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The AlphaNetter

The AlphaNetter is a publication of AlphaNet, Inc.

AlphaNet Elects Robert Greene National Board Member



The Board of Directors of AlphaNet, Inc. has elected Robert L. Greene, Jr., from Twin Lake, Michigan, to a multi-year term on the Board of Directors. He will also serve as a member of the Board of related corporations: Disease Management Network, Inc. and Point of Care, Inc.

Including Greene, more than two-thirds of AlphaNet Board members are Alphas.

Greene was a quality engineer for a decade before turning his career interests to the fields of insurance and investments. He currently manages his own firm serving clients throughout Michigan as well as across the United States.

“For years, I have searched for my passion and I believe I have found it,” explained Greene. “After seven years of misdiagnoses and frustration, my own research led me to AlphaNet and my life changed. I look forward to working with AlphaNet to help make a difference in people’s lives.”

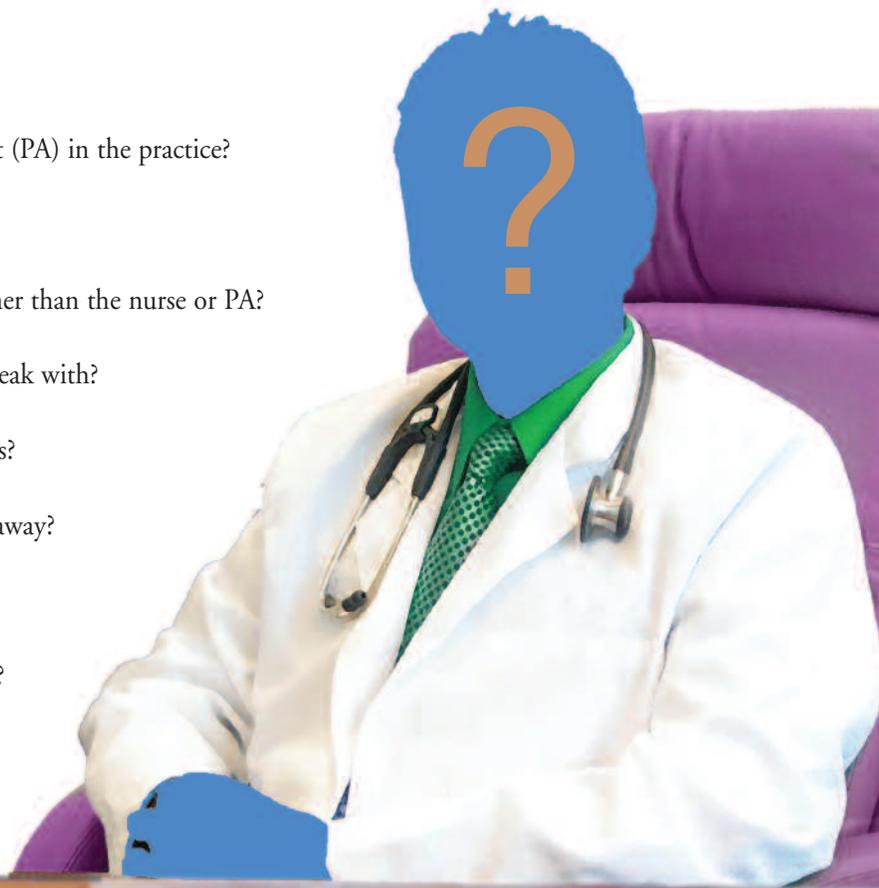
CORRECTION: An exercise website was inadvertently misspelled in the spring issue of AlphaNetter. The exercise suggestion should have identified the website for chairobics as www.chairobics.com. The reference was included in the story about Nutrition for Alphas.

HOW TO PICK YOUR DOCTOR

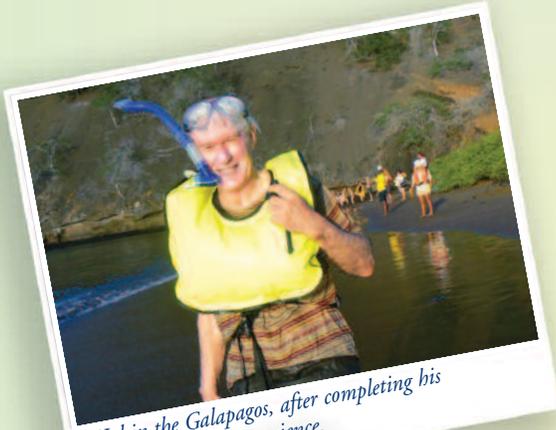
Practical Questions to help you make a good choice

Alphas often find themselves needing a new physician. Sometimes it is due to the frustration of not being properly diagnosed, or ending up with a specialist that does not fully understand Alpha-1, and other times it is due to the retirement of a beloved physician or a move to a new area.

