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#### THE WINTER OLYMPICS QUIZ

1. What was the name of the film the original Jamaican bobsleigh team inspired?
2. How many medals did Team GB win in the 2014 Winter Olympics?
3. In which Winter Olympics did Eddie the Eagle compete in?
4. Which country was top of the medal board in 2011?
5. Upon which Sea is Sochi located?
6. In which year was the first Winter Olympics held, and where?

Answers can be found on  
our website  
[www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

## A UK First: Cryoscopic Diagnosis of IPF

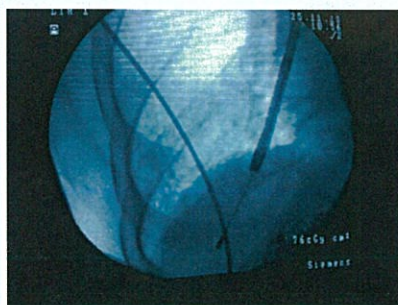
We are delighted to report that, in early February 2013, UCLH diagnosed idiopathic pulmonary fibrosis from a minimally invasive cryoscopic lung biopsy.

This is a UK first and was made possible by Breathing Matters. The cryoscopic lung biopsy (CLB) was performed by Dr Theresia Mikolasch under the supervision of Dr Neal Navani at UCLH. The cryoscope was part-funded by Breathing Matters with monies donated in memory of Ana Timberlake and Dr Mikolasch, who has driven this project forward, was funded by the Lawrence Matz Memorial Fund.



By working with patients and relatives to address their concerns, Breathing Matters has developed a crucial area of our service to meet patients' needs.

The CLB yields tissue for a biopsy as a day case procedure as opposed to a surgical lung biopsy, thereby avoiding hospital admission, unsightly and painful scar and a chest drain. The tissue obtained is of a better quality due to the freezing during the procedure. What's also fabulous from the research side is that the resulting increase in tissue samples will be used to expand our complementary basic science programme; having healthy lung samples are integral to research work.



So, the patient, the doctor, the histopathologist and the researcher are happier!

Where do we go from here?:

-A multicentre study to investigate the role of early CLB in the patient pathway in idiopathic ILD.

## Professor Brown Secures Grant

It is our great pleasure to congratulate Professor Brown on securing a major Meningitis UK grant as Principal Investigator with Brendan Wren (LSTHM) and James Paton (Adelaide) as co-PIs.

The grant will aim to develop novel recombinant glycoconjugate vaccines for the prevention of pneumococcal meningitis and will provide funding for a post-doc for three years.

Professor Brown is also part of a major consortium involved in securing an MRC Partnership grant entitled 'BRONCH-UK: A multicentre and multidisciplinary partnership tackling the chronic lung sepsis syndrome Bronchiectasis. This grant will provide part-funding for a nurse for the collection of samples for a biobank of around 150 patients.





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**Breathing Matters**  
CENTRE FOR RESPIRATORY RESEARCH UCL



Fighting  
pulmonary fibrosis  
and infection

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



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## New Wish List for Pulmonary Fibrosis

Would you like to know how you can make a difference?:

- £5 - Equipment to take blood for testing antibodies for a patient with IPF
- £50 - Allows us to grow individual fibroblasts (these are the cells that produce the scarring) in the laboratory from the lungs of patients with IPF to do further studies.
- £500 - Allows us to isolate the platelets from patients with IPF so that we can examine them in the laboratory and compare them to platelets from people with normal lungs.
- £5000 - Provides all the equipment and running costs for a 'Western Bot' which allows us to look at abnormal proteins in the lungs of patients with pulmonary fibrosis.
- £50,000 - Pump priming a blue sky research proposal: Allows a senior clinician to undertake a substantial period of research (a year or more) as a named research fellow to develop an hypothesis that is then submitted for full funding (£300K+) from a medical research charity.

## FUNdraising Events, Tributes and Inspirations

- ♥ Organise an Spring Ball, or perhaps an Easter Trail.
- ♥ A wish party where you swap unwanted clothes for free; just pay an entrance fee.
- ♥ Coffee and cake morning, or a Bake-Off.
- ♥ An Easter arts and craft evening.
- ♥ A music evening with cheese and wine.
- ♥ A nail art event at your own home, getting ready for the summer.
- ♥ A walk, a cycle, a scooter, a hop .... be as outrageous or as simple as you dare!

### BREATHING MATTERS EASTER STALL



A massive thank you to Jane Walker who organised an Easter Stall at UCH in early April on behalf of Breathing Matters. Jane was selling designer cards, bags of Easter Eggs and coasters she personally designed. This proved to be a popular event, with Jane almost selling out of stock!

Jane has kindly agreed to do further stalls for us. We will keep you informed of dates.

### BREATHING MATTERS SINGING GROUP

Would you like to join our very own Singing Group:

- Singing increases breath control.
- Strengthens respiratory muscles.
- Reduces stress.
- Plus it's a lot of fun!

If you are interested, contact Donna on [breathingmatters@ucl.ac.uk](mailto:breathingmatters@ucl.ac.uk)

