



Can you run, walk, cycle or swim your way to the ERS Congress?
#VirtualCongressChallenge

#TakeTheActiveOption



A message from Isabel Saraiva, Chair of the European Lung Foundation:

Dear friends,

As my time as ELF Chair comes to an end, I want to say what a pleasure it has been, working with so many incredible individuals and organisations who are dedicated to improving the lives of people affected by lung conditions. I am so proud of all the work that we have done together and I look forward to what the future holds as I hand over my role to Kjeld Hansen next month.

Thank you to everyone who has registered for the first ever virtual ELF Patient Organisation Networking Day. I am looking forward to connecting with patient representatives from around the world to discuss the important topics of psychosocial wellbeing and COVID-19. If you would like to join, do not forget to register via the link in this newsletter.

I hope that many of you will get involved with the Virtual Congress Challenge during September to raise money and awareness for the Healthy Lungs for Life campaign and its key messages, which are so important, now more than ever. You can get involved by counting your steps in September and aiming to cover a set distance, or you can sponsor a participant. Find out more about the challenge below.

Please follow our brand-new Instagram account [@european_lung](https://www.instagram.com/european_lung) – we look forward to connecting with you via our new channel.

I take this opportunity to thank everyone for supporting ELF and the wonderful work that they do. I am also very grateful to the ELF staff for all the support they have provided during my mandate. I hope we will all continue to work together to help people with lung conditions in Europe.

Key dates:

- Launch of the Virtual Congress Challenge: 1 September
- Voting for the COPD Art Contest winner opens: 1 September
- Virtual ELF Patient Organisation Networking Day: 5 September
- Free COVID-19 live programme (ERS Congress): 6 September

- Virtual ERS Congress 2020: 7-9 September
- Closing date to vote for the COPD Art Contest winner: 23 September
- Announcement of COPD Art Contest winner: 25 September

Upcoming awareness days:

- World Lung Day: 25 September
- World Environmental Health Day: 26 September



How does obesity increase the risk of developing asthma in adulthood?

Changes in the lung could predict lung cancer risk

Lifestyle factors play a role in asthma control, according to new study

[Find out more](#)

[Find out more](#)

[Find out more](#)



NEW ELF FACTSHEET: MANAGING BREATHLESSNESS AT HOME DURING THE COVID-19 PANDEMIC

We have produced a factsheet to help people who suffer from breathlessness which may have been made worse during the COVID-19 pandemic.

[Download the factsheet in English.](#) More languages will follow.

CAN YOU TAKE ON THE VIRTUAL CONGRESS CHALLENGE?

As none of us will be travelling to the ERS Congress this year, we challenge you to #TakeTheActiveOption and count your kilometres during September, making your way to a previous or future Congress destination while raising money for the Healthy Lungs for Life campaign. You can also support by sponsoring a participant.

[Find out more and sign up or donate.](#)



ERS CONGRESS: A SUMMARY OF EVERYTHING YOU NEED TO KNOW BEFORE CONGRESS

The virtual ERS Congress is just around the corner. This article outlines everything you need to know about the Congress, including the patient programme and COVID-19 programme.

[Find out more](#) and [access the ERS Congress platform](#).



ELF PATIENT ORGANISATION NETWORKING DAY PROGRAMME

We have released a detailed programme of the ELF Patient Organisation Networking Day taking place on 5 September, so you can find out all about what will happen on the day.

[Access the programme and register for the day](#).



WOMEN WITH COPD ART COMPETITION: VOTE FOR THE WINNER

We received 57 submissions for the Women with COPD Art Contest launched earlier this year. The top five images have been selected by a judging panel, including women with COPD, world-renowned artists and respiratory healthcare professionals.

Everyone is welcome to vote for the winner. Voting is open from 1 September until 23 September. [Vote here](#).



COVID-19 PATIENT ADVISORY GROUP

We are looking for people from across Europe to join our new Patient Advisory Group to work with several research projects in COVID-19, making sure that patients and the public are at the centre of research.