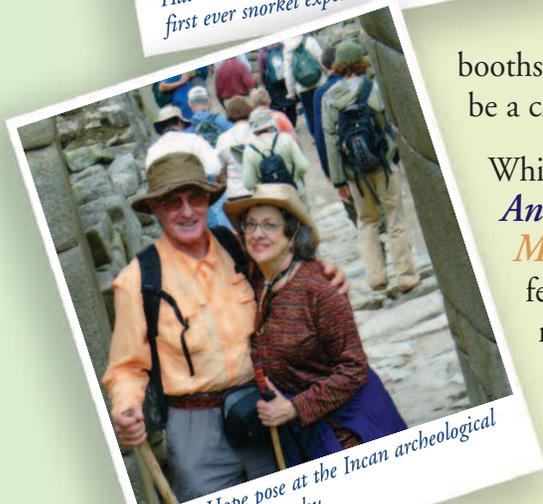
- ✓ A good place to start is to check with your AlphaNet Patient Service Coordinator and/or other Alphas in your area and find out about their experiences.
- ✓ When making such an important decision, the following questions can help determine if a particular physician is the right match:
- ✓ Is the physician board certified?
- ✓ What specialties does the physician practice? Does he/she have specialized training in those fields?
- ✓ Where did the physician attend medical school, residency and internship programs?
- ✓ Has he/she ever treated an Alpha-1 patient?
- ✓ Is the physician receptive to new information? Or, would he/she consider ideas that are not considered mainstream?
- ✓ How long is the average patient visit?
- ✓ Is there a nurse practitioner or physician assistant (PA) in the practice?
- ✓ How much do they know about Alpha-1?
- ✓ How often do you see the physician directly, rather than the nurse or PA?
- ✓ Is there an office manager you are welcome to speak with?
- ✓ What are the procedures for after-hours problems?
- ✓ Is there another physician on-call when yours is away?
- ✓ Will a physician get back to you?
- ✓ In what timeframe will a physician call you back?



Breathtaking Trip to Peru & Ecuador for North Carolina Alpha



Hal in the Galapagos, after completing his first ever snorkel experience.



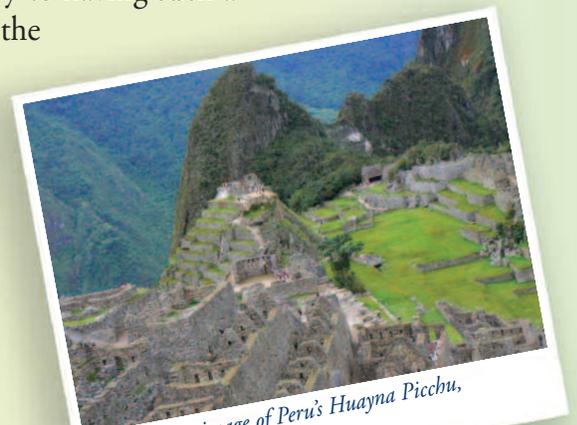
Hal & Hope pose at the Incan archeological site of Machu Picchu.

At more than 11,000 feet, Alpha Hal Nordwall paused frequently to rest, used a walking stick and followed the local Peruvian customs to help conquer the side effects of limited oxygen. In the high altitude city of *Cuzco*, where some hotels offer oxygen booths and rooms infused with extra oxygen, breathing easily can be a challenge for anyone.

