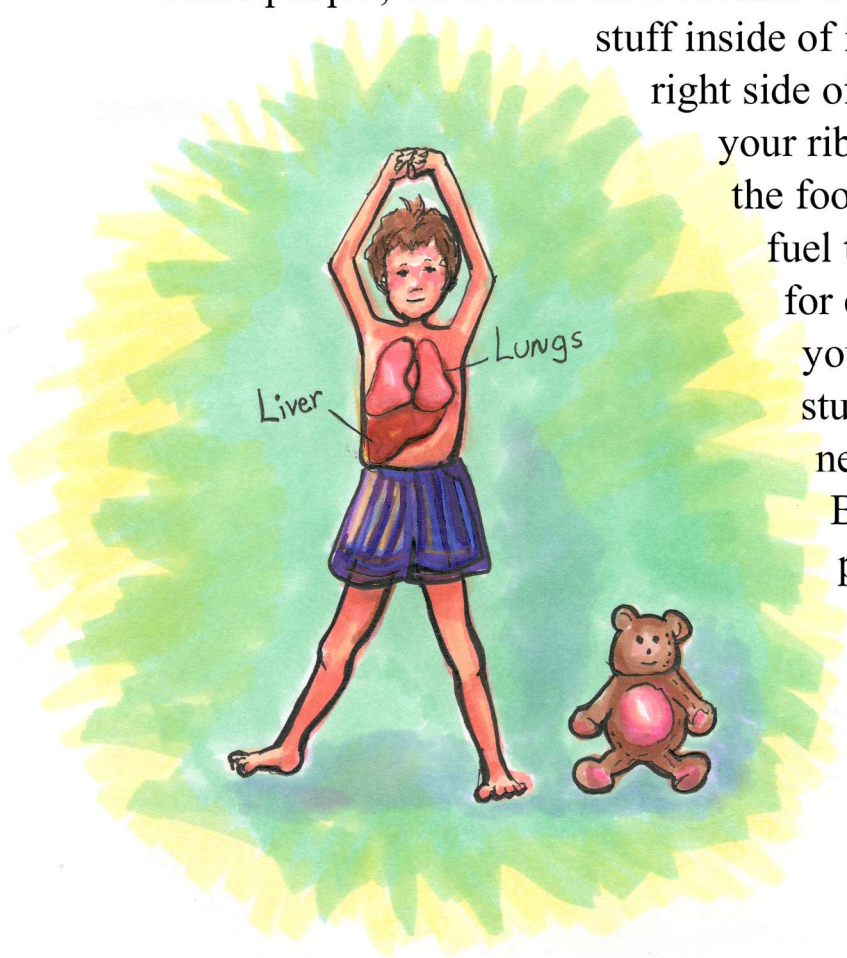
K is for **Kids**



A kid with Alpha 1 can do anything!

L is for Liver and Lungs

Alpha 1 may cause your liver or your lungs to get sick. In some people, the liver is sick because it can't get rid of the stuff inside of it. The liver is in the right side of your belly, just below your ribs. It helps to make the food you eat into useful fuel that your body needs for energy and to help you grow. Waste, the stuff your body doesn't need, is called bile. Bile is what makes poop brown.



