

A very Merry Christmas  
to all our supporters



## Pulmonary Fibrosis Awareness Month, September 2012

Thanks to all our fabulous supporters who raised money and awareness during September's Pulmonary Fibrosis Awareness Month.

Peter Tenenbaum cycled from London to Barcelona, a 1000 mile challenge taking him two weeks to complete, in memory of his two great friends, Lawrence Matz who died from pulmonary fibrosis last year, and Laurence Beresford who died from a brain tumour in 2010. After the long trek, Peter said "I had a hard time doing this, but on reflection I actually enjoyed it and after months of planning I am a bit sad it's all over". On being asked, would he do it again, Peter admitted that he would!



Peter continued, "It's important that I don't lose sight of why and who I did this for. I just hope that the money I have raised will go some way in finding the answers to find a cure".

Peter managed to raise a staggering £30K for Breathing Matters, a total which is still rising.

Videos from his trek can be viewed at <http://www.the-life-cycle.co.uk/>



Matt Levy, Peter's nephew, took on another cycling challenge earlier on in the month - Land's End to John O'Groat's. Matt has raised over £3K for Breathing Matters.

On completing his ride, Matt dropped to his knees and proposed to his partner. Once she realised that Matt hadn't collapsed through exhaustion, she happily accepted. A fitting reward!

### INSIDE THIS ISSUE:

Pulmonary Fibrosis Awareness Month, September 2012	1
Cystic Fibrosis Research— Have we found a cause?	1
Santa Quiz	1
Getting Ready for Winter	2
Charity Christmas Cards	2
Pneumonia Awareness Day	2
FUNdraising Inspirations	2
Wish List	2

## Cystic Fibrosis Research – Have we found a cause?

One of our CRR Researchers, Dr Carine Rebeyrol, explains her current research project which was presented at this year's European Respiratory Society in Vienna.



Cystic fibrosis (CF) is one of the commonest inherited diseases. The lungs become damaged in CF patients and eventually they will be unable to breathe. Children with CF have reduced life spans and may die in their teens and twenties. The only cure is lung transplantation, suitable for only a handful of the sickest patients. The damage to the lungs is caused by recurrent infection. Inflammatory cells from the blood, such as neutrophils, are needed to come into the lung to clear infection, but if too many arrive, then they can cause further damage. The aim of our work is to understand how these enter the lungs, and why they cause so much damage.

We have grown lung cells to mimic the inflamed lung in a CF patient. We are comparing normal lung cells with lung cells from a CF patient. We will compare how the neutrophils interact with both normal and CF lung cells.

We have shown that there is a specific molecule called Intercellular Adhesion Molecule (ICAM)-2 on the lungs cells in the normal lung. There is much more of this molecule in the CF lung. We believe that this molecule guides neutrophils from the blood into the lung. ICAM-2 may then activate the neutrophils and cause them to release substances that are designed to kill bacteria but may lead inadvertently to further lung damage.

If we understand why the inflammatory cells move into the lung and become activated then we may be able to prevent them arriving in such large numbers and reduce the damage done. This approach may also be useful in other lung diseases such as pneumonia, pulmonary fibrosis and tuberculosis in which inflammatory cells, called neutrophils, are overactive.



### SANTA QUIZ

1. What is Santa called in Italy?
2. In which century was St Nicholas first mentioned?
3. Which American government agency tracks Santa's sleigh?
4. Can you name all Santa's reindeer?
5. How many letters does Santa receive each year?
6. In Holland, how does Santa deliver gifts?

Answers can be found on  
our website  
[www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

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You can simply DONATE via [www.justgiving.com/breathingmatters](http://www.justgiving.com/breathingmatters)



JustTEXTGiving is now available to Breathing Matters supporters.  
Simply Text 'BMPF22 £xx' to 70070



**\*\*FACEBOOK has arrived to Breathing Matters\*\***  
Follow and 'like' us at <http://www.facebook.com/BreathingMatters>

### Are you Ready for Winter?

The 'flu, or influenza virus, can cause infections all year round, but in the UK, it is most common in the winter. 'Flu affects 10% of the population each year.

How can you tell if you have the 'flu or just a cold?

Do you need to have the 'flu vaccination?

Do you know the best ways of treating 'flu?

What can you do to avoid getting the 'flu?

For our free information leaflet on helping you survive the winter, visit our website on <http://bit.ly/Uky6bz>

**Charity Christmas Cards supporting Breathing Matters are available from:**  
[CharityChristmasCards.com](http://CharityChristmasCards.com) and [CompanyChristmasCards.co.uk](http://CompanyChristmasCards.co.uk)

### Pneumonia Awareness Day 12th November 2012

Pneumonia is the commonest fatal lung disease, killing an estimated 65,000 people per year in the UK. It is also the leading cause of death in children worldwide.

Pneumonia can be caused by viruses or bacteria. Vaccination against the commonest cause *Streptococcus pneumoniae* is recommended for people at high risk of infection such as those with chronic lung disease (mainly COPD or asthma) and the elderly. The flu vaccine, stopping smoking and drinking less alcohol will also help prevent someone from getting pneumonia.

For more information, visit [www.worldpneumoniaday.org](http://www.worldpneumoniaday.org)

## FUNdraising Events, Tributes and Inspirations

### INSPIRATIONS

- ♥ Cheese and mulled wine evening.
- ♥ A sponsored autumn walk.
- ♥ Coffee and cake morning, or a Bake-Off.
- ♥ A Christmas soiree.
- ♥ Buy our Christmas Cards and spread awareness.
- ♥ Make us your Charity of the Year. Do you know any local businesses who could support us
- ♥ Ask a local school to support us.
- ♥ Join in on any of our events ... or organise one of your own!

### A big thanks and a big hand goes to these innovative daring fundraising tributes:

- ♥ Sanaa Azram is doing a bungee jump for us; what a leap of faith!
- ♥ Michael Thomas is doing the Cardiff Half-Marathon for us, with only 8 weeks' training.
- ♥ Jake Gottlieb is growing a moustache for us!
- ♥ Nottingham CAMRA are brewing a beer for us ... to be sold at the Nottingham Beer Festival.

**Good luck to you all!**

Full stories soon on our website

### BREATHING MATTERS WISH LIST

- ♥ **Cryoscopic Extractor and Study:** Enabling a study to investigate whether lung biopsies taken via the bronchoscope using cryoscopic extraction, can give the same information as those taken during general anaesthetic and open lung biopsy. If this is the case, cryoscopic biopsy will replace major chest surgery. Better for the patients, safer and less painful. **Cost: 25K for equipment, £10K for study.**
- ♥ **PhD Research Fellow** to work on IPF in the laboratory for 3 years. **Cost: £45K with UCL contributing £45K of matching funds**
- ♥ **An imaging system called Nuance** from Caliper Life Sciences. A multispectral imaging system which would facilitate a lung pathologist and research scientist to identify unique abnormalities in lungs from patients with PF. **Cost £45K.**