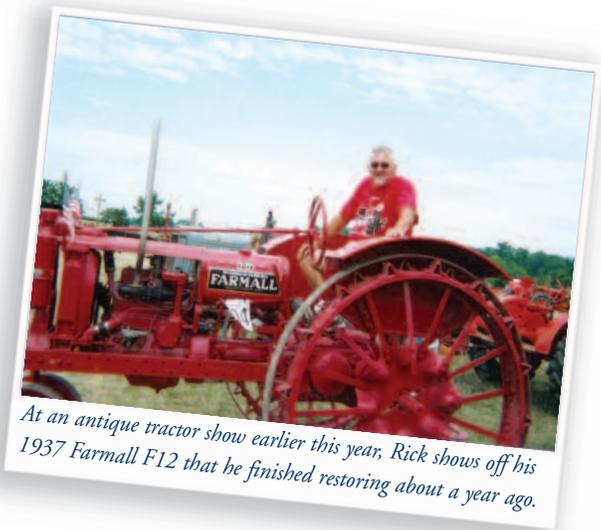
While many of the sites Hal and his wife Hope visited in the *Andes Valley of the Incas* are at an extremely high altitude, *Machu Picchu* sits at the lower elevation of more than 8,000 feet, and can prove quite a challenge while navigating the rough terrain and multitude of steps.

Hal and Hope also visited the *Amazon* and the *Galapagos Islands* to round out their South American adventure.

Hope explained that the key to having such a successful trip of this type, was in the planning. Leaving his home in Mooresville, NC, Hal ventured to the nearby Blue Ridge Mountains to prep for the higher altitude with hikes to stay in shape and rides on his Harley along the scenic Parkway. The Nordwalls also took a full array of medications with them and paced themselves throughout the trip, taking time on certain days just to rest.



The famous image of Peru's Huayna Picchu, their view from the ruins.



At an antique tractor show earlier this year, Rick shows off his 1937 Farmall F12 that he finished restoring about a year ago.

ANYONE FOR A SONG?

For the past 10 years, Rick Cohorn, an Alpha from Hamersville, Ohio, has been a member of the award-winning Southern Gateway Chorus. His wife, two sons and five grandchildren all enjoy the barbershop-style singing that has won Rick and the chorus several medals for their performances, as recently as this past summer. He has performed on both CDs the group recorded and reports that although the singing “wears me out, it has really helped my breathing.” Rick even brings his singing talent to work with him. He drives a school bus full of kids of all ages and they have a tradition of singing Happy Birthday on each child’s special day. In the little spare time he has, Rick collects and restores old Farmall farm tractors with his son and takes them to antique tractor shows in the summer.

RECYCLE INTELLIGENCE

AlphaNet donated about 70 pounds of equipment to RecycledPCparts.com, Inc. Staff piled old computers, monitors and printers into a large 55 gallon drum for pick-up by the 8-year-old firm for breakdown and re-use of every part. All AlphaNet business, employee and client information was completely purged from these computers prior to donation.

The program is a great way to provide needed parts to others while reducing the amount of trash in our landfills. Interested individuals can check out the company at www.RecycledPCparts.com.



SUCCESSFUL LUNG SCREENING IN PENNSYLVANIA

This spring, Penn State Hershey Medical Center partnered with the Pennsylvania Allergy & Asthma Association and the American Lung Association to offer free screenings that can detect lung disease. The Medical Center provided free blood tests and physician assessments to 68 individuals who signed up for the program.



PICTURED ARE (l-r) Jean McCathern, Central PA Support Group Leader, Dr. Timothy Craig, professor of medicine Division of Pulmonary, Allergy and Critical Care at Hershey Medical Center, Renee Houser, Office Manager, Division of Pulmonary, Allergy and Critical Care at Hershey Medical Center, Kathy Haduck, AlphaNet Coordinator and Maria Ziolkowski from Talecris Biotherapeutics who sponsored the event.

