

BLF Bulletin

The latest news from the British Lung Foundation summer 2017

Cymru
Wales

British
Lung
Foundation

This IPF week help us fight to improve respiratory services

Idiopathic pulmonary fibrosis is a devastating lung condition. Around 5,000 people this year will die from it.

We support people living with IPF across the UK and campaign to improve services. This year we're funding over half a million pounds of IPF research. Despite the progress that has been made, we still don't know what causes IPF.

That's why during IPF week – 16 to 24 September – we'll publish a report that demands better care for people with IPF. We've been speaking to patients, carers, doctors and nurses across the UK and have found that there's a huge variation in services. People with IPF can't afford to waste the precious time they have left going from service to service for help. They need speedy, seamless access to the



Health secretary Vaughan Gething supporting our 2015 campaign

care they need, when they need it.

To change this we will hold a parliamentary reception in the National Assembly for Wales on Wednesday 20 September to share the experiences of people living with IPF with politicians and civil servants. The event will feature Cardiff-based consultant Dr Ben Hope-Gill, who will show changes we need in Wales. The event is at 12 noon. If you'd like to join us, please get in touch – send an email to wales@blf.org.uk

Where do your donations go?

Penny, our chief executive, explains how your generous donations help.



We rely on donations to fund our research into treatments and cures for lung disease. Breathe Easy groups are vital. Last year you donated £81,000, which helped to fund ground-breaking projects.

- Dr Liz Sapey's research at the University of Birmingham suggests that a statin drug, commonly used to lower cholesterol, might help fight pneumonia. We hope this work will reduce the 29,000 UK deaths from pneumonia every year.
- Dr John Maher at King's College London is developing new treatments for mesothelioma. He's pioneering a new way to boost the body's white blood cells, helping them to recognise and kill mesothelioma cells.
- Dr John Hurst's research at University College London developed the first UK treatment guidelines for granulomatous-lymphocytic interstitial lung disease (GLILD), and new information to help patients understand their condition and get the best treatment possible.

We're very proud of our research programme. It will make a difference for people with lung disease for years to come. Thank you for your generous support.

It's that time of year already!

We may be enjoying long, warm summer days, but before you know it the festive season will be upon us! Our collection of Christmas cards is now in stock. There's a range of wonderful designs from the traditional to the more contemporary. Keep an eye out for order forms coming your way over the next few weeks... Visit blf.org.uk/christmascards



Focus on...

Breathe Easy Causeway



Breathe Easy Causeway was the first group to be set up in Northern Ireland and celebrates its 15th anniversary this year. Sam has been involved with Breathe Easy Causeway for the last 12 years.

66 I became involved in Breathe Easy when my wife was diagnosed with sarcoidosis and I became her carer. After her death I continue to be involved with the group.

I found out about the group from a respiratory nurse at our local hospital. That nurse was Nessie Blair, who more recently has worked for the BLF in Northern Ireland. Nessie was involved in setting up the group and has been a great support to us throughout the years.

Our group activities are varied to keep people interested. One meeting may have a health-related speaker

and the next may be a social speaker. We also have regular evening outings to different venues, including the theatre – and we always enjoy a Christmas night out together.

Over the years we've raised £150,000 through fundraising activities including corporate golf days, sponsored walks and a sponsored bed push! This has all gone to support people affected by lung conditions.

We have a core of 20 regular members and we're always happy to welcome new people to the group. Alongside people with lung conditions, we tend to attract and retain a lot of carers. We get a lot of couples who find good support in the group.

We aim to provide mutual support. We can relate to each other and provide a listening ear."

How an air pollution monitor helped me manage my COPD



Breathe Easy member, Derek, shares his experience of using CleanSpace's air pollution monitor.

Air pollution is no longer just a news topic – it's a public health crisis. It's clear to me that dirty air makes my COPD worse and I wanted to learn more about it.

I was lucky enough to trial an air pollution device provided by CleanSpace. It's a compact, portable sensor that works with an app on my smartphone.

You can take it anywhere and it was easy to see where I encountered high levels of air pollution. In rush-hour traffic the device showed pollution levels spiking. I found that leaving an area earlier allows me to reduce my exposure to toxic air.

One of the most surprising things was indoor air pollution, which can be as deadly as outdoor pollution for someone with COPD. In the kitchen, the oven is one of the biggest producers of carbon monoxide. The monitor was good at reminding me to open windows to air the house.

With photography being my summer hobby, the monitoring has become essential in planning my schedule and locations. I can look at the pollution readings and avoid polluted areas, preventing the onset of any respiratory symptoms and potentially avoiding a COPD attack. Knowledge is power!

66 My late husband suffered so much at the hands of lung disease. I can't bear the thought of anyone having to go through what we did. That is why I have chosen to leave a legacy to the British Lung Foundation. 99 Pat



Gifts in wills play a hugely important part in our fight against lung disease. Nearly a third of our income comes from this special form of giving. It's your support that helps us develop new treatments and cures – saving, prolonging and improving lives. By remembering us in your will, together we'll protect future generations, so one day everyone can breathe clean air with healthy lungs. If you'd like more information, please get in touch.
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