

# Diagnosed with alpha-1 and ready to talk about treatment?

Wondering how to start the conversation with your healthcare provider about treating your alpha<sub>1</sub>-antitrypsin deficiency? You may have many questions and concerns. This guide can help you prepare for that conversation.

Living with alpha-1 means you'll probably meet a few different doctors along the way. Think of your primary care physician as your starting point. They can help you begin the conversation about treatment and connect you with the right specialists. You may need to see a pulmonologist, a doctor who focuses on lung health, or even a doctor who specializes in treating alpha-1.

No matter who you're talking to, remember it's a team effort. Speak up, ask questions, and share your concerns, because your input is the key to the best care possible.



## Questions to ask your doctor about treating alpha-1:

What questions do you want to address at your appointment? Here are some ideas to start the conversation. Choose the top 3 you want to discuss with your doctor.

- What does having alpha-1 mean for my long-term health?
- What are the risks of not starting augmentation therapy?
- How does augmentation therapy like PROLASTIN<sup>®</sup>-C LIQUID work to protect my lungs?
- Are there other treatment options for alpha-1, and how do they compare to PROLASTIN-C LIQUID? How would augmentation therapy affect the progression of my alpha-1 over time?
- What are the most common side effects of PROLASTIN-C LIQUID, and how can they be managed?
- Are there any serious risks I should be aware of before starting PROLASTIN-C LIQUID?
- How can I feel confident that PROLASTIN-C LIQUID is safe and effective for me?
- What is the PROLASTIN-C LIQUID infusion process like? How long does each session take and where will I get infusions?
- Does my insurance cover PROLASTIN-C LIQUID? If not, are there other payment options or assistance programs available?
- How often will I need to come in for checkups or monitoring while on PROLASTIN-C LIQUID?
- When should I come back for my next visit?
- What other tests need to be performed?
- What support resources are available to help me manage my alpha-1?

Use these additional lines to write your own questions, or to take notes during your appointment:

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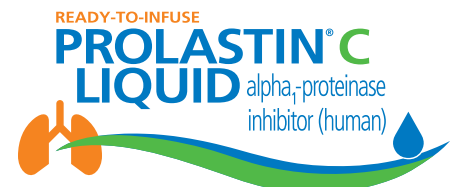
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## GRIFOLS

Please see [Important Safety Information](#) for PROLASTIN-C LIQUID on page 3, and refer to full [Prescribing Information](#).





## Become your own advocate:

Being the best partner to your doctor means being a strong advocate for yourself. [Educate yourself](#) about alpha-1. Learn about the [resources available](#) to you. Explore the [support networks](#) for alphas.



## Tips for effective communication with your healthcare provider:

- Be open and direct. Your doctor needs to know how you feel and how alpha-1 affects you.
- Share your health goals. Tell your doctor what matters to you.
- If you have a question or something doesn't make sense, feel free to ask.



## Steps for making a treatment plan:

1. Learn about the treatment options for alpha-1 and [how they work](#).
2. Talk with your doctor and ask the questions provided in this guide.
3. Take the next steps to [get started](#) and begin treatment.



## Getting ready for your appointment:

1. If you know your genotype, make sure to bring that information.
2. Make a list of all the medications you take, or bring them with you if possible.
3. Make a list of your alpha-1 symptoms, and note if they have changed or gotten worse. People affected by alpha-1 may have symptoms such as shortness of breath, wheezing, chronic cough, phlegm production, and low tolerance for exercise. Keeping a diary of your symptoms before your visit can make it easier to keep your doctor informed.



## Just the facts:

### What is PROLASTIN®-C LIQUID?

Trusted by patients with alpha-1 and their doctors for more than 35 years, PROLASTIN-C LIQUID is the #1 prescribed augmentation therapy.<sup>1</sup> PROLASTIN-C LIQUID is proven to effectively raise alpha<sub>1</sub> antitrypsin protein levels in people with alpha-1.<sup>2</sup>

Treatment, support, connections—find more useful alpha-1 information at [PROLASTIN.com](#).

## Next step: Find the right doctor

Need help? Locate an alpha-1 specialist in your area at [Alpha1.org/find-an-alpha-1-specialist](#).

Alpha-1 is a genetic condition, passed between generations. Your family members can learn their risk for alpha-1, for free and right at home. Learn more at [AlphaDatHome.com](#).

## What is treatment with PROLASTIN-C LIQUID like?

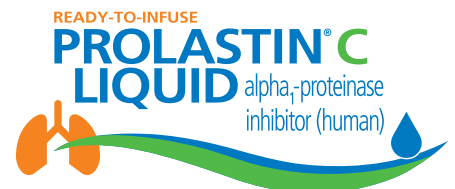
See what actual alpha-1 patients have to say at [PROLASTIN.com/patientstoriespageTBD](#).

### References

1. Grifols, data on file.
2. PROLASTIN®-C LIQUID (alpha1-proteinase inhibitor [human]) Prescribing Information. Grifols.

**GRIFOLS**

Please see [Important Safety Information](#) for PROLASTIN-C LIQUID on page 3, and refer to full [Prescribing Information](#).



# Important Safety Information

PROLASTIN®-C LIQUID is an alpha<sub>1</sub>-proteinase inhibitor (human) (alpha<sub>1</sub>-PI) indicated for chronic augmentation and maintenance therapy in adults with clinical evidence of emphysema due to severe hereditary deficiency of alpha<sub>1</sub>-PI (alpha<sub>1</sub>-antitrypsin deficiency).

## Limitations of Use

- The effect of augmentation therapy with any alpha<sub>1</sub>-PI, including PROLASTIN-C LIQUID, on pulmonary exacerbations and on the progression of emphysema in alpha<sub>1</sub>-PI deficiency has not been conclusively demonstrated in randomized, controlled clinical trials
- Clinical data demonstrating the long-term effects of chronic augmentation or maintenance therapy with PROLASTIN-C LIQUID are not available
- PROLASTIN-C LIQUID is not indicated as therapy for lung disease in patients in whom severe alpha<sub>1</sub>-PI deficiency has not been established

PROLASTIN-C LIQUID is contraindicated in immunoglobulin A (IgA)-deficient patients with antibodies against IgA or patients with a history of anaphylaxis or other severe systemic reaction to alpha<sub>1</sub>-PI products.

Hypersensitivity reactions, including anaphylaxis, may occur. Monitor vital signs and observe the patient carefully throughout the infusion. If hypersensitivity symptoms occur, promptly stop PROLASTIN-C LIQUID infusion and begin appropriate therapy.

Because PROLASTIN-C LIQUID is made from human plasma, it may carry a risk of transmitting infectious agents, eg, viruses, the variant Creutzfeldt-Jakob disease (vCJD) agent, and, theoretically, the Creutzfeldt-Jakob disease (CJD) agent. This also applies to unknown or emerging viruses and other pathogens.

The most common adverse reactions during PROLASTIN-C LIQUID clinical trials in >5% of subjects were diarrhea and fatigue, each of which occurred in 2 subjects (6%).

**Please see full Prescribing Information for PROLASTIN-C LIQUID.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit <http://www.fda.gov/medwatch>, or call 1-800-FDA-1088.**