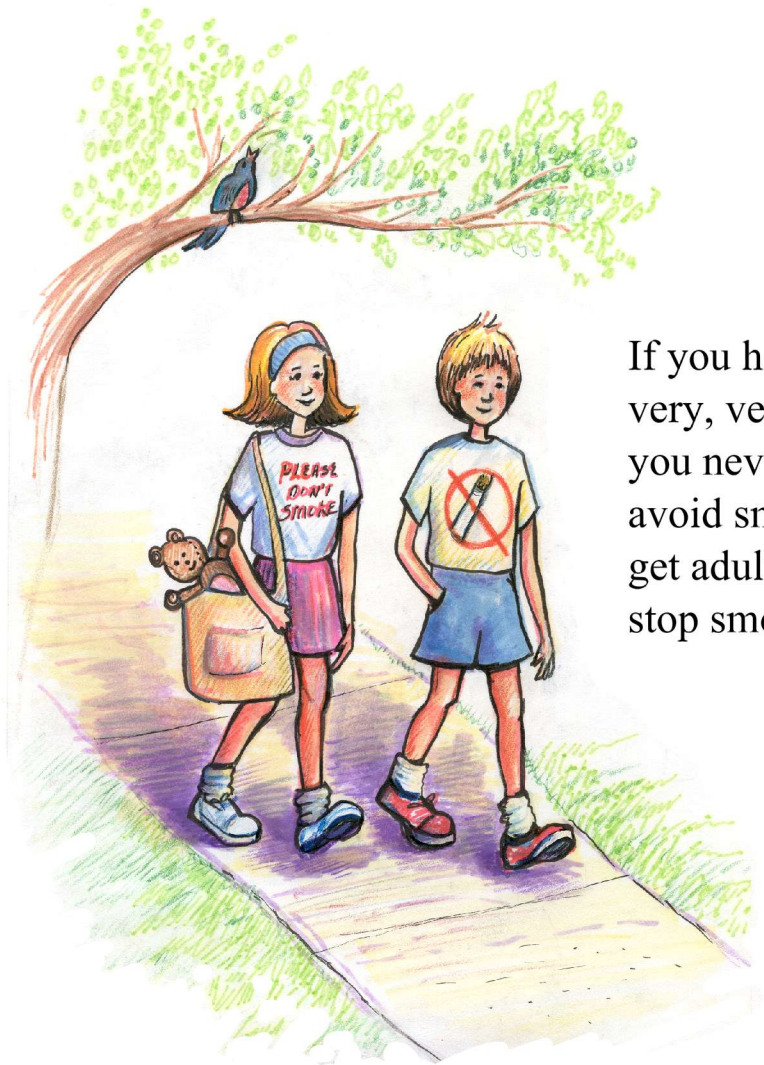
M is for Medical Doctor



Sometimes you'll have to go to the doctor. The Medical Doctor will listen to your lungs with a stethoscope and push on your tummy to feel your liver.

N is for Not Smoking

If you have Alpha 1 it is very, very important that you never smoke. Try to avoid smoky places and get adults you know to stop smoking too.



O is for Organs

Organs are parts inside your body that help you to grow and do things, and to give you energy. The liver and lungs are organs in your body. The lungs may get sick when they are damaged from smoke and pollution. Alpha 1 may make it hard to protect the lungs from these things.

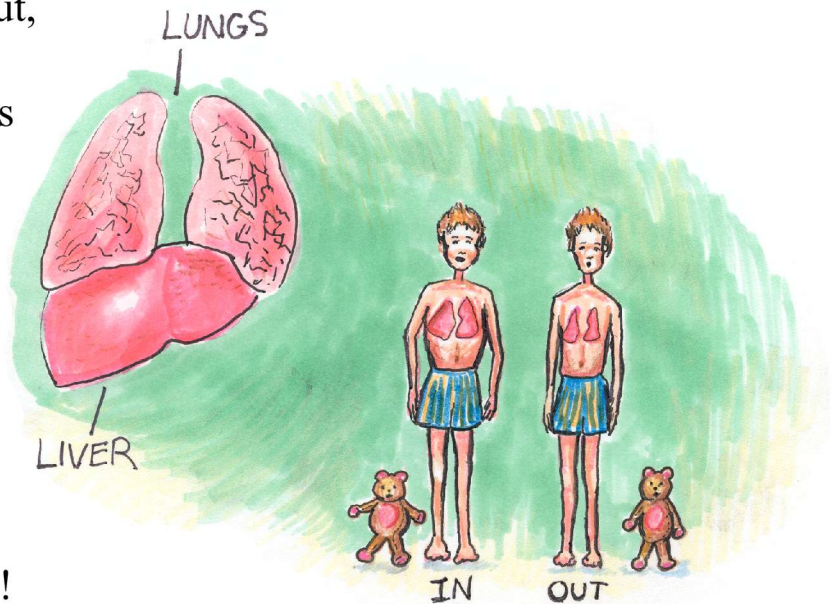
The lungs are located in your chest. When you breathe in, the oxygen in the air moves through your lungs into your blood.

