



We're Back!



Happy Valentines Day!

The Alpha Pack News decreed a vacation last month for Volume 5 Issue 6. Thus, if you missed us, we're back. We publish 10 issues a year, so we promise to fulfill the remaining 9 issues for 2008. Thanks to all our readers for their patience and continued support. Our editor, Jen Bauernfeind, welcomes article submissions or comments, so contact her at jenchar@uwalumni.com or 414-916-7109.

World COPD Day Results



Last November 14, 2007, World COPD Day received reports of 112 activities from 36 countries - that's over 25 more activities and 5 more countries than last year. The largest

number of reported activities took place in the USA, with 22 activities. Just barely behind is India, with 18. The UK reported an impressive 17 activities, and Argentina doubled its WCD presence from last year to 6 activities. In Wisconsin, Endeavor Therapy & Sleep Clinic in Mequon, WI held a COPD awareness day on November 13. Tami Donnelly from Coram Infusion Services, presented on Eat Better, Breathe Better. Noreen James and Judy Golding were also present to talk about their experience with Alpha-1. With a nursing background, Golding also assisted 10 people with Alpha-1 test kits that were available on site. The purpose of World COPD Day was organized to help improve awareness and care of chronic obstructive pulmonary disease (COPD) around the world. Visit www.goldcopd.org.

Update on Marshfield Research

by Elizabeth McPherson MD, Marshfield Clinic

To all those who returned the questionnaire for my study on Connective Tissue & Alpha-1, I would like to offer a big Thank You! I have found some very interesting results. The number of alphas who reported that they bruise easily and/or bleed excessively is significantly greater than expected. Furthermore the alphas who responded to the questionnaire tend to have more flexible joints than the controls although this did not quite reach statistical significance due to the relatively small numbers in the study. Alphas were not taller than controls nor did they tend to have larger feet, so it seems likely that the bruising, bleeding and maybe even the flexible joints may be another consequence of having low AAT levels over your lifetime rather than being a separate connective tissue disorder that could have affected growth during childhood.

I am writing a paper about these results, which I plan to submit to a medical journal in the near future. More

importantly, however, I need to continue the study with more people, both alphas and controls. I have been in communication with Dr. Charlie Strange regarding the possible use of the AAT registry to expand the study to a lot more people. I am glad that this newsletter makes it possible for those of you who helped me to be the first to know the results. To inquire or participate in this study, visit The Alpha Pack web site www.thealphapack.org or call (920) 803-2668.

Want a Personal AAT Web Page?

The Alpha-1 Association partnered with CaringBridge to offer Alpha families and friends the ability to stay connected and share their experiences online. Through Caringbridge, you can create your own free web page so your loved ones can keep track of your progress. To create a page, go to: <http://www.caringbridge.org/alpha1>. If you set up a page, notify Noreen James at info@thealphapack.org if you want a link to your page listed on www.thealphapack.org.

Southern Shores Region Mtg. Minutes

by Noreen James, SSR Support Group Leader



The **November 8th, 2007** meeting welcomed food coach, Suzanne Monroe, the owner and founder of Intelligent Health Group, LLC. She is a board certified Holistic Health & Nutrition Counselor, who presented on the topic of Eating for Energy. Members were introduced to ways in which to improve eating habits and choices. Monroe helps

clients gently elevate their food choices to truly nourish the body, eliminate chronic health issues and increase energy. Visit www.intelligenthealthgroup.com A total of 20 members gathered for November's meeting. Food and refreshments were provided by Talecris, the manufacturers of Prolastin® www.prolastindirect.com

The **January 10, 2008** meeting for Milwaukee was cancelled due to Jack Frost wanting to speak. Since Frost visits WI nearly 7 months out of 12, members happily stayed home and warm instead. Old Man Winter still hosted the snow.

Tastefully Simple for 2007



Thank you to all who ordered Tastefully Simple items from Diane Martin during Fall 2007. Martin attended Milwaukee meetings to assist with questions and deliveries for this group fundraiser. Customers received their orders in time for Thanksgiving and Christmas. Of the total ordered, \$150 went to The Alpha Pack. Visit www.tastefullysimple.com.