Ladies

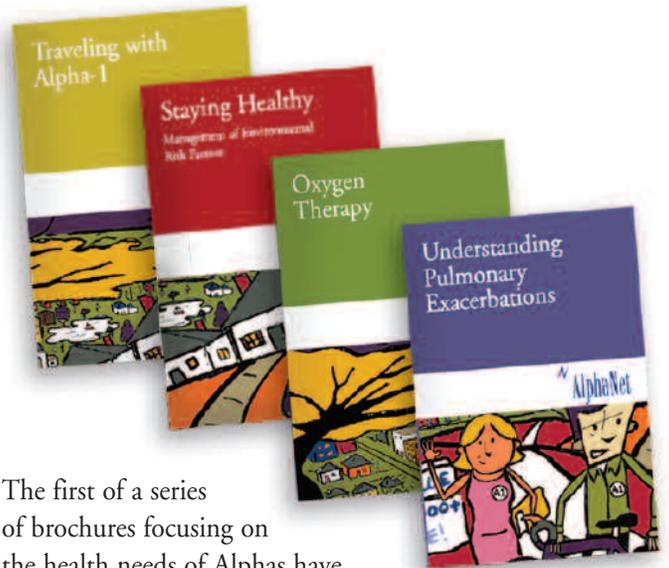
Did You Know

When lungs are hyper-inflated or after surgery, some female Alphas report a difficult time in finding a comfortable bra (men, just imagine a tight belt around your chest that inhibits your breathing).

Janine Chambers from the Washington DC office of the American Lung Association offered the following tips:

- Avoid underwires
- Front closure bras are much easier to manipulate
- Look for as much stretch as possible
- Try a “sleeping bra” for around the house, these typically feature front closures
- Try some of the new, softer fabrics, microfiber is especially nice
- Search the web, or visit a local specialty shop for a personal consultation with an undergarment expert
- Check your local hospital for special products

HOT OFF THE PRESSES



The first of a series of brochures focusing on the health needs of Alphas have been produced. Based on the information in the Big Fat Reference Guide, these brochures offer the potential of much wider circulation of specific information. Look for them at upcoming Education Days and support group meetings or call AlphaNet at 1-800-577-2638 and ask for extension 243. Titles currently available include Traveling with Alpha-1, Oxygen Therapy, Understanding Pulmonary Exacerbations and Staying Healthy/Management of Environmental Risk Factors. Watch future issues of the AlphaNetter for news about additional topics.

New York Alpha Has Book Published

Alpha-author Katherine Arnoldi has a new book being published this summer, *All Things Are Labor*. Stories include a tale about having and living with Alpha-1. Katherine is an accomplished writer and artist, whose previous works includes the critically-acclaimed book *The Amazing True Story of a Teenage Single Mom*. She has focused much of her creative energy on helping mothers get back to college with a special focus on single mothers. You can learn more about Katherine on her website www.katherinearnoldi.com and can order her books at www.amazon.com.



Alpha Patient Congress & Tour in Italy

The Third Alpha-1 Patient Congress will take place in Rome, Italy September 28 – 30. There will be a pre-tour catering to Alphas for the week prior to the international meeting. Participants will see Rome, Florence and travel down the Amalfi Coast to Capri and Sorrento, with a visit to the ancient ruins of Pompeii. For more information, contact Fred Walsh at 1-800-791-3194 fcwalsh@alphanet.org

Alpha-1 Foundation Event Calendar

June 2

Compuquip Fisherman
Invitational Fishing
Tournament
Key Largo, FL

June 8

Cure Alpha-1 Car
Magnets – Sponsored by
Chris and Angie Town
USA & Abroad

June 16

Wisconsin Liver Walk
Waukesha, WI

June 17

Father's Day Alpha-1 Tie
USA & Abroad

June 22, 23, 24

Breathe Easy Ride-ALA
Santa Inez Valley, CA

July 14

"A Breath of Fresh Air"
TBD, IL

September 8

Fishing Derby
TBD, IL

For more information
contact:

Yiomara Perry at
1-888-825-7421 ext. 248
yperry@alphanone.org

Alpha-1 Education Days & Regional Support Group Meetings

July 14

Regional Support Group
Meeting
Statesville, NC

July 21

Regional Support Group
Meeting
Cincinnati, OH

August 4

Regional Support Group
Meeting
Sioux Falls, SD

August 11

National Jewish Medical &
Research Center, COPD
Foundation & Colorado
COPD Connection
COPD/Alpha-1 Education
Day - Denver, CO

October 6

Washington University &
St. Louis University
Alpha-1 Education Day
St. Louis, MO

November 3

St. Luke's-Roosevelt
Hospital
Alpha-1 Education Day
New York, NY

November 19

Brigham & Women's
Hospital
COPD/Alpha-1 Education
Day - Boston, MA

December 1

University of Florida
Regional Support Group
Meeting - Orlando, FL

To find out more about conferences and support groups, visit the Alpha-1 Association website at www.alpha1.org or call 1-800-521-3025.



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