

BREATHING MATTERS YEAR IN REVIEW—2016

JANUARY 2017



Sign up to our
website to receive
regular
newsletters

Breathing Matters Objectives

Breathing Matters is part of UCLH Charity (Reg No 229771). It was launched in 2011 to raise awareness and work with patients and supporters to help find a cure and develop better treatments for interstitial lung diseases, such as pulmonary fibrosis, and respiratory infections, such as bronchiectasis and pneumonia.

Our aim is to support the research work carried out at UCL Respiratory in its commitment to find better ways to diagnose and treat respiratory diseases, and also to encourage patients, their families, and friends to become actively involved as advocates, advisors and fundraisers.

2016 At A Glance

Royal Visit 10.2.16

Supporters Meeting and Tour 25.2.16

Cyclotopia Charity Cycle Event, Lee Valley Velodrome 12.6.16

Involved in Public Health England Lung Disease Awareness Campaign

Sainsbury's Local Charity of the Year (Warren Street), July

#Breathtember Campaign, Global Pulmonary Fibrosis Awareness Month, September

Website new design launched during #Breathtember

Bronchiectasis Supporters Meeting and Tour 27.9.16

World Pneumonia Day 11.11.16

Christmas Concert, St Paul's Church, Covent Garden 9.12.16



INSIDE THIS ISSUE:

Charity Objectives	1
2016 At A Glance	1
Dr Porter's Review	1
Finance and Followers	1
Professor Brown's Review	2
Publications, Presentations and Studies	2

Medical Director's Review—Dr Jo Porter

2016 was another fabulous year for Breathing Matters thanks to all our wonderful supporters, patients and friends without whom we would achieve only a small fraction of our success. January saw us celebrating the New Year in refurbished laboratories, funded by UCL Estates and our recognition as part of UCL Respiratory which brings together all the lung research groups at UCL, whilst maintaining our unique focus on pulmonary fibrosis and infection. In February, the Princess Royal, Princess Anne, the Chancellor of UCL, officially opened the new laboratories having been educated on pulmonary fibrosis and bronchiectasis by myself, Professor Brown and other members of the Centre for Inflammation and Tissue Repair. She showed a keen interest in the diseases and met with key members of the Breathing Matters Team.

I attended the 'Pulmonary Fibrosis and Me' meeting at the Royal Society of Medicine and gave a talk on the management of IPF. In September, Akif Khawaja successfully defended his PhD thesis—well done Akif. His work on rheumatoid arthritis associated lung fibrosis, that affects about 1 in 10 people with rheumatoid arthritis (1 in 1000 of the population) was presented in Washington at the American Rheumatology Society and at the British Thoracic Society in London to great reception. We have gone on to get further funding for Akif to carry out postdoctoral work funded by The Rosetrees Charity. Dr Theresia Mikolasch who drove forward our unique relatively non-invasive cryoscopic lung biopsy (CLB) service had a gorgeous baby boy in August, but this did not stop her presenting several posters on the diagnosis and management of ILD at the BTS meeting in December with baby Alexander in tow, proving that, even at 3 months of age, you are not too young to start attending the BTS annual meeting! In August, Theresia trained up Dr Jagdeep Sahota to carry out CLB and carry on this critical research work. In December, I was delighted to chair a session on sarcoidosis at the BTS and talk on our work and in particular the overlaps between IPF and cer and the shared therapies in these diseases.

We look forward to working with you in 2017 to beat these diseases.



FINANCE AND FOLLOWERS

FINANCE:

Income 2016: £69K

Expenditure 2016: £295K

Total raised to date: £413K

Current balance: £118K

FOLLOWERS:

[Website, Facebook, Twitter and Database]

Increase in 2016: 805

Total to date: 3147



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 £15' to 70070**

Professor Brown's Review

We have had two papers published describing the epidemiology of bronchiectasis; the first showed that bronchiectasis is much commoner than previously thought and is becoming even more common over time, and the second demonstrated that patients with bronchiectasis have an increased chance of developing diseases affecting the blood vessels such as angina or strokes. Together they provide important data that shows bronchiectasis causes a lot of ill-health and requires further research into its treatment.



