

Alpha1 MZ Foundation - Information & Research

News & Research Update

Sep 28, 2024

Dear Subscribers,

We received an older (2010) but still relevant interesting paper from friends in our Alpha1 community, which we like to share with you.

As you may know, it is difficult to compare the lungs of Alphas and non-Alphas because they all live different lives and are exposed to different external factors, like air pollution, etc.

So, non-Alpha's may have severe lung issues because they are exposed to serious air pollution, and Alpha's who live in a pleasant, clean-air environment may never develop lung issues.

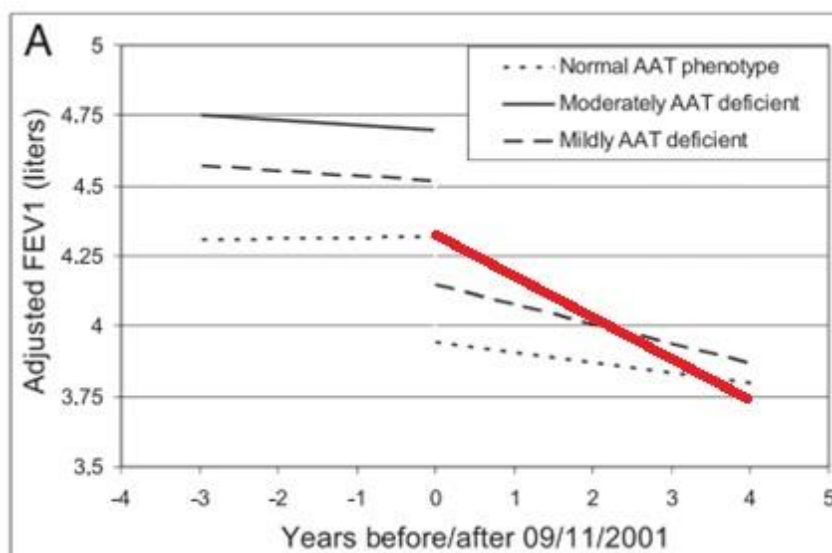
The exciting part about this research paper is that it is about a group of 90 rescue workers who were all exposed to the same extreme air pollution conditions during the 2001 "9-11" event in New York. The researchers investigated the influence of AAT deficiency on spirometric change (FEV 1) with World Trade Center exposure for 4 years after the event.

The conclusions are fascinating:

Rescue workers with AAT deficiency had significant spirometric decline **accelerations** and persistent airway symptoms during the first four years after the exposure. A real, meaningful decline **acceleration** occurred within the MZ, SZ group with moderate serum AAT level reductions. See the graph below, where the solid line (red) shows the MZ and SZ as moderately AAT deficient. Even the mildly AAT deficient (MS, SS group) shows a somewhat faster decline compared to the MM.

Here is the link to the paper: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2972627/>

The beauty of this research is that it provides excellent insight (and proof) for all MZs and SZs in our Alpha1MZ Foundation group that clean air is of utmost importance to you!! Just stay away from it when possible. Don't allow others to smoke in your neighborhood (Home, Office, etc.), and wear a mask when you really need to work in a dusty environment. And yes...., also, when you are a young 20-year-old MZ, and you may still think that you are invincible. 😊



And, like always, enjoy the ride !!

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