



## Sample Posts

### Sample Alpha-1 Awareness post for Facebook:

Alpha-1 Awareness Month is designed to increase knowledge about Alpha-1 Antitrypsin Deficiency (Alpha-1). Alpha-1 is the most common known genetic risk factor for chronic obstructive pulmonary disease (COPD). Throughout the month of November, people with Alpha-1 will hold educational events, participate in fundraisers for research to find a cure, and share their stories about the trials and triumphs of living with Alpha-1. Follow the latest and learn how you can help at: [alpha1.org/awareness](http://alpha1.org/awareness) #Alpha1Awareness

### Sample Alpha-1 Awareness posts for Facebook & Twitter:

You've been diagnosed with Alpha-1. What now? Click here for answers: [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

Here are 20 tough but important words about Alpha-1, what they mean, & how to pronounce them: [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

Cirrhosis (sir-ROCE-is)—Severe scarring of the liver. 20 tough words about Alpha-1 & definitions: [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

Exacerbation (ex-ASS-er-BAY-shun)—Flare-up or episode when a health condition gets worse. [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

Genetic (ja-NET-ick)—Passed from parents to children through genes. Alpha-1 is a genetic condition: [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

Alpha-1 has been identified in virtually ALL populations. About 1 in 2,500 Americans has Alpha-1. [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

Alpha-1 is a genetic condition passed on from parents to their children through genes. [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

Alpha-1 is often misdiagnosed as asthma or Chronic Obstructive Pulmonary Disease (COPD) [Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

# #Alpha1Awareness

[alpha1.org/awareness](http://alpha1.org/awareness)



Alpha-1 is the most common known genetic risk factor for emphysema. Click here:  
[Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

## Sample Posts

Alpha-1 can lead to liver disease. The most serious liver diseases are cirrhosis and liver cancer.  
[Alpha1.org/awareness](http://Alpha1.org/awareness) #Alpha1Awareness

### Sample Virtual Walk posts for Facebook & Twitter:

Be part of the cure. Join the Virtual Walk and start fundraising today! #A1FVW20  
[Alpha1.org/awareness](http://Alpha1.org/awareness)

Walk anywhere, anytime during the month of November in support of Alpha-1 awareness!  
#A1FVW20 [Alpha1.org/awareness](http://Alpha1.org/awareness)

Check out the virtual walk guide for helpful ideas & tips to help support the fight to find a cure  
[Alpha1.org/awareness](http://Alpha1.org/awareness) #A1FVW20

Studies show that brisk walking helps to reduce body fat and lower blood pressure.  
[Alpha1.org/awareness](http://Alpha1.org/awareness) #A1FVW20

Did you know walking an extra 20 minutes each day will burn 7 pounds of body fat in a year?  
[Alpha1.org/awareness](http://Alpha1.org/awareness) #A1FVW20

According to the American Association of Orthopedic Surgeons walking helps reduce stress & stiffness  
[Alpha1.org/awareness](http://Alpha1.org/awareness) #A1FVW20

A study showed that people over the age of 60 showed a significant increase in their thinking skills when walking at least 45 minutes at a 16-minute mile pace a day, meaning that walking increases blood flow to the brain. Walk anywhere, anytime during the month of November to increase brainpower AND support Alpha-1 awareness at the same time! [Alpha1.org/awareness](http://Alpha1.org/awareness) #A1FVW20

# #Alpha1 Awareness

[alpha1.org/awareness](http://alpha1.org/awareness)