When you breathe out, carbon dioxide (or “used” air) comes out of your lungs.

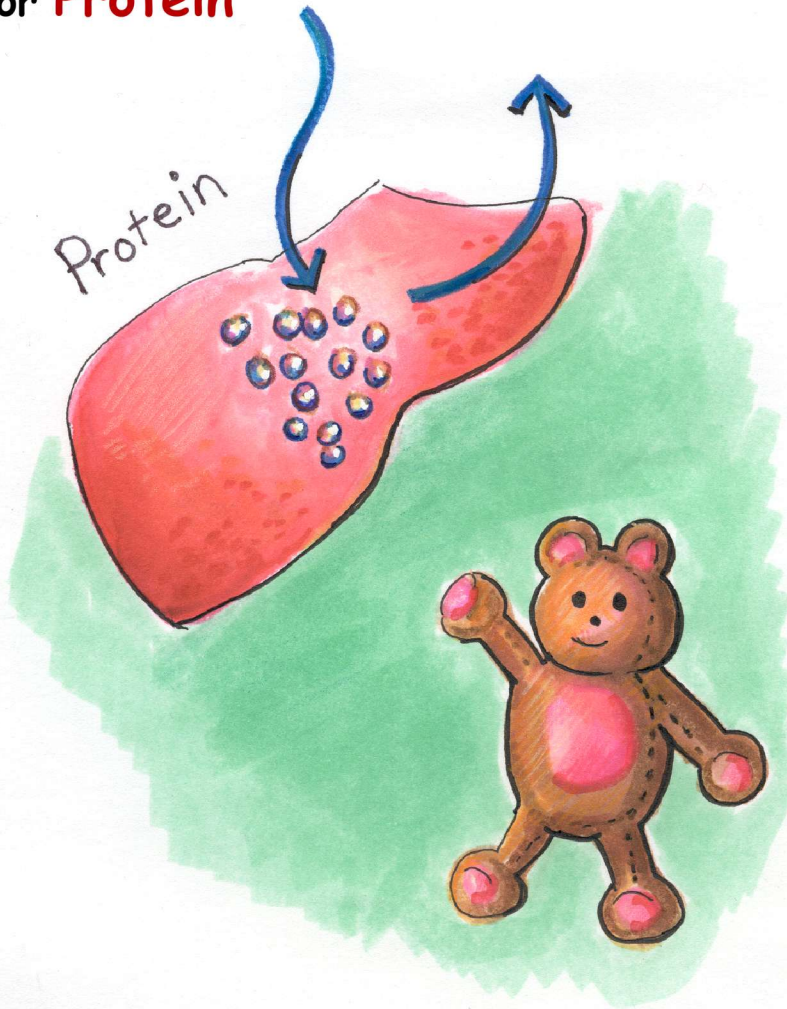
All the cells in your body need oxygen to work.

Now you try it.

Take a deep breath in, feel your lungs fill up with air, now blow out. Good Job!!



