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TOP 10 QUIZ



How many of the top 10 do you know of the following:

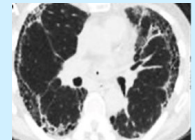
- Top 10 selling [physical] singles of all time
- Top 10 selling [digital] singles of all time
- Top 10 highest grossing films of all time
- Top 10 bestselling fiction books of all time
- Top 10 bestselling author of all time

Answers on our website
www.breathingmatters.co.uk

Top 10 Highlights from our Top 10 Years

2021 marks Breathing Matters 10th anniversary and we have put together our top 10 picks for you:

- Involving you - Your input is so important to our research; we have enjoyed meeting you all over the last 10 years—to hear what you have to say and to inspire our work.
- The First UK Treatments for IPF - Becoming a Specialist Centre for ILD in 2014 happily coincided with the first IPF treatments in the UK; this was a game-changer as we could at last help our patients!
- Funding Clinical Fellows and Their Research - Our supporters have helped us fund three Clinical Fellows over the last 10 years – research staff are our most important commodity.
- Pioneering Diagnostics: Cryoscope - In 2013, we diagnosed idiopathic pulmonary fibrosis from a cryoscopic lung biopsy - this was a UK first.
- Predicting and Detecting Pulmonary Fibrosis - We are getting nearer being able to predict pulmonary fibrosis from a simple blood test.
- Breakthrough after breakthrough year after year in bronchiectasis research.
- Spreading the Word - We have reached out and spread awareness through our #Breathtember campaigns, our social media, respiratory health campaigns, awareness stalls, including Sainsbury's where we were Local Charity of the Year. We even advised on the IPF storyline on Coronation Street in 2019.
- FUNdraising and FUNdraisers - With your help, we have come up with the best events, including zumbathons, silent discos and concerts ... who says fundraising is all about pain?
- The Royal Visit - Five years ago, we were treated to an audience with HRH Princess Anne. She asked us to “keep up the good work” and, with your help, we have done just that!
- Your support! - Without you, we would not have a charity, we would not have made so many breakthroughs and we would not have had as much fun – thank you all!



Visit <https://bit.ly/3cZWBg8> for the full article.

PHOSP-COVID Study

UCLH is excited to be participating in an urgent Public Health national study investigating the long-term effects of COVID-19, led by Professor Jeremy Brown and Dr Michael Marks. The PHOSP-COVID study aims to improve understanding of the impact of COVID-19 on hospitalised patients in the UK.

Patients admitted to UCLH during the first and second waves of the pandemic are invited to participate. The study collects pseudo-anonymised information from medical records, and invites participants to research clinics at 3 months and 1 year after discharge. These involve exercise testing, checking vital signs, and answering questionnaires. This information helps build a picture of the long-term effects of COVID-19 on patients throughout the UK. The results from the first 1000 participants are being submitted for publication: bit.ly/3txm0Uz

We are continuing to invite patients to this study, and are excited to be newly collaborating with the Whittington and North Middlesex Hospitals to help recruit participants to this important study: bit.ly/3tmtSO

Breathing Matters is supporting this study at UCLH.

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



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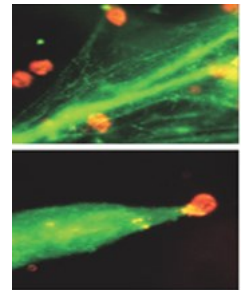
UCL Respiratory, Rayne Institute, 5 University Street, London WC1E 6JF Email: breathingmatters@ucl.ac.uk

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

Are NETS the Link Between COVID-19 and ILD?

In response to the COVID-19 pandemic, our researchers have found some overlap between the mechanisms of how the virus causes damage in both COVID-19 and Interstitial Lung Disease (ILD). One of these is the production of structures known as 'NETs' in the lungs. A clinical trial currently led by Professor Porter at UCL aims to understand whether targeting these NETs improves outcomes for COVID-19 patients. This continues a line of work investigating the role of NETs in ILD.

NETs (Neutrophil Extracellular Traps) contain DNA, enzymes, and proteins, and are produced by the neutrophils (white blood cells) to fight infection. Excessive NET production is thought to damage surrounding healthy tissue. Whether NETs play a role in ILD was examined in a study published last year by Professor Porter's team in patients with ILD. Signs indicating the presence of NETs were detected in samples from fluid collected during bronchoscopy procedures and lung biopsies. This suggested that NETs are present in the lungs of ILD patients. Additionally, they showed that neutrophils in a low oxygen environment may produce more NETs. This indicated that low oxygen levels, which occur in patients with ILD, may contribute to an excessive immune response and consequently lung fibrosis.



The role of NETs in COVID-19 pneumonia is also under investigation. A study published last year by Zuo et al showed that NETs were found in COVID-19 patients. The levels correlated with other blood tests known to signify inflammation. Furthermore, adding blood samples from COVID-19 patients to healthy neutrophils in the lab caused them to produce NETs. This could mean that NET production is related to lung damage in patients with COVID-19 pneumonia.

Further research is needed to determine whether NETs are a cause or a by-product of lung damage in these diseases. However, knowing that NETs are associated with severe COVID-19, and that they are present in the lungs of ILD patients, means that they could be used as a 'biomarker' – a molecular signal of lung damage. Promisingly, it could mean that reducing the activity of NETs in the lungs is a potential treatment strategy for the future.

Our researchers are continuing this important work looking at the crossover between NETs in COVID-19 and ILD. Please support this important work. You can find the full report at: <https://bit.ly/3uA6adk>

FUNdraising and Inspirations

- ✓ Break out the leotard for an Aerobicathon and get in shape for summer!!
- ✓ Ask a local school or club to support us.
- ✓ Say goodbye to the lockdown blues and do a virtual walk, scoot, cycle, or hop—be as outrageous or as simple as you dare—in the fresh outside air.
- ✓ Make us your Charity of the Year for 2021. Do you know any local businesses who could support us?
- ✓ Visit our events page for inspiration on popular and local challenges as well as global adventures at: <https://bit.ly/3exqt5n>

VIRTUAL LONDON MARATHON



The VIRTUAL Virgin Money London Marathon returns this October 2021, giving you the chance to take part in this year's Guinness World Record-breaking attempt!

General entry is now sold out. The only way to be a part of the world's biggest-ever marathon is to secure a charity place, and Breathing Matters is lucky to have a few coveted places.

Run 26.2 miles on your own course over 24 hours and break a World Record at the same time! More info at: bit.ly/3heiXhG

NEW ONLINE SHOP



Show your support and help spread awareness by buying and using / wearing our merchandise—there's loads to choose from water bottles to hoodies to notepads—you can even personalise them.

You can find our online shop at: <https://breathingmatters.shop-forcharity.com/>