



Welcome to the Alpha Pack, Mia!

The Freitag family welcomed Mia June Rose on Tuesday, October 30th, Mia weighed 6 pounds, 6 ounces and was 20 inches long. Isn't she adorable?



World COPD Day is November 14th



World COPD Day is an annual event organized by the [Global Initiative for Chronic Obstructive Lung Disease \(GOLD\)](#) to improve awareness and care of chronic

obstructive pulmonary disease (COPD) around the world. World COPD Day 2007 will take place November 14.

Join Team Alpha-1



The Crazylegs Classic, in Madison, is Saturday, April 26, 2008. Katie Schwalbe would like to form Team Alpha-1 to help promote awareness (not fundraising). She needs 20 people to join her team. If you want

to join, contact Katie at cashcrop90@yahoo.com or 715-642-0697. If all members join before March 15th, team t-shirts will be ordered.

Action Alert!

The opportunity to include pulmonary rehabilitation as a Medicare benefit still exists in 2007. An Action Alert on S. 329 is still of critical importance. S. 329, the Cardiac and Pulmonary Rehabilitation Act, and House of Representatives' companion legislation H.R. 552, will provide a national coverage policy to ensure Medicare beneficiaries will not be denied/limited access to pulmonary rehab. For more info: <http://www.alpha1.org/advocacy/documents/AIAAIFActionAlertPulmonaryRehabilitation2007.doc>.

2008 National Conference

The next Alpha-1 Association National Education Conference will be June 20-22nd in St. Louis, MO. The hotel will be the Sheraton Westport Chalet (314-878-1500) at \$109 + tax per night. You can check it out at:

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=795>

Scholarships to the conference are available. For more information, contact info@alpha1.org or call 1-800-521-3025.

National Jewish, Brigham and Women's Awarded \$37 Million Grant

In October, the National Heart Lung and Blood Institute (NHLBI) awarded \$37 Million to National Jewish, Brigham and Women's to identify the genetic, epidemiological and radiological characteristics of chronic obstructive pulmonary disease (COPD) to better understand the disease and find more effective treatment. The 16 clinical study centers involved will enroll a total of 10,500 participants.

The new study will enroll smokers with and without COPD. Study participants with COPD will undergo a single study visit that will include pulmonary function tests, questionnaires about respiratory and general health, a six-minute walk test, a physical examination and a chest CT scan. After study participation, phone and mail contacts will be conducted with study participants every six months.

The overall goal of the study is to identifying genetic factors that contribute to COPD, which will help researchers understand the biological mechanisms involved, which may lead to better treatments and improved outcomes for patients. For more information, visit: <http://www.learnaboutcopd.org>.

Meet Genevieve

Genevieve Paul was hired as the Alpha-1 Association's new Communications/Meeting Coordinator. Genevieve is a graduate of the University of Miami in International Business and Marketing. Genevieve's primary responsibilities are to coordinate communications activities, meetings, and events. If you have questions about education days or the national education conference, email her at gpaul@alpha1.org.

Southern Shores Region Mtg. Minutes

by Noreen James, Southern Shores Support Group Leader

October's meeting welcomed Lisa Koren-Turner from Krause Funeral Home from Milwaukee, WI. She presented on the topic of Preplanning a Funeral. Members were introduced to ways in which to celebrate the life of a loved one in the event their death. Most importantly, it is the lessened burden we will place on our family members if they know our wishes in advance.



There are at least 50 decisions than must be done on the most difficult day of one's life. For example, just notifying the coroner, funeral director, cemetery, minister, relatives, friends, employers, newspapers, pallbearers, insurance agents, and banks is one of the "to do" lists that need to be completed within a few short days. Planning ahead is a good idea because it affords the time to make unhurried decisions in a more relaxed atmosphere. If this is something you or a family member is seriously considering to organize, start today. To find out more, contact Lisa at (414) 464-4640 or visit www.krausefuneralhome.com.

A total of 20 members gathered for October's meeting. Industry guests present were from Accredo, Baxter, Coram, and CSL Behring. Food and refreshments were provided by Coram, www.coramhc.com, the distributors of Aralast®.

Central Fields Region Mtg. Minutes

November's meeting welcomed Tami Donnelly, a Clinical Dietician for Coram in New Berlin, WI. She presented on Eat Better, Breathe Better. She spoke on the essentials we need to know for healthy eating in relation to a condition or illness. This included discussion on how proper intake of proteins, fiber, fats, carbohydrates, vitamins, and minerals can improve our body's functions, including breathing better. Adding water to our food intake is always good for digestion and keeping our lungs hydrated.

Also did you know that a 1 pound weight gain equates to an increased consumption of about 3,500 calories? Or that an intake of more than 100% of the daily allowance of vitamins A, D, E, and K for anyone is not good for the liver? In fact, it can be toxic. Donnelly suggests that you listen to your body and look for signs that tell you something needs to be changed. Talk to a dietician, they are your best resource. For questions, contact Tami at (262) 785-9318 or donnellyt@coramhc.com.

A total of 5 members gathered for October's meeting. Industry guests present were from Baxter and Coram. Food and refreshments were provided by Coram, a home care distributor of Aralast® www.coramhc.com. Teleconferencing was provided by Baxter, the manufacturers of Aralast® www.alpha1health.com.

Meet CFR's Medical Liaison



Dr. Elizabeth McPherson is one of our Medical Liaisons for The Alpha Pack, Central Fields Region (CFR) at the Marshfield Clinic. She is a Clinical Geneticist/Dysmorphologist at Marshfield Clinic since 2003. Her educational studies included Clinical Genetics, Pediatrics, and Zoology. She studied at UW Madison, UW Washington, and Pomona College.

She gave The Alpha Pack a wonderful presentation on Genetics, Bench to Bedside at the CFR's very first meeting on June 20th. She also presented on this same topic at the Green Bay Region (GBR) on September 25th. At present, she is conducting a research study on a possible relation between Connective Tissue and Alpha-1. To participate in this study, contact The Alpha Pack at (920) 803-2668 or go to www.thealphapack.org/study_connectivetissue_alpha1.pdf to download the questionnaire. Her physician web page and published articles can be viewed at <http://www.marshfieldclinic.org>.

We Need Your Help

Ten months out of the year, we publish The Alpha Pack News. Many of our subscribers receive this newsletter by postal mail. Because of the time and costs associated with printing and mailing the newsletter, we ask that you consider receiving the newsletter in your email if you are able. To sign up for the email edition of The Alpha Pack News, please contact info@thealphapack.org.

Alpha-1 Association Patient Information Hotline 1-800-245-6809

The Alpha-1 Association now offers a toll-free patient information hotline: 1-800-245-6809. The goal of the hotline is to provide Alphas with direct access to information and help to guide Alphas to additional resources. Don't hesitate to call!