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THE MARATHON QUIZ

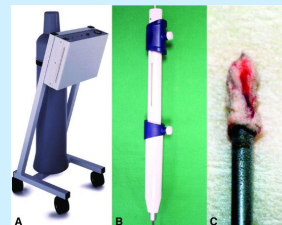
1. What is the official distance in kilometres for competitive marathon races?
2. The 6 races (previously 5) that make up the World Marathon Majors are New York, Boston, Chicago, London, Berlin and _____.
3. In recent times, competitive marathons have been dominated (in number of wins) by runners from which continent?
4. Women marathon made its official Olympic debut in which year?
5. True or False: Marathon was one of the medal events at the first modern Olympics (1896)

Answers can be found on
our website
www.breathingmatters.co.uk

The Arrival of the Cryoscope

We are delighted to announce the arrival of the cryoscope. We would particularly like to thank the Timberlake family who have helped raise this money in memory of Ana Timberlake.

This is a fantastic piece of ground breaking equipment that allows us to take lung biopsies through a bronchoscope rather than having to subject patients to open lung surgery. This will mean that patients that need a lung biopsy to diagnosis their lung disease, may spend less time in hospital and will not be left with painful or unsightly scars on their chest wall.



Currently, the 'gold standard' for diagnosing unusual forms of pulmonary fibrosis is open lung surgical biopsy, but Dr Porter and her team hope to produce evidence to change the current practice. They will recruit patients that are referred for open lung biopsy and ask them if they would like to have a cryoscopic lung biopsy first. If the cryoscopic biopsy gives the diagnosis, then the open lung surgery can be cancelled. It is hoped that 40% of patients referred for surgery will not need the operation.

UCLH have approved the use of the cryoscope for biopsies, and Dr Porter is currently applying for ethical committee approval to carry out the study to investigate whether the use of a cryoscopic biopsy can prevent the need for open lung biopsy. The study will be based at UCLH, but we eventually hope to extend this throughout the UK.

Hay Fever: It Gets Right Up Your Nose

Hay fever (seasonal allergic rhinitis) is an allergy to pollen. The pollen season separates into three main sections: tree (late March to mid-May), grass (mid-May to July), weed (end June to September).

Hay fever is very common, affecting 2 in 10 people in the UK. It often first develops in school-age children and during the teenage years, but may start even later in life. Hay fever tends to run in families. You are also more likely to develop hay fever if you already have asthma or eczema.

Symptoms include sneezing, runny or blocked nose, itchy eyes, mouth and throat. Less common are headaches and hives. Asthma symptoms, such as wheeze and breathlessness, may get worse if you already have asthma. Some people have asthma symptoms only during the hay fever season.

Prevention: Although it is very difficult to avoid exposure to pollen, there are a number of measures you can take that will help you to minimise exposure and ease the severity of your hay fever symptoms:

- When indoors: keep windows closed to stop pollen entering, vacuum regularly, avoid bringing fresh flowers indoors, and be aware that pets can bring pollen in on their fur. Don't allow smoking in the house as this will irritate the lining of your nose, eyes, throat and airways, making your hay fever symptoms worse.
- When outdoors: wear sunglasses, or a mask while working, avoid drying clothes outside when pollen counts are high, keep car windows closed when driving and fit a pollen filter.

After being outside, shower and wash your hair to remove pollen.

Treatment: Hay fever sufferers can benefit from a wide range of medication which can be prescribed by your GP, or alternatively purchased over the counter from your local pharmacy. Treatments include antihistamine tablets or nasal sprays, corticosteroid nasal sprays and drops, nasal decongestants, eye drops, immunotherapy, and alternative therapies. **See full article on website.**

Visit our website on
www.breathingmatters.co.uk



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



I am a Marathon Runner



On 21st April this year, Andrew Emden became a member of that elite group of people who have completed the London Marathon.

He ran this in memory of Lawrence Matz, who was a staunch supporter and dear friend of Breathing Matters.

Andy says, "It was the most amazing and humbling experience, and undoubtedly the hardest thing that I have ever done in my life. There were several points where I did not think that I would finish, but the thought of all the money that I have raised and Lawrence not being able to do this kept me going until the end.

I have raised over £10,000 for Breathing Matters. This money will never bring Lawrence back, but his spirit lives on amongst all his family and friends, and hopefully this money will help to find a cure for this cruel disease."

Lawrence Matz lost his battle with pulmonary fibrosis in August 2011. He had been put on the lung transplant list, but sadly, a lung was not available in time. For Lawrence's personal story, visit <http://www.breathingmatters.co.uk/wp-content/uploads/2011/11/Summer-2011-Newsletter.pdf>

In this article, Lawrence 'threatened' to run a mini-marathon when he was better. Fittingly, Andy says, "Lawrence, yesterday you didn't run a mini-marathon, you ran the full 26.2 miles by my side, and I have never been more proud."

A Tribute to the Boston Marathon

Breathing Matters would like to post a special mention to those injured and killed in this year's Boston Marathon.

Marathons are a global sport that unites runners and supporters in every continent in a spirit of friendship.

FUNdraising Events, Tributes and Inspirations

WHAT WILL YOU DO FOR 'BREATHTEMBER'?

September is 'Breathtember'
Pulmonary Fibrosis Awareness Month.

Start planning now!

- ♥ A walk, a cycle, a scooter, a hop be as outrageous or as simple as you dare!
- ♥ A swish party where you swap unwanted clothes for free; just pay an entrance fee.
- ♥ Coffee and cake morning, or a Bake-Off.
- ♥ Raise awareness during Breathtember by having a table at your local car boot sale, harvest festival or front door—contact Breathing Matters for a Breathtember package.



**UCLH CHARITY CYCLE RIDE
RICHMOND PARK
SUNDAY, 9th JUNE 2013**

Join us on this fun 7 mile cycle ride in beautiful Richmond Park. If you want to register for this event, please email Donna on breathingmatters@ucl.ac.uk

BREATHING MATTERS WISH LIST

You have helped with these wish list items:

- ♥ Cryoscope Extractor and Study
- ♥ Research Fellow/Student
- ♥ Millipore Ohmmeter used to look at how infection and inflammation make lungs more leaky.
- ♥ Thank You!