Green Bay Region Mtg. Minutes



The **November 20th, 2007** meeting welcomed Shirley Brusewitz, RN, BSN, of Aurora BayCare Clinic. She presented on the Benefits of Pulmonary Rehabilitation, and spoke on the increase of strength endurance COPD patients can experience upon the participation in a program. In turn, quality of life can also increase for the patient. Visit www.baycare.net A total of 12 members gathered for November's meeting. Food and refreshments were provided by Talecris, manufacturer of Prolastin® www.prolastin.com

The **January 11th, 2008** meeting welcomed Karen Block, CRT, of Endeavor Therapy & Sleep Center. She presented on Sleep Apnea. She spoke on the signs, symptoms, and tests for sleep disorders and disturbances. Visit www.endeavortherapy.com A total of 15 members gathered for January's meeting. Food and refreshments were provided by Accredo, www.accredo.com a home care service for Aralast® and Zemaira®. For attendees braving the cold that night, complimentary WigWam www.wigwam.com hats were given out from The Alpha Pack ☺.

Central Fields Region Mtg. Minutes



The **January 3, 2008** meeting for Marshfield was cancelled due to Jack Frost wanting to speak. Since Frost visits WI nearly 7 months out of 12, members happily stayed home and warm instead. Old Man Winter still hosted the snow. The next Marshfield meeting without Jack is planned for **May 1, 2008**. For details, contact CFR Co-Leader, Dawn Smith, at (715) 536-8145 or dawny1804@aol.com

Northern Lights Region Mtg. Minutes

by Judy Parker, NLR Support Group Leader

On **November 29th, 2007**, NLR held two events in one, a meeting and our Holiday Bash. The meeting portion welcomed Joe and Max from Lincare Oxygen Company.

Both brought in many different types of oxygen supplies, talked about them, and patient services. As for the Holiday Bash, it was a wonderful night! The room was so comfortable and decorated so tastefully. Everyone had a great time. The only problem was that The Packers were playing against Dallas. The Lodge did everything they could to get the game televised (even had a big screen TV), but they had cable and NFL will not sell to cable. The Lodge brought us in a radio to listen to, but that just didn't cut it with the "rigid Packer Fans." So needless to say, after Max and Joe did the talk on Oxygen, everyone took off either to bars or home to watch the rest of the game ☺...including me. So the lesson for me was to look at the Packer schedule before planning the next Holiday Bash. It was a very fun night-everyone was in good spirits. I want to thank Noreen and The Alpha Pack for sending flowers. It was a great centerpiece for the table with food. That was very thoughtful. I brought it home with me to enjoy for the season. I want to say that at different times I wondered (because our group is small and it is difficult to get speakers to come to this north country) if we should continue with the group. But seeing the Alphas having such a good time and really getting something out of each meeting and looking forward to the next meeting always makes me feel good inside and makes me want to do more for them. The NLR is so grateful to our meeting hosts, who make the meetings possible and for The Alpha Pack's support. One behalf of the NLR, we'd like to wish Happy New Year for 2008 to all and thank you for all you do for us. A total of 12 members gathered for November's meeting and party. Food and refreshments that evening were hosted by both Baxter www.alpha1health.com and Accredo www.accredo.com. The next Siren meeting is planned for **March 20, 2008**. For details, contact, NLR Leader, Judy Parker, at (715) 653-2666.

SSR Holiday Party for 2007



The Alpha Pack, Southern Shores Region (Milwaukee), held a 2007 Holiday Party on **January 12, 2008**. A turnout of 57 members and supporters came from afar to celebrate together despite the cold and snowy weather. Games included coloring books and toys for the children, a raffle of 15 donated Wisconsin-themed gift baskets, and an ornament exchange. Entertainment was provided by "Labak" the magician (compliments of the Martin family) and a winning televised Packer game! Thanks go out to our sponsors AlphaNet, Baxter, Coram, CSL Behring, Talecris, and The Alpha Pack members for making this a festive day.