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HOLIDAY QUIZ
[From Trip Advisor]

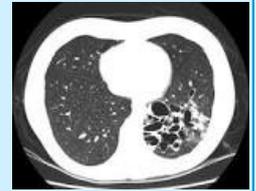


1. What were the 5 top travel destinations for the UK traveller in 2016?
2. What was the average cost of a one week summer trip to New York? - £1,937, £2,586 or £3,010
3. Which is cheaper? - the average cost of a meal in Majorca or in Tenerife?
4. How many Brits travelled to Spain for their holiday in 2016? - 20 million, 64 million or 75 million

Answers on our website
www.breathingmatters.co.uk

Bronch UK Study

UCLH patients are being recruited for a Medical Research Council (MRC) funded study into bronchiectasis, called Bronch UK. This is the first study funded by the MRC into bronchiectasis for many years, and involves nine centres across the UK. The aim of the study is to describe the spectrum of disease caused by bronchiectasis, including the underlying causes, how severe the disease is and how it actually affects the patients' quality of life.



We aim to ask 100 to 150 UCLH patients with bronchiectasis who are seen in Professor Brown's clinics to take part. It involves filling in a couple of health questionnaires, donating a blood and sputum sample and giving permission for the details of their condition to be used by the researchers. There will be a repeat assessment in three years' time, as that will allow us to identify what factors influence how patients fare over time. Patients are selected randomly and, so far at UCLH, we have recruited 40 patients to whom we are very grateful.

Bronch UK is an important study, showing that the research funding bodies recognize that bronchiectasis is an important disease that needs further research. This should stimulate more research which will lead to better ways of treating patients and thereby reduce the problems this disease causes.

For more information, visit: <http://bit.ly/2prQQ0H>

10 Hot Tips to Prevent Hay Fever

1. Keep windows closed.
2. Smear nostrils with Vaseline.
3. Wear wrap-around sunglasses.
4. Avoid fresh flowers indoor.
5. Outside workers should wear a mask.
6. Avoid drying clothes outside.
7. In a car, keep windows closed and fit a pollen filter.
8. Vacuum regularly and clean surfaces with a damp cloth.
9. After being outside, shower to remove pollen.
10. Groom and wash pets more frequently.



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

Pulmonary Fibrosis—Could you Help?

Are you healthy and over 55 years of age? Our researchers at UCL are looking for your help. They need healthy volunteers to give a little blood and assist in their trial studying the true fingerprint of pulmonary fibrosis.



To volunteer or request more information on the study (no obligation to take part), please contact Dr Manuela Plate on m.plate@ucl.ac.uk.

More info at: <http://bit.ly/2moOYrY>

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Breathing Matters
FIGHTING PULMONARY FIBROSIS AND INFECTION



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Simply Text 'BMPF22 £25' to 70070



BUTEYKO—Can this Way of Breathing Help You?

Breathing is an instinctive, vital and unconscious process and so it can be hard to believe that you could be doing it better, especially if you have a lung disease and suffer with breathlessness. But it is possible that you could be breathing better. Eastern medicine has always focussed on breathing control, promoting it as an adjunct to treat poor health. Qi-gong, Tai-Chi and yoga all focus the mind on utilizing your breathing muscles (especially your diaphragm) to achieve a flow of movement and deep relaxation to restore the body's balance. Western medicine is starting to take this holistic approach on board and one such complementary therapy is Buteyko. The Buteyko Breathing Technique (BBT) is an approach which considers your physical and mental condition within the context of your lifestyle, environment and diet. The focus is on anxiety, relaxed breathing, diet, stretches, stopping cough and breathlessness.



BBT is a way of self-managing and feeling more in control of breathlessness and cough. The more anxious you become about being breathless, the more breathless you will become. BBT teaches you to control this as you keep your breathing even by switching on your parasympathetic nervous system and therefore turning off your fight or flight response.

If this is something that you think you may be interested in, speak to your respiratory consultant at your next follow up appointment.

More info at: <http://bit.ly/2nEALih>
Written by: Helene Bellas, Specialist Respiratory
Physiotherapist, University College London Hospital



Thanks to our fantastic **London Marathon runners** Colin Bathe, Tracy Elsdon and Lee Eldridge who have raised over £10K for Breathing Matters' pulmonary fibrosis research. **We salute you and your blisters!**

Read Colin's account at: <http://bit.ly/2prida7>

FUNdraising Events, Tributes and Inspirations

- ♥ A beard-shaving event; get those chins out for the summer.
- ♥ A swish party to swap unwanted clothes; just pay an entrance fee.
- ♥ Break out the leotard for an Aerobicathon and get back in shape for the summer.
- ♥ People love cakes at any time of year; have a Cake Sale.
- ♥ A hike, a cycle, a climb, a backwards walk be as outrageous or as simple as you dare!

CYCLOTOPIA Sunday, 11th June 2017 A bikefest!



- Are you bored with the usual charity cycle event?
- Are you uninspired to do yet another fundraiser?

Come along to Lee Valley Olympic VeloPark, and try out road racing, mountain biking or cycling in the iconic Velodrome itself - in a charity cycling event made for you!

Cyclotopia has something for everyone from complete novices, families to experienced cyclists.

Prices start from £25.

For more information and registration, visit: <http://bit.ly/2lkbDAT>

OPEN CHALLENGES



Why not challenge yourself to a more bespoke charity event?

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

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