

Sign up on our  
website to receive  
regular  
newsletters

#### INSIDE THIS ISSUE:

Happy 2nd Birthday: We Thank You For Your Gifts	1
Our Aim	1
Quiz	1
A Second Chance at 48	2
FUNdraising Events, Tributes and Inspirations	2



#### THE NUMBER TWO QUIZ

1. What present is traditionally given on a 2nd wedding anniversary?
2. What is morse code for the number 2?
3. Who came second in the Olympic Tennis Men Singles Final in 2012?
4. In which century did Henry II reign?
5. What is the birthstone of the second month, February?

Answers can be found on  
our website

## BREATHING MATTERS: HAPPY 2<sup>nd</sup> BIRTHDAY WE THANK YOU FOR YOUR GIFTS



We have come a long way since our launch in January 2011. We were lucky to meet some of you at the launch and hear your stories and discuss ways we can help each other.

Over the last two years, you have helped us raise £90K which is an incredible amount – thank you, we are humbled by your support.

And Breathing Matters is impressed by the imaginative and challenging ways you have raised this money – a tractor run, a London to Barcelona bike ride, a John O’Groat’s to Lands End bike ride, growing a moustache, brewing a beer, a day of golf, plus many more.

There are more challenges in 2013 with one of our supporters running the London Marathon, one running a 10K, one doing a bungee jump, one climbing Kilimanjaro and a group of supporters walking the gruelling South Downs Way.

Through your generosity, you have helped Dr Joanna Porter start a new trial looking into the role of platelets in pulmonary fibrosis.

You have helped us buy vital equipment for the researchers so that important studies can continue.

You have helped with two out of three of our wish list items – we now need a new wish list!!!

Thank you.



#### OUR AIM:

The aim of Breathing Matters is to find better ways to diagnose and treat pulmonary fibrosis and infection.

Pulmonary fibrosis (PF) is a disease with a poorer prognosis than almost all cancers and for which there is no cure apart from lung transplantation. No-one is sure why, but PF is on the rise and more people are predicted to die from these diseases in the future unless we find a cure.

Bronchiectasis is a disease in which damage to the lungs caused by a variety of conditions including childhood infections or genetic diseases, such as cystic fibrosis resulting in chronic lung infections. Again, lung transplantation is the only cure.

Neither of these diseases are caused by smoking. In contrast to heart disease and cancer, respiratory disease is relatively under-funded and under-researched.

**You are helping Breathing Matters change this.**

**\*\*FACEBOOK has arrived to Breathing Matters\*\*  
Follow and 'like' us at [www.facebook.com/BreathingMatters](http://www.facebook.com/BreathingMatters)**

# KEEP IN TOUCH



Visit our website on  
[www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

**twitter** Follow us  
@breathingmatter



Centre for Respiratory Research, 5 University Street, London WC1E 6JF  
Email: [breathingmatters@ucl.ac.uk](mailto:breathingmatters@ucl.ac.uk)

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



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



## A Second Chance at 48, by David Kenningham

It was just an ordinary day. I made my way along Grosvenor Street to meet some Middle Eastern clients to pitch for work. I never made it. I woke up two days later in the Heart Hospital, having had a cardiac arrest as I walked down the street.

Luckily, as I collapsed, 2 paramedics were sitting in their truck on the other side of the road having a coffee break – these unnamed saviours instantly understood what was happening and saved my life.

When I woke, I genuinely had no idea why I was in hospital. On the surface, I felt fine. I muttered to my very relieved wife that it was only a bit of indigestion and tried to get out of bed. An act painfully restricted by the wires attached to me! My next thought was to get my blackberry – how on earth was work surviving without me? The fact that my brain was so scrambled I couldn't remember my fairly simple password should have told me that I perhaps was not 100%. It took a fairly stern text message from the head of HR for me to stop – he somehow knew that I would be checking my messages! It was only then that I started to accept that possibly I had been ill! My diagnosis of **cardiac sarcoidosis** was unusual, but not unknown. Those first six weeks at home were probably, in hindsight, the hardest; struggling to come to terms with being ill.

I remember the nurse at Dr Porter's clinic was amazed by my tale and said that out-of-hospital cardiac arrests have a poor survival rate. I googled "cardiac arrest survival rates". While survival rates are increasing, it does not make good reading. I had been lucky.

What have I learnt from all this:

- My care at the Heart Hospital/UCLH was fantastic. I doubt it could be bettered. The nurses and doctors were my life savers; cheerful and helpful.
- I always felt I made time for my family, but the reality was that my work/life balance was not as balanced as I thought.
- Friends are irreplaceable. In moments of crisis, you understand and learn the real definition of friendship. They supported my wife and I all through this crisis and continue to do so.

I resigned from my job in October after 24 years. I am starting my own practice to enable me to control my work life balance. I will still be working hard for my clients, but will be working on my terms and with the support and understanding of my family.

It is a new beginning. I see it as a second life. A life that was restarted on the pavement of a Mayfair street on 27 September 2011.

Life 1 – 48 years 11 months. Life 2 – 17 months and counting!!!

For David's full story, visit our website

**Sarcoidosis is a disease that can affect any organ in the body. No-one knows what causes it. In 90% of sarcoid patients, the lungs are involved and this may result in pulmonary fibrosis. Cardiac sarcoid is a rare complication but can cause sudden death; especially in young, fit men.**

## FUNdraising Events, Tributes and Inspirations

- INSPIRATIONS**
- ♥ New Year's Resolution—get people to help you quit smoking by fundraising!
  - ♥ Coffee and cake morning, or a Bake-Off.
  - ♥ Ask a local school or charity to support us.
  - ♥ Join in on any of our events ... or organise one of your own!



### 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](mailto:breathingmatters@ucl.ac.uk)

- BREATHING MATTERS WISH LIST**
- ♥ **An imaging system called Nuance** from Caliper Life Sciences. A multispectral imaging system which would facilitate a lung pathologist and research scientist to identify unique abnormalities in lungs from patients with PF. **Cost £45K.**
  - ♥ **Millipore Ohmmeter** used to look at how infection and inflammation make lungs more leaky. **Cost £1.3K**
- You have helped with these wish list items:**
- ♥ Cryoscope Extractor and Study
  - ♥ PhD Research Fellow