P is for **Protein**



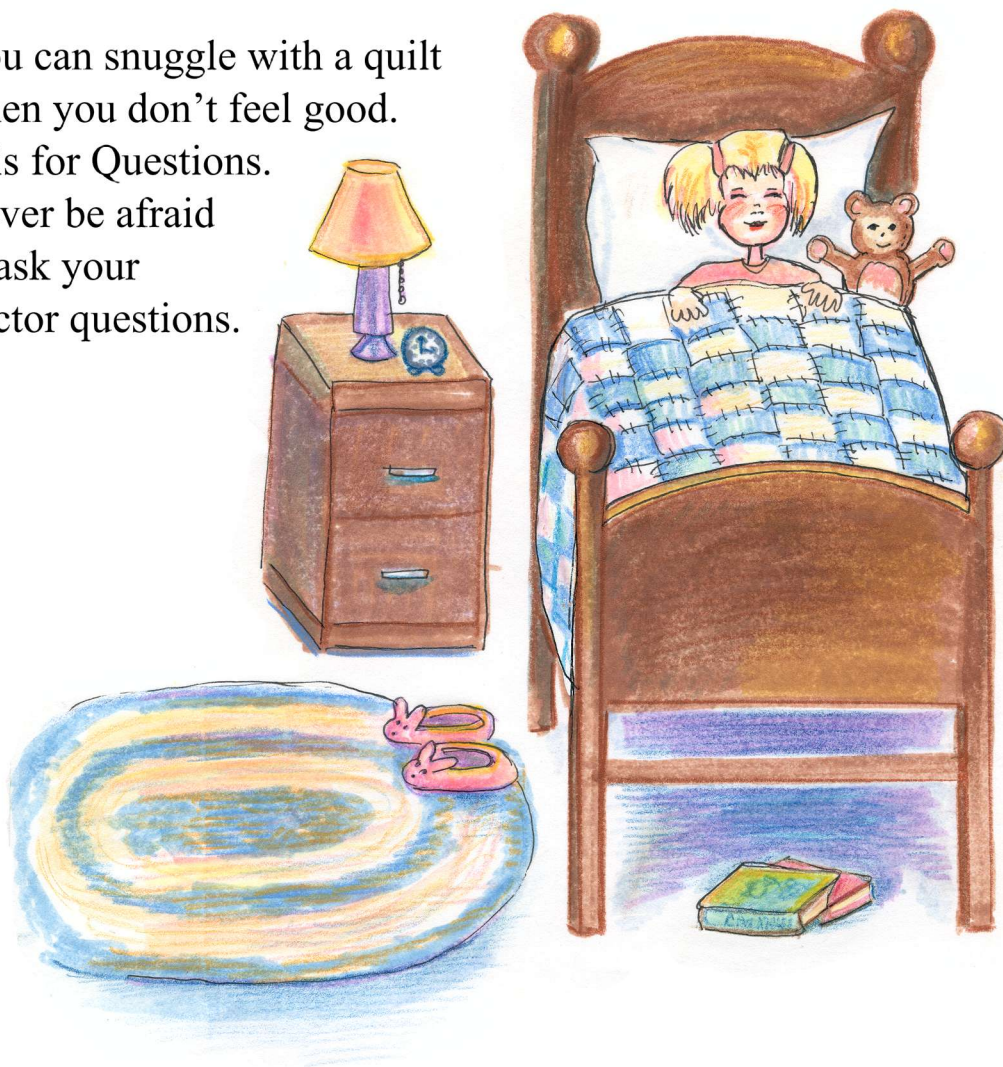
Alpha 1 is a protein in your body that is made in the liver. It is sent out from the liver through your blood. It helps to protect your lungs. If you have Alpha 1 you don't have as much of this protein as people who don't have Alpha 1.

Q is for Quilt

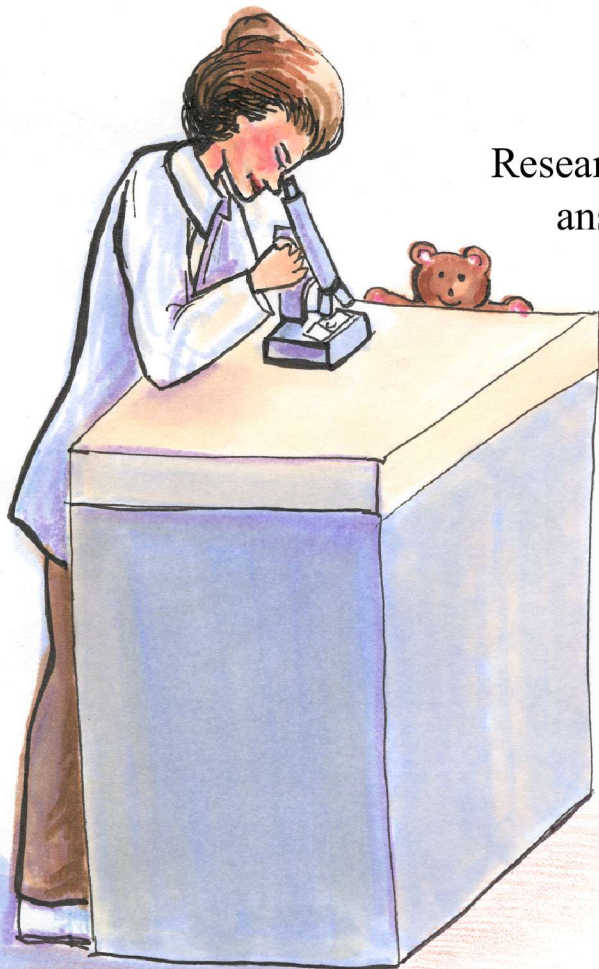
You can snuggle with a quilt
when you don't feel good.

