



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

As we come to the end of 2019, I want to say a big thank you to all of you who have worked together with ELF over the past year. Whether that's by getting involved in our events and awareness campaigns, communicating patient experiences or simply by keeping in touch with us on social media. You make it possible for us to help to improve the lives of people with lung conditions, and for that we are very grateful.

It's a time of change for ELF, and we have some really exciting plans for 2020. At the end of December, we will meet some of the candidates for the new ELF Chair position, and I am pleased to say that we have a great selection.

Please share with us your plans for 2020 and discuss how we can work together to improve lung health!

### **Highlights this month:**

- World AIDS Day: 1 December
- [Alpha-1 survey](#) closing date: 8 December
- ELF Chair interviews: 20 December
- [Bronchiectasis/NTM survey](#) closing date: 30 December

People with sleep apnoea are more likely to develop atherosclerosis

[Find out more](#)

Researchers discuss new ways to investigate asthma and allergy

[Find out more](#)

Gender differences in treatment for acute respiratory distress syndrome

[Find out more](#)



## NEW FACTSHEET ON PULMONARY EMBOLISM

The ELF factsheet on pulmonary embolism is now available on the ELF website. This new factsheet is currently being translated and other language versions will be available soon.

## TRAVELLING WITH BRONCHIECTASIS: YOUR QUESTIONS ANSWERED

A bronchiectasis diagnosis does not mean you have to stop travelling, whether on holiday or for business.

ELF's bronchiectasis patient advisory group with healthcare experts from EMBARC (a research network that focusses on bronchiectasis) worked to produce recommendations for people with bronchiectasis.

[Find out more](#)



## HEALTHY LUNGS FOR LIFE IN BRUSSELS

ERS and ELF hosted a free lung function testing event for workers at the European Commission in Brussels for World COPD Day, raising awareness of the importance of protecting lung health.

[Find out more](#)



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## ISABEL SPEAKS AT AIR QUALITY WORKSHOP

ELF Chair Isabel Saraiva spoke at an ERS and International Society for Environmental Epidemiology (ISEE) workshop in Warsaw, Poland, to share her expectations and experiences on air pollution advocacy.

[Find out more](#)



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## PHARMACEUTICAL POLLUTION

The medicines we use can pollute the environment if they are not disposed of properly. This can pose a threat to animals and plant life, and potentially affect human health too.

[Find out more](#)



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## SPEAKING AT THE ERS CONGRESS AS A PATIENT

Karen Needham and Oxana Rucsineanu talk to us about their experiences speaking in sessions at this year's ERS Congress in Madrid.

[Find out more](#)



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## PATIENT ORGANISATION ROUND UP: DECEMBER 2019

Patient organisations have been making strong public appearances to raise awareness of lung conditions and talking to experts to represent the patient voice, aiming to work with professionals to improve treatment and care for people living with 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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