

Sign up to our
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regular newsletters



We wish you all
a Healthy and Happy
Christmas and New Year !!!

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CHRISTMAS CARD QUIZ



1. When is the last 1st Class UK postal day before Christmas?
2. What year was the first commercial Christmas card sent?
3. In the UK, how many Christmas cards are posted each year?
4. How many people are on an average Christmas Card list per household?
5. Where can you buy our Charity Christmas Cards? :-)

Answers on our website
www.breathingmatters.co.uk

Show and Tells

We had two separate patient/supporter meetings this autumn.

At the **interstitial lung disease/pulmonary fibrosis event**, Dr Porter along with our fabulous clinical fellows and scientists presented their integral and very interesting research work. Presentations included:

- Dr Akif Khawaja: The role of neutrophils in Interstitial Lung Disease: a novel target for treatment.
- Dr Deborah Chong: The role of platelets in Interstitial Lung Disease.
- Dr Theresia Mikolasch: The first UK non-invasive lung biopsy service.
- Dr Theresia Mikolasch: Using Cryobiopsy to assess Inhaled drug delivery to the distal lung.
- Dr Manuela Plate: Can we use circulating DNA to tell us about genetic changes in the lung?
- Dr Wes Wellard: Finding new genetic mutations in patients with IPF.
- Dr Jagdeep Sahota: The role of mucins in IPF.

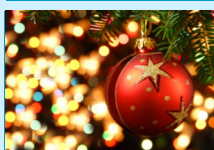


After lunch, the focus group discussed future areas of research into interstitial lung disease. The scientists loved meeting you and one scientist said that meeting you helped 'motivate us to do more and do it better and quicker'

At the **bronchiectasis evening**, Professor Brown explained what we know about bronchiectasis and what we still need to find out. And how Breathing Matters can help. We were also treated to Jane Walker's personal and touching account of coping with her condition. Jane organises our annual Christmas Concert and we were lucky to have one of the Holst Singers along with the sponsor of this event with us that evening.

These meetings showed how Breathing Matters have helped research into both lung diseases, and it is thanks to all our fundraisers and donors that this has been achieved.

We could not have done this without you —THANK YOU!



You can buy our charity Christmas cards this year from CharityChristmasCards.com. They sell paper cards, online cards and corporate cards. **Up to 50p per card is donated directly to Breathing Matters.**

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>

Visit our website on
www.breathingmatters.co.uk

 Follow us @breathingmatter

Like us on Facebook at
facebook.com/BreathingMatters



Breathing Matters
FIGHTING PULMONARY FIBROSIS AND INFECTION



www.breathingmatters.co.uk

UCL Respiratory, Rayne Institute, 5 University Street, London WC1E 6JF Email: breathingmatters@ucl.ac.uk

You can simply DONATE via www.justgiving.com/breathingmatters

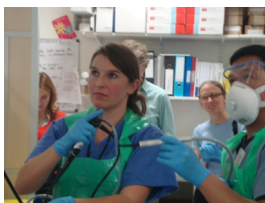


JustTEXTGiving is now available to Breathing Matters supporters.
Simply Text 'BMPF22 £25' to 70070



Cryoscope—An Update, by Dr Theresia Mikolasch

The cryoscope continues to have a huge impact on patient care. We have not referred a single UCLH patient with suspected IPF for a surgical lung biopsy over the last three years. Transbronchial cryobiopsy has already been taken up by major centres in mainland Europe and the US and it is now used as the first line biopsy technique in many of them. The UK is experiencing a ripple effect with UCLH being the first centre in the UK, and the Royal Brompton Hospital have just started a similar service.



The cryoscope has benefited many other respiratory patients (we estimate about 300) as we use it to remove benign and cancerous growths from main airways – it has quite literally saved lives, allowing patients to breathe freely again.

We also use cryoscope biopsies for more basic research activities, for example, we are currently running a trial that looks at whether it is possible to deliver inhaled medication directly to the diseased lung tissue, therefore avoiding oral medication that is associated with more side effects as it has to be absorbed through the digestive system and processed in the liver before reaching its target the lung. This involves giving our patients a nebuliser before the procedure and taking an extra biopsy to look for drug deposition. If we can demonstrate that this works, it would be a major step forward in the drug discovery process for IPF.

Thank you to the Timberlake family who helped fund the cryoscope in memory of Ana Timberlake.



SAVE THE DATE—
20th May 2018 for
Cyclotopia FUNdraiser at the
Olympic Velodrome

FUNdraising Events, Tributes and Inspirations

- ♥ Organise an Autumn Harvest Festival, or a festive Christmas Carol Evening.
- ♥ Add mince pies and a Yule log to your cake sale.
- ♥ How about a sponsored autumn walk through golden leaves.
- ♥ Make us your Charity of the Year for 2018. Do you know any local businesses who could support us?

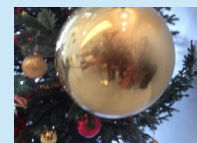
**A CHRISTMAS CELEBRATION
WITH THE HOLST SINGERS**
Friday 8th December 2017 – 7.30pm
St Paul's Church, Covent Garden



Don't miss our annual Christmas Concert. The Holst Singers is one of Britain's foremost choirs, described by the BBC as a "leading chorus on the international stage". The concert takes place in the lovely setting of the 17th century St Paul's Church on the Covent Garden piazza. It will feature well-known traditional carols, as well as more contemporary Christmas music.

For more info, visit: <http://bit.ly/2tIYbO9>

CHRISTMAS STALLS



Come along to our Christmas
Charity Stalls at
University College Hospital
Atrium in London on:

Friday 17th November 2017

Friday 1st December 2017

11am-1pm

Where you can purchase
designer Christmas cards, and
handpicked Christmas fayre.