

Pulmonary Fibrosis Research Project

Pulmonary Fibrosis is a lung disease caused by repeated harm to small areas of the lung. This results in scarring. Scars serve a useful purpose in the skin- they heal injured areas. But in the lung, scar tissue stops the lung doing its job- taking oxygen from the air and passing it into the blood. Although the harm at any one time is to a small part of the lung, the effects build up until they affect enough of the lung to cause symptoms.

This scarring makes lung functioning worse and leads to symptoms of breathlessness, especially when taking exercise and is also sometimes accompanied by a dry cough.

For many pulmonary fibrosis is progressive, with occasional periods where it is stable and, less commonly, when it improves. In the past, research into pulmonary fibrosis has been limited but as the disease gets more common, further research is now being conducted.

New evidence suggests that the blood clotting process may be involved in the development of fibrosis. Dr Chris Scotton at University College London will be investigating exactly what part of the blood clotting process might be involved, and whether drugs that prevent blood clotting, known as “anti-coagulant” drugs, might be useful in preventing the progression of fibrosis.

If you would like further information on pulmonary fibrosis, then please call our helpline on 08458 50 50 20, which offers advice and support for anyone affected by a lung condition.

As many of you may know already we recently launched the Breath of Life commemorative tree dedication, whereby when a fund reaches £2000 we will dedicate a tree in memory of your loved in a Woodland Trust site. So far we have had a fantastic response to this and we very much look forward to being able to dedicate more tree's in memory.

This newsletter is also available in large text. Please call the Breath of Life Funds hotline on 020 7688 5617.



Breath of life Newsletter

Issue no.16

Featured supporter: Sarah Phelps

Robert was diagnosed with chronic obstructive pulmonary disease (COPD) as well as suffering from Asthma. COPD leads to damaged airways in the lungs, causing them to get narrower and making it harder to get air in and out of the lungs. When Robert was diagnosed with COPD, he attended his local Breath Easy groups which offered him support and advice throughout his illness. When he died Robert's family decided to set up a Breath of Life Fund as a lasting tribute to him. Robert's daughter Sarah said "It is wonderful to be able to give something back in memory of my father".

Sarah decided to organize a street collection in her home town of Pershore as a way to raise money for her father's >>

Breath of Life Funds

Breath of Life Funds are lasting tributes to a loved one by those who cared most for them.

There are currently 827 Funds and between them they have contributed over £540,720 to the British Lung Foundation.

Do you know anyone who would like to start receiving this newsletter? If so, ask them to contact Emma-Louise Roberts on 020 7688 5617 or emma.roberts@blf-uk.org. If you do not want to receive the newsletter in future, please let Emma-Louise know.

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Charity registered in Scotland - no. SC 038415

- helpline: 08458 50 50 20
- enquiries@blf-uk.org
- www.lunguk.org



fund. On Saturday 29th March she and a couple of precious friends braved the dreadful weather conditions and managed to raise an amazing £181.51 from the event.

The event turned out to be such a success that Sarah has already put in her application to carry out another street collection next year. "It turned out to be quite a social event, people were interested in what I was doing and the reasons why. I just hope and pray that the funds that I raise will go some way to helping the BLF and the people with these dreadful lung conditions"

Sarah's fundraising has not stopped at her street collection and she is now trying to organize a charity auction at her local theatre, which will add to the £270.26 the fund has already raised.

"Since my dad passed away, we have been left with a huge void, my way of filling that void is by doing something useful and something he would have been proud of, by raising funds for the British Lung Foundation".

Take Part in an Event for your Breath of Life Fund

British 10K London Run – 6th July. The run is staged in the world's greatest routes through the heart of central London.

Great North Run – 5th October 2008. Run the world's biggest Half Marathon, the run is a point-to-point course that starts in Newcastle and finishes in South Shields.

ING New York Marathon – 2nd November 2008 – The ING New York City Marathon is one of the biggest in the world, partly for it's amazing routes which takes you through the famous borough's of New York.

To find out more about any of these events and about challenges you could take part in, call our events team on 020 76885581 or email events@blf-uk.org

There are many events - including running, cycling and challenge events – you can take part in to benefit your Breathe of Life Fund. For more info call 020 7688 5581, email events@blf-uk.org or go to www.lunguk.org/events.asp

The Longhurst and the Batt's Fourteen Hour 'Poolathon'

John Batt, Sam Batt, Nathan Longhurst and Matthew Longhurst took part in their very own unique marathon in March for the British Lung Foundation when they organized a grueling 14 hour poolathon to raise money for the Patricia Batt Breath of Life Fund.



John's mum and Sam's Nan, Patricia, passed away the previous year from lung disease which is when the family decided to set up a Breath of Life Fund in her name as a lasting tribute to her.

To raise money for the fund keen pool players John, Sam, Nathan and Matthew decided to organize a 14 hour poolathon whereby they got friends and family to sponsor them to play pool for fourteen hours at the Rushenden pool club on the Isle of Sheppey.

At ten O'clock in the evening on Friday the 28th March, John, Sam, Nathan and Matthew all wearing their British Lung Foundation T-Shirts began their 14 hour challenge, with no breaks! Within that time 4000 balls were potted and they finished the event with aching feet and backs at noon on Saturday.

The event was a great success and raised £712.50 for the Patricia Batt Breath of Life fund which will go towards helping the British Lung Foundation to provide information to the public on lung conditions and all aspects of lung health in clear, easily understandable language, provide support to those living with a lung condition every day of their lives through the Breathe Easy BLF support network – a nationwide network of local voluntary support groups and to help find solutions to lung disease by funding world class medical research.