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A very merry Christmas to one and all



2021 has been a long, hard year for everyone and we want to wish you heartfelt

season wishes and good health for the New Year. May 2022 be a better year for all of us! Thanks for sticking with us- we wouldn't be here without your support. Here's to finding that cure!

<https://bit.ly/2HFVW5p>

## COVID-19—What We Have Learnt So Far

### Post-COVID ILD Study

Breathing Matters was invited to write an article in the Respiratory Health Campaign that was published in The Guardian this summer.

Professor Porter reported that the UK ILD Long-COVID Study is now following up hospitalised and non-hospitalised post-COVID patients to see how many develop a new interstitial lung disease as a result of SARS-CoV-2 infection. This UKRI funded multicentre study will look at patients in the PHOSP study who had a CT scan three months after their initial infection and compare that with their 12-month follow-up scan to identify ongoing and resolved issues.

Although we do not know the final figures, unpublished preliminary data from UCLH suggest around 4% of patients may be affected.

The full article can be found in the Respiratory Health Campaign: <https://bit.ly/3gNw9tg>



### PHOSP-COVID Study Update

UCL/H 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.

Results published in The Lancet Respiratory show that there is only a small increase in the percentage of patients feeling fully recovered at 12 months post-COVID compared to 5 months (29.5% and 25.4% respectively). Seven out of 10 patients remained not fully recovered at a year post-COVID; 25% of these patients have persistent raised CRP (inflammation marker), minimal improvement in walking distance and only a small change in multiorgan improvement.

The bottom line is that these results show that there is an urgent need for medical intervention to improve recovery. Full article: <https://bit.ly/3kjXLYz>

Breathing Matters is supporting this important study at UCL/H.

### Pulmonary Fibrosis Research Back on Track

Although our COVID-19 research is ongoing, we opened up three new trials in pulmonary fibrosis over the summer.

- AIR Study: A phase 2, multi-centre, open-label, single-arm trial investigating the safety, efficacy and pharmacokinetics of C21 in subjects with Idiopathic Pulmonary Fibrosis (IPF) :** To treat participants with C21 for a minimum of 3 months and up to 9 months, to see if it can slow down the scarring and improve breathing. Specifically, we want to compare breathing ability before and after C21 treatment.
- RALPMH: Remote Assessment of Lung disease and impact on Physical and Mental Health:** To investigate the potential benefit of remote monitoring of patients' symptoms and physiology via wearables and phone sensors in patients with a range of high-burden pulmonary disorders, including IPF. Is this the way of the future?
- Zephyrus II: A phase 3, randomized, double-blind, placebo-controlled efficacy and safety study of Pamrevlumab in subjects with IPF:** To test whether Pamrevlumab will slow down the progression of IPF. Pamrevlumab works by interfering with neutralising Connective Tissue Growth Factor (CTGF), a protein that the body normally produces. Studies have shown increased activity/levels of CTGF in IPF patients, which might be an important factor in the disease progression.



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You can DONATE via [www.justgiving.com/campaign/breathingmatters](http://www.justgiving.com/campaign/breathingmatters)

## Lung Infection Updates

### Bronchiectasis: The Bronch UK

UCL/H is a member of the Bronch UK partnership of nine centres across the UK who are collaborating in research into different aspects of bronchiectasis. We are researching why patients with bronchiectasis develop exacerbations of their condition, and what are the best ways to prevent these exacerbations occurring. The study has now recruited over 1500 patients across the UK, including 150 patients from UCLH. Although everything has been a bit delayed by the pandemic, we have now published a paper describing the Bronch UK study and anticipate that the first set of results from the study will be available soon and be published as research papers later this year.

- BronchUK: protocol for an observational cohort study and biobank in bronchiectasis: <https://bit.ly/3owEpk1>

### Pneumonia

The Brown team has now published the first two papers on the design of genetically modified *Streptococcus pneumoniae* the main cause of pneumonia. When administered to the nose and throat, these strains boost immunity against this bacteria and so prevent pneumonia. In collaboration with Professor Ferreira's team in Liverpool, two of these strains have been used in a human trial, the results of which we hope to publish soon.

- Preclinical Development of Virulence-attenuated *Streptococcus pneumoniae* Strains Able to Enhance Protective Immunity against Pneumococcal Infection: <https://bit.ly/30xUHLc>
- Protective Effect of Nasal Colonisation with  $\Delta cps/piaA$  and  $\Delta cps/proABC$  *Streptococcus pneumoniae* Strains against Recolonisation and Invasive Infection: <https://bit.ly/3oAp4yQ>

Prof Brown has been awarded a prestigious Wellcome Investigator award grant. In partnership with Professor Wren (London School of Hygiene and Tropical Medicine). He will investigate why certain strains of *Streptococcus pneumoniae*, the main cause of bacterial pneumonia, are particularly aggressive and cause high levels of infection. They will also develop a novel vaccine against *S. pneumoniae* that will be cheaper and hopefully more effective than the existing vaccines, allowing the vaccine to be used more widely.

## FUNdraising and Inspirations

- Organise a Strictly party, dance the night away and get in shape for Xmas!!
- Still unsure of crowds? We have plenty of virtual events or you can organise your own virtual walk, scoot, cycle, or hop—be as outrageous or as simple as you dare.
- Organise a Christmas jumper or Santa hat day at work.
- Mince pie and mulled wine evening anyone?
- Make us your Charity of the Year for 2022. Or do you know any local businesses who could support us?

### Seasonal Events



**Online Christmas Concert  
with the Holst Singers**

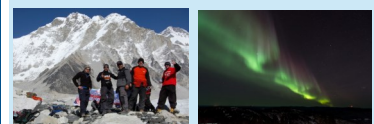
**Santa in the City or Virtual Santa Dash**

**Virtual New Year Marathon**

See all events at: <http://bit.ly/2CEZPDn>



### Global FUNdraising



Get your fundraising back on track in 2022 and 2023 with some amazing life-changing global challenges, including Northern Lights Trek, Yosemite to San Fran Cycle, Trek Petra in Jordan to see one of the New Seven Wonders of the World, Mount Everest Trek, Lapland Husky Trail Dog Sled and many, many more.

See all events at:  
<http://bit.ly/2CEZPDn>