



# ALPHA-1 ANTITRYPSIN DEFICIENCY

## What is Alpha-1 Antitrypsin Deficiency?

Alpha-1 Antitrypsin (AAT) is a protein made in the liver that protects the lungs from inflammation caused by infection and inhaled irritants (tobacco smoke). Alpha-1 Antitrypsin Deficiency occurs when there is little or no AAT in the blood. This deficiency may lead to emphysema and liver disease.

## What are the Causes?

Alpha-1 Antitrypsin is inherited

-  Most common inherited disorder
-  It is estimated that 1 in 2500 people have this disorder

## What are the Symptoms?

1. Shortness of breath
2. Wheezing
3. Unintentional weight loss
4. Chronic cough
5. Recurring chest colds
6. Trend of lung diseases in family

## How is it Diagnosed?

1. Blood test (serum alpha-1 antitrypsin level)
2. Mouth swab

## What is the Treatment?

1. Replacement of Alpha-1 Antitrypsin protein
2. Early treatment for lung infections
3. Use of bronchodilators
4. Oxygen therapy
5. Pulmonary rehabilitation
6. Stay current on pneumonia and flu vaccines
7. Avoid tobacco smoke, fumes, and dust

