

More information about liver disease is available in the Big Fat Reference Guide (<https://bfrg.alphanet.org/>).

Alpha-1 Antitrypsin Deficiency Diagnosis

- ✓ My genotype/phenotype is: _____ (Examples include ZZ, MZ, MS, and many others).
- ✓ My Alpha-1 level is: _____ (This tells you how much alpha-1 antitrypsin is in your blood).
- ✓ Save the original document with the information about your genotype/phenotype and alpha-1 level.
- ✓ Ask about evaluation by a healthcare provider with expertise in Alpha-1 (lung and/or liver disease).
- ✓ Individuals with liver disease should have a hepatologist as part of their healthcare team.
- ✓ Consider testing other family members. Discuss this with your healthcare provider.

Liver Diagnosis and Relevant Symptoms

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| <ul style="list-style-type: none"> ✓ I have been diagnosed with one or more of the following liver conditions: <ul style="list-style-type: none"> <input type="checkbox"/> Metabolic dysfunction associated steatotic liver disease (MASLD) <input type="checkbox"/> Metabolic syndrome associated steatohepatitis (MASH) <input type="checkbox"/> Hepatitis <input type="checkbox"/> Liver fibrosis (scarring) <input type="checkbox"/> Cirrhosis (extensive liver scarring) <input type="checkbox"/> Portal hypertension <input type="checkbox"/> Other liver disease: _____ | <ul style="list-style-type: none"> ✓ If you experience any of the following symptoms, discuss them with your healthcare provider: <ul style="list-style-type: none"> <input type="checkbox"/> Swelling of the abdomen <input type="checkbox"/> Changes in mental sharpness <input type="checkbox"/> Diarrhea or vomiting <input type="checkbox"/> Unusual bleeding or difficulty stopping bleeding <input type="checkbox"/> Yellowing of the skin or eyes <input type="checkbox"/> Itching <input type="checkbox"/> Fatigue |
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Liver Testing

- ✓ Talk with your healthcare provider to learn which liver tests are recommended for you, including:
 - Liver blood tests, which can check for many different indicators of liver health (AST, ALT, Bilirubin, Albumin, INR, Platelets)
 - Liver imaging for baseline evaluation:
 - Liver ultrasound or
 - Liver magnetic resonance imaging (MRI)
 - Tests for liver fibrosis (scarring), which include:
 - Fibroscan® or vibration controlled transient elastography (VCTE)
 - Liver magnetic resonance imaging with elastography (MRE)
 - Liver biopsy

Medications

- ✓ Keep a complete written list of all your medications, including:
 - Prescription medications
 - Over-the-counter medications
 - Vitamins/minerals and dietary supplements
- ✓ Review your medications with your healthcare provider, including prescription medications, over-the-counter medications, vitamins/minerals, and supplements. Discuss side effects or other concerns.
- ✓ Ask if medications can be reduced or eliminated.

Immunizations, Diet, and Nutrition

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| <ul style="list-style-type: none"> ✓ The following immunizations can help you stay healthy: <ul style="list-style-type: none"> <input type="checkbox"/> Influenza vaccine <input type="checkbox"/> Pneumococcal (<i>Pneumonia</i>) vaccine <input type="checkbox"/> Tdap (<i>Tetanus, Diphtheria, Whooping Cough</i>) vaccine <input type="checkbox"/> Hepatitis A vaccine <input type="checkbox"/> Hepatitis B vaccine <input type="checkbox"/> COVID vaccine | <ul style="list-style-type: none"> ✓ My current weight is: _____ ✓ I am: <ul style="list-style-type: none"> <input type="checkbox"/> Underweight <input type="checkbox"/> At a healthy weight <input type="checkbox"/> Overweight ✓ If you are overweight, it is important to learn how excess weight affects your liver. ✓ Develop a weight management plan and an exercise routine. |
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