Q is for Questions.

Never be afraid
to ask your
doctor questions.



R is for Research



Research means trying to find answers to what causes diseases. There are people researching Alpha 1 to try to find ways to stop it from making people sick. There may even be ways that you can help in this research. Ask your doctor if you can help.

S is for Smoke and Smog



To protect your lungs and keep them healthy, it is very important to stay away from places with a lot of smoke or smog (pollution).

T is for Transplant



Sometimes a liver can become so sick that the doctors, called surgeons, have to do a transplant. They will take out the bad liver and put in a new healthy one.

U is for Ultrasound



An ultrasound is a test the doctors do to see what you look like inside. They squirt cold gel on your tummy to make the machine work, and you can watch on the monitor as the doctor looks at your liver, spleen, gallbladder and other organs.

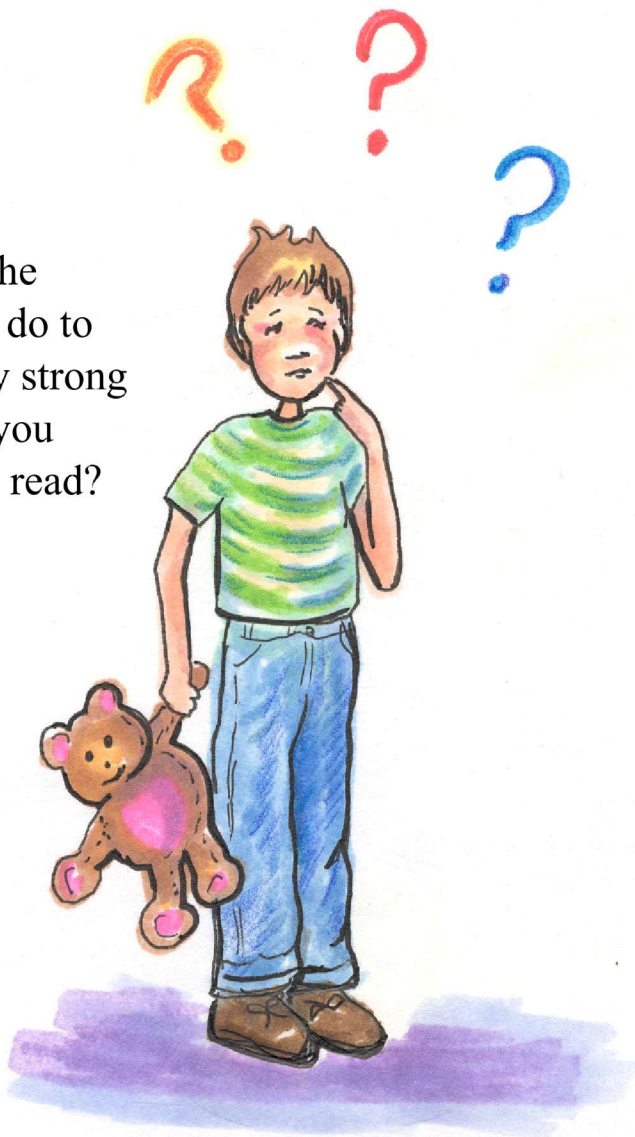
V is for Vitamins



Make sure you take your
vitamins and eat all your
vegetables. This will
help your body to be
strong and healthy
It will also give
you energy to play.

