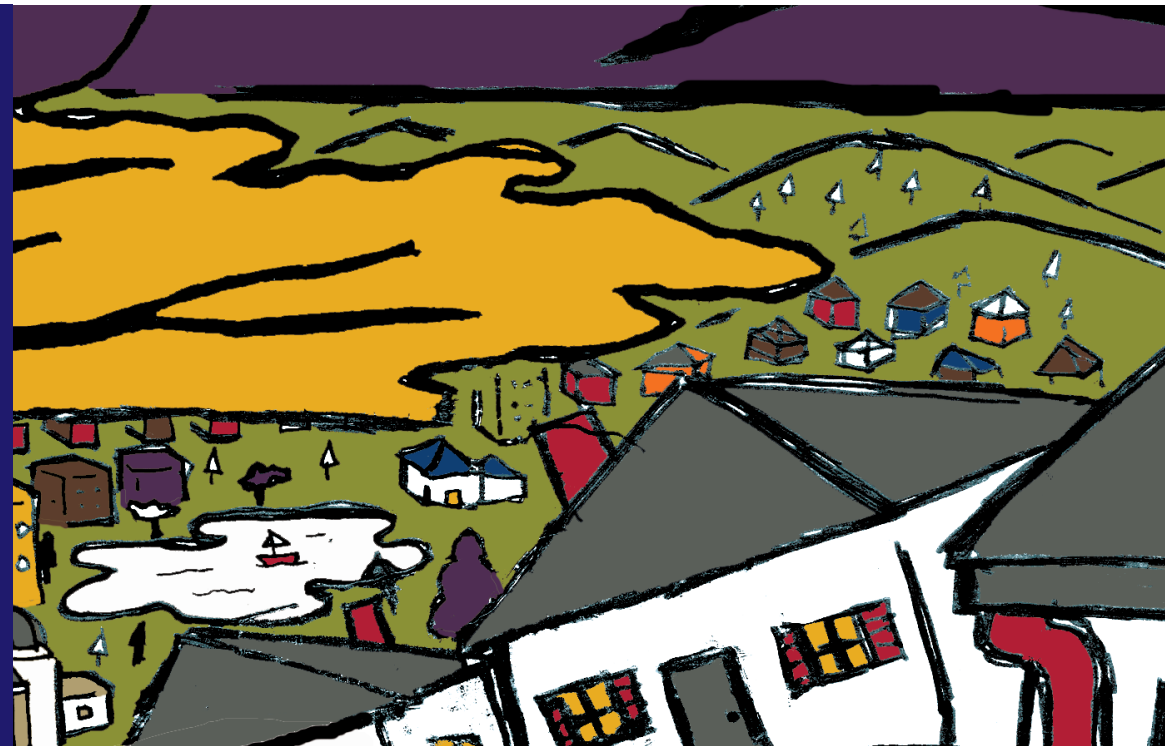


Traveling with Alpha-1

Skinny Little Reference Guide™



TRAVELING WITH ALPHA-1 INTRODUCTION

Traveling for business, taking vacations, and visiting friends and family does not have to be forfeited simply because you have Alpha-1 Antitrypsin Deficiency or, more simply, Alpha-1. While this brochure focuses on issues related to lung disease in Alpha-1, many of the principals apply to other medical conditions that individuals with Alpha-1 might have. With careful planning, you can minimize the challenges of travel and enjoy safe and pleasurable trips. The key for successful traveling can be taken from the Boy Scout motto: Be prepared!

In this section, we provide a series of practical guidelines for traveling with supplemental oxygen and for anticipating the potential need for medications, including augmentation therapy. Whether you plan to travel by plane, train, or automobile, your travel arrangements should include the following:

- Discuss your travel plans with your physician to ensure you are well enough to travel. To be well-prepared for any special requirements you may have during your travels, talk about your planned length of stay, your mode of travel, and the expected climate and environmental conditions of your final destination.
- Make a folder for your travel documents and your health-related documents. You may find it useful to obtain a letter from your doctor stating you are fit for travel that includes a brief summary of your present condition and a list of your medications. Keep these documents with you so they are readily accessible at any point during your travels.
- Identify a medical facility and a physician who can care for you at your destination, especially if you plan on an extended stay. Your primary care physician or AlphaNet Coordinator should be able to help you establish this.
- Keep a listing of all necessary contact information and phone numbers, including your physician, emergency family contact, the airline or cruise line with which you will be traveling and a contact person at your final destination.

