Alpha-1 Antitrypsin Deficiency Alphabet

From A to ZZ

by
Amy Jo Lindloff

Ages 8 & below
Alpha-1 Antitrypsin Deficiency Alphabet

From A1 to ZZ

By Amy Jo Lindloff
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 condition, 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.
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.
Sometimes, we don’t know that children have Alpha-1 until they are older, and maybe even a grown up.
Sometimes you’ll have to go to the doctor. The doctor will listen to your lungs with a stethoscope and push on your tummy to feel your liver.
It is important to exercise to keep your body strong and healthy.
There are a lot of fun things that kids with Alpha-1 can do, like football, finger painting and play with friends.
Now isn’t that a funny word? Alpha-1 is a genetic condition passed on by our parents. Genetics is what makes everything about you who you are, from the colour of your hair and eyes, to the size of your feet.
When someone is sick, they may go to the hospital. In the hospital or at the doctor’s surgery the nurse 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 colour is yellow. If you have Alpha-1 you may have had jaundice as a baby.
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 Alpha-1 antitrypsin is trapped inside of it. The liver is in the right side of your body, 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.
Sometimes you may be given medicine from your doctor if you are feeling unwell.
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 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!!
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 also for Questions. Never be afraid to ask your doctor questions.
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

To protect your lungs and keep them healthy, it is very important to stay away from places with smoke or things that pollute the air such as bonfires, cigarette smoke and things that give of strong fumes.
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.
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.
Eat five portions of fresh fruit and fresh vegetables each day to ensure that you get enough quantities and variety of vitamins and minerals.

Examples of a portion are:

- an apple, orange or banana
- a handful of berries or dried fruit
- a large spoonful of vegetables
- a bowl of salad
- a glass of fruit juice.

This will help your body keep strong and healthy.
What are some of the things that you can do to help your body stay strong and healthy? Can you remember what we read?
is for eXcellent answers

eXcellent answers to the question! You can exercise, play, eat your fruits and vegetables, 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!
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?
The Alpha-1 Kids program is dedicated to providing support, education and information for parents and families of children affected by Alpha-1 in the US.

For more information about the Alpha-1 Kids program, contact us at: E-mail: info@alpha1.org

Alpha-1 Awareness give thanks to Alpha-1 Foundation for allowing them to alter and reproduce this version for the United Kingdom.

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Alphie Kids Club: www.alphiekids.club

Alpha-1 Awareness is a registered charity
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