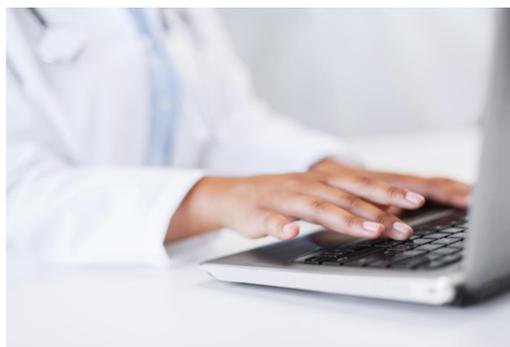
[Find out more and get involved](#).



GETTING THE WORD OUT: HOW TO TALK TO THE PUBLIC ABOUT YOUR RESEARCH

Communicating to non-specialist audiences about research has many benefits. ELF has published an article in *Breathe*, a European Respiratory Society (ERS) journal, that aims to help healthcare professionals write in a more simple style to make their research more understandable and accessible to patients and the public.

[Read the full article.](#)



E-GLILD SURVEY

The European Granulomatous-Lymphocytic Interstitial Lung Disease Network (eGLILDnet) has developed a short survey to learn what 'unanswered questions' people have about GLILD. If you are affected by the condition, take the survey to help researchers prioritise what research is most important to patients.

[Find out more and take the survey.](#)

Closes **14 September**



KEY MESSAGES FROM THE ALLIED LUNG PROFESSIONALS AT THE ERS CONGRESS 2019

With the virtual ERS Congress 2020 in little over a week's time, we present the final of our series of lay summaries from the ERS Congress 2019.

[Read the summary.](#)



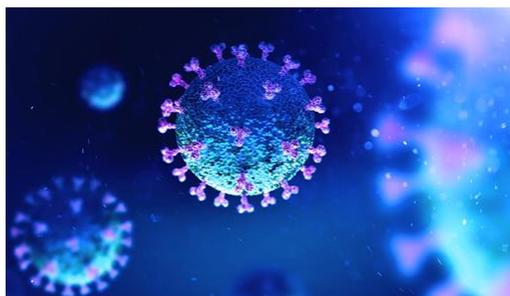
COVID-19 NEWS ROUND-UP

[COVID-19 vaccine: the latest developments](#)

[Actions to combat the COVID-19 pandemic: the lung health perspective](#)

[New guidance on end-of-life care for people with COVID-19](#)

[Visit the COVID-19 newsroom.](#)



INTERVIEW WITH DR GEORGIA HARDAVELLA

Dr Georgia Hardavella works in the biggest respiratory hospital in Greece. In this interview we asked her about her experience of being a doctor on the COVID-19 frontline.

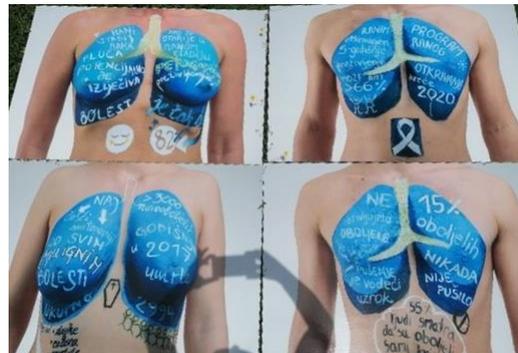
[Read the interview.](#)



PATIENT ORGANISATION ROUND-UP: AUGUST 2020

Patient organisations across Europe have been launching campaigns to raise awareness of different lung conditions among the public. Others have started new projects to provide information and offer physical and emotional support for people affected by lung conditions.

[Find out more.](#)



The European Lung Foundation (ELF) was founded by the European Respiratory Society (ERS) in 2000 with the aim of bringing together patients, the public and respiratory professionals to positively influence respiratory medicine.

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