

### 3. A transformative experience ...

- One day, I was reading a free newspaper in my break and it led to a transformation of my treatment and training regime.
- For 10 months, I was tested, treated and trained to run a marathon with 5 fellow asthmatics.
- I gained a sense of control over my condition and body, which I do not recall ever feeling before.

<https://www.europeanlung.org/assets/files/factsheets/exercise-and-the-lungs-en.pdf>

#### **A message from Kjeld Hansen, new Chair of the European Lung Foundation:**

Dear friends,

It is a great pleasure to address you for the first time as ELF Chair. I very much look forward to meeting, greeting and working with you all: our incredible patient ambassadors, patient organisations, healthcare professionals and everyone interested in lung health.

I was particularly excited to meet many of you at Patient Organisation Networking Day last month. I found it very engaging and interesting, with inspiring speakers and great interactive sessions. It was a pleasure to share my personal experience of how I improved my mental wellbeing through physical activity despite my severe asthma. A summary of the day with all the content is available in this newsletter. I would like to thank the past and current Chair of ELF's Patient Advisory Committee (PAC), Kate Hill and Mikaela Odemyr, for thoughtful and inspirational organisation of the day.

During the ERS Congress, we were delighted to honour all the brilliant respiratory professionals who have been working tirelessly on the frontline during the COVID-19 pandemic with the ELF Award 2020. We produced a [tribute video](#) to thank them for playing such an important role.

The ERS Congress was also an opportunity to present the top five submissions of artwork for the Women with COPD Art Contest, which received an overwhelming response. Over 7,000 people voted for their favourite piece and ['My Grandma' by Deo Prasad Rai](#) from India was announced as the winner on World Lung Day.

World Lung Day also marked the launch of our new infographic style factsheet on [Healthy Lungs for Life and COVID-19](#). Thanks to our past Professional Advisory Committee (PrAC) Chair, Georgia Hardavella, for working on this important factsheet, and I look forward to collaborating with our new Chair, Paola Pierucci, on our future factsheets.

We are excited about the launch of the MEP Lung Health Group next week for which over 30 patient organisation representatives have registered. If you want to be a part of the launch, you can [register here](#).

Stay healthy and stay safe!

**Key dates:**

- MEP Lung Health Group launch event: Tuesday 13 October

**Upcoming awareness days:**

- World Mental Health Day: Saturday 10 October



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New advice on how to assess fitness to drive in people with sleep apnoea

Long-term exposure to indoor air pollution linked with poor lung health

People with asthma found to have increased risk of bone conditions

[Find out more](#)

[Find out more](#)

[Find out more](#)



## NEW ELF FACTSHEET: THE IMPORTANCE OF HEALTHY LUNGS IN THE FIGHT AGAINST COVID-19

We have produced an infographic style factsheet that explains how each of the Healthy Lungs for Life key topics (stopping smoking, vaccination, air quality and physical activity) help to protect our lungs and why it is so important to protect ourselves from COVID-19.

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

We also have videos from experts explaining why keeping our lungs healthy is so important during the pandemic:

[Protect Your Lungs](#), by Prof. Arzu Yorgancioğlu

[Be Smoke Free](#), by Prof. Jonathan Grigg

[Breathe Clean Air](#), by Prof. Zorana Jovanovic Andersen

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## ELF PATIENT ORGANISATION NETWORKING DAY 2020

This year we held the first ever virtual patient organisation networking day. We were delighted to connect with 83 delegates to discuss the important topics of psychosocial wellbeing and COVID-19. All the

talks and poster presentations are available to access on the event platform.

[Read more about the day](#)



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## 'MY GRANDMA' BY DEO PRASAD RAI WINS WOMEN WITH COPD ART CONTEST

Over 7,000 people voted for their favourite piece of art representing women with COPD from the top five shortlisted by a judging panel. 'My Grandma', a painting by Deo Prasad Rai from India, received the most votes and will receive a commission of €5,000 to produce a series of artwork representing women with lung conditions.

[Find out more](#)



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## HEALTHY LUNGS FOR LIFE VIRTUAL CONGRESS CHALLENGE

90 ELF supporters took part in the Virtual Congress Challenge to raise money for the Healthy Lungs for Life campaign and spread its important messages. Together they travelled 9,293 kilometres and have raised over €4,000 so far.

[Find out more](#)



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## ELF AWARD 2020

This year's ELF Award was dedicated to all respiratory professionals who have been working tirelessly on the frontline during the COVID-19 pandemic. We created a tribute video which was presented at the virtual ERS Congress 2020.

[Find out more](#)

[Watch the ELF Award 2020 video](#)



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## MEP LUNG HEALTH GROUP

The MEP Lung Health Group will be launched virtually on 13 October and we want you to be part of it. There has never been a more important time to make sure that lung health is high on the EU agenda.

[Find out more and register](#)