We also published a ground-breaking paper describing that the normal methods by which the immune system prevents infections due to the cause of pneumonia *Streptococcus pneumoniae* is quite different to what was previously thought; this is important for identifying those at risk of infection and for vaccine development.

An important milestone in November 2016 was that UCLH became the second centre to start recruiting for the BronchUK study into patients with bronchiectasis. Due to the enthusiasm of our research nurse, Joel Solis, we have already recruited 18 patients to this study – we aim to recruit 100+ eventually. We are very grateful for the patients who have kindly agreed to participate in this study that is a major initiative that aims to stimulate research into bronchiectasis in the UK.

Lastly, but not least, we must mention the charity's Christmas Concert by the Holst Singers held in St Pauls' Church in Covent Garden, which is very ably organised by Jane Walker, for which we are very grateful. It is a truly magical event due to the excellence of the choir and the setting, and raises well over £3500 for Breathing Matters.

*We are truly indebted to all our fabulous supporters; we exist because of you!
For more information on your fantastic fundraising during 2016, visit:
<http://bit.ly/2k0ljmj>*

THANKS TO YOUR HELP, WE HAVE SUPPORTED THE FOLLOWING:

PUBLISHED FINDINGS IN ILD

Khawaja, A.A., et al. Different Autoimmune Rheumatic Disease IgG Have Differential Effects upon Neutrophil Binding, Activation and NET Formation. (2015).

Khawaja, A.A., et al (2015). Hypoxia affects NET formation and adhesion to endothelial cells.

Garthwaite H and Porter JC. Treatment of connective tissues associated interstitial lung disease

Mikolasch TA, Garthwaite H, Porter JC. Diagnosis and Management of IPF

Ong CW, Elkington PT, Brilha S, et al (2015) Neutrophil-Derived MMP-8 Drives AMPK-Dependent Matrix Destruction in Human Pulmonary Tuberculosis.

PUBLISHED FINDINGS IN INFECTION

Navaratnam V, Millett ER, Hurst JR, Thomas SL, Smeeth L, Hubbard RB, Brown J, Quint JK. Bronchiectasis and the risk of cardiovascular disease: a population-based study. Thorax. 2017 Feb;72(2):161-166.

Robert Wilson, Jonathan M Cohen, Mark Reglinski, Ricardo J Jose, Win Yan Chan, Helina Marshall, Corné de Vogel, Stephen Gordon, David Goldblatt, Fernanda C. Petersen, Helen Baxendale, and Jeremy S Brown. Naturally acquired human immunity to pneumococcus is dependent on antibody to protein antigens. PLOS Pathogens, accepted 2016.

Quint JK, Millett ER, Joshi M, Navaratnam V, Thomas SL, Hurst JR, Smeeth L, Brown JS. Changes in the incidence, prevalence and mortality of bronchiectasis in the UK from 2004 to 2013: a population-based cohort study. Eur

PRESENTATIONS

Modulatory effects of rheumatoid arthritis IgG on neutrophil activation: a potential role in RA-ILD. Akif Khawaja, ATS and BTS

The role of the ILD MDT in diagnosis and management of IPF. Theresia Mikolasch, BTS

FDG-PET in systemic sclerosis: prognostic and response biomarker. Helen Garthwaite, BTS

Primary human neutrophils require both LFA-1 and Mac-1 for transepithelial migration. Sara Brilha, BSI meeting

The role of platelet-derived TGF-beta in IPF. Debs Chong, BTS

For more information on Clinical Trials in ILD that you have helped fund, visit: <http://www.breathingmatters.co.uk/clinical-trials-interstitial-lung-disease/>