W is for **What**

What are some of the things that you can do to help your body stay strong and healthy? Can you remember what we read?

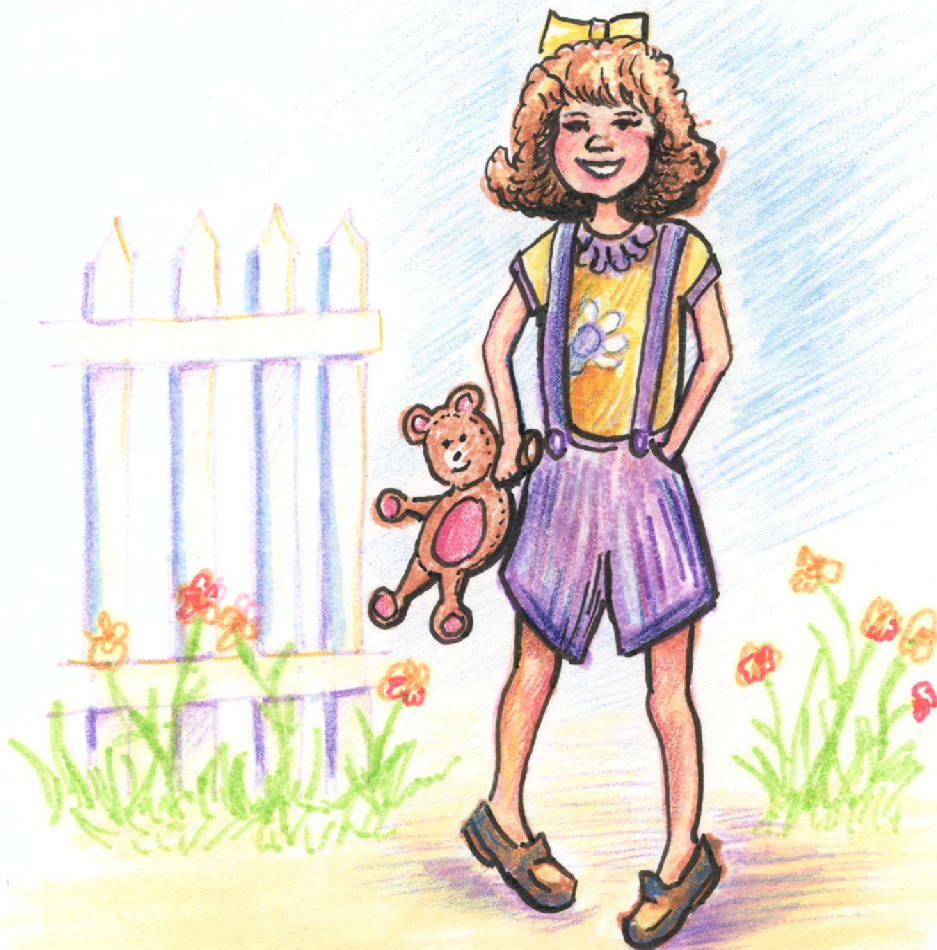


X is for eXcellent answers

eXcellent answers to the question! You can exercise, play, eat your fruits and vegetables, take your vitamins, ask questions, never smoke and avoid smoky places. All of these things will help your body stay strong and healthy!



Y is for **YOU!**



Sweet, wonderful, adorable **YOU!**

Z is for **ZZ**



Remember the word genetics? If someone has the genetic code ZZ, then that person has Alpha 1. That very special person can do anything and be anything. What special things can you do? What do you want to be when you grow up?



Alpha-1 Kids

The Alpha-1 Kids program is dedicated to providing support, education and information for parents and families of children affected by Alpha-1.

For more information about the Alpha-1 Kids program, please contact us at:
Telephone: (877) 346-3212 • E-mail: info@alpha1.org

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