

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 #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 #Alpha1Awareness

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

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

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

Genetic (ja-NET-ick)—Passed from parents to children through genes. Alpha-1 is a genetic condition: 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 #Alpha1Awareness

Alpha-1 is a genetic condition passed on from parents to their children through genes. Alpha1.org/awareness #Alpha1Awareness

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

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

Alpha-1 can lead to liver disease. The most serious liver diseases are cirrhosis and liver cancer. Alpha1.org/awareness #Alpha1Awareness

Sample Virtual Walk posts for Facebook & Twitter:

Be part of the cure. Join the Virtual Walk and start fundraising today! #A1VW18
Alpha1.org/awareness

Walk anywhere, anytime during the month of November in support of Alpha-1 awareness! #A1VW18 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 #A1VW18

Studies show that brisk walking helps to reduce body fat and lower blood pressure. Alpha1.org/awareness #A1VW18

Did you know walking an extra 20 minutes each day will burn 7 pounds of body fat in a year? Alpha1.org/awareness #A1VW18

According to the American Association of Orthopedic Surgeons walking helps reduce stress & stiffness Alpha1.org/awareness #A1VW18

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 #A1VW18