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#### 2017 UK FIRSTS QUIZ



1. Who was announced as the 13th Doctor Who?
2. What was the biggest selling single of 2017?
3. Who won Best Film at the Oscars in 2017?
4. What was the best selling book of 2017?
5. Who won Strictly Come Dancing 2017?
6. What were the top three boys and girls names of 2017?

Answers on our website  
www.breathingmatters.co.uk

## 2017 Roundup – What You Helped Us Achieve

We would like to thank you all for your loyal support over the last year and for giving so much of your time and funds. Since our launch in January 2011, you have helped us raise £500K – without you, this simply would not have been possible.



### We thank you!

So, what have we done with all your raised funds? We have spent this wisely and here are a few important areas of **research** where your money has been focussed in 2017:

- We recruited a Mark Hulme Clinical Fellow, Dr Helen Garthwaite. Dr Garthwaite has pioneered the use of anticoagulation in IPF and has established the first clinical trial of directly acting antithrombin agent, dabigatran, in IPF. We hope that the results will be available shortly and may provide the impetus for a much larger study.
- We completed our PET scan in IPF study which has been accepted for publication. This showed that PET scans are able to help us more accurately define the prognosis in patients with IPF. A big thank you to the 112 patients with IPF that have given up their time for scanning over the last 5 years.
- We published three papers on bronchiectasis which show that, although bronchiectasis is a pure lung disease, the ill-health it causes results in patients having a higher risk of diseases affecting the blood vessels in the heart and brain.

Leveraged funding: Importantly, the money that has been raised for Breathing Matters has allowed us to carry out some early seed projects. The results of these early studies have then allowed us to leverage an additional **two million pounds** from other sources including the Medical Research Council, The British Lung Foundation, The National Institute for Health Research and the Biomedical Research Centre since 2012. This means that, for every pound contributed to Breathing Matters, we have leveraged another £4 that will all be put towards finding better treatments for patients.

All of us from Breathing Matters hope you have a Happy and Healthy 2018!

## A Festive Feast of Singing

We had a fabulous evening at St Paul's Actor's Church, Covent Garden, for our annual Christmas Concert. We were entertained once again by the magical Holst Singers. The concert was sold out and the audience interaction almost brought the house down with popular renditions of 'Hark! the Herald Angels Sing' and 'Once in Royal David's City'.

Thank you to BBC Radio presenters, Nigel Rees and Charlotte Green who amused us with hilarious Christmas readings.

Thanks also to the fabulous volunteers who worked tirelessly to make the event go smoothly and to Pharma Profile who sponsored the concert.

But a very special thank you goes to Jane Walker who organised the concert and, if you look closely, you can see her singing along with the choir on one of the photos below!



Visit our website on  
[www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

 Follow us @breathingmatter

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[facebook.com/BreathingMatters](https://facebook.com/BreathingMatters)



**Breathing Matters**  
FIGHTING PULMONARY FIBROSIS AND INFECTION



[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 £25' to 70070



## Pulmonary Fibrosis Newsround

We are delighted to announce the publication of our collaboration with the Institute of Nuclear Medicine and our most important lung fibrosis paper to date. This work investigates the use of molecular imaging to more accurately determine disease severity in patients with pulmonary fibrosis. More info on our website.

*Win T, Sreaton NJ, Porter JC, Ganeshan B, Maher TM, Fraioli F, Endozo R, Shortman RI, Hurrell L, Holman BF, Thielemans K, Rashidnasab A, Hutton BF, Lukey PT, Flynn A, Ell PJ, Groves AM. Pulmonary 18F-FDG uptake helps refine current risk stratification in idiopathic pulmonary fibrosis (IPF). Eur J Nucl Med Mol Imaging. 2018 Jan 16. [Epub ahead of print].*

Dr Sahota has applied to the Medical Research Council to carry out a project to allow us to identify factors that alter the behaviour of neutrophils as they migrate through the lungs to eradicate infection and the role of MUC5B and TGF beta (a profibrotic cytokine implicated in the development of IPF). Dr Sahota has been able to develop preliminary data using funding from Breathing Matters. Her ultimate aim is to develop novel targeted therapies to reduce neutrophil mediated lung damage whilst maintaining effectiveness against infection. These therapies may be applicable to other chronic lung diseases. More info on our website.

## Bronchiectasis Newsround

In November, new UCL research findings were published in the European Respiratory Journal where we looked into risk factors for cardiovascular disease in bronchiectasis patients. We previously published a paper showing that bronchiectasis patients have roughly double the chance of having cardiovascular disease than expected. In the new paper, we looked closely at 101 bronchiectasis patients using a special ultrasound machine to measure the stiffness of the blood vessels. We found that the arteries were stiffer than expected. This is important as stiffer arteries are more likely to cause cardiovascular disease and these results show that we need to think about reducing cardiovascular risk in bronchiectasis patients.

In April, Dr Hall will join the lung infection group. She will be investigating how bronchiectasis affects the immune response to causes of lung infection such as *Streptococcus pneumoniae*. The Brown group has new methods of looking at how the immune system recognises the bacteria and these will be used in patients with bronchiectasis to see whether there are any weaknesses in their ability to fight off lung bacteria that might mean they are more likely to get infections. Full info on our website on both of the above.

## FUNdraising Events, Tributes and Inspirations

- ♥ Organise a cheese and wine evening.
- ♥ Lay on a swish party where you swap unwanted winter clothes for free, just pay an entrance fee.
- ♥ Join a sponsored walk, a scooter, a cycle, a hop—be as outrageous or as simple as you dare!
- ♥ Make us your Charity of the Year for 2018. Do you know any local businesses who could support us?



### CYCLOTOPIA

Sunday 20th May 2018, Lee Valley VeloPark

**Do you want a family FUN day out?  
Do you want to be challenged?  
Why not both!**

**Come to Cyclotopia to experience the Olympic state of the art facilities and raise money for a fantastic cause!**

Tickets are now on sale at:  
<https://cyclotopia2018.eventbrite.co.uk>

### CHALLENGE YOURSELF IN 2018



Have you ever wanted to trek the Great Wall of China, cycle from Yosemite to San Fran, climb Everest or raft on the River Zambezi? We have teamed up with Global Adventure Challenges who can organise this for you - money raised will go to Breathing Matters.

For more information, visit:  
<http://bit.ly/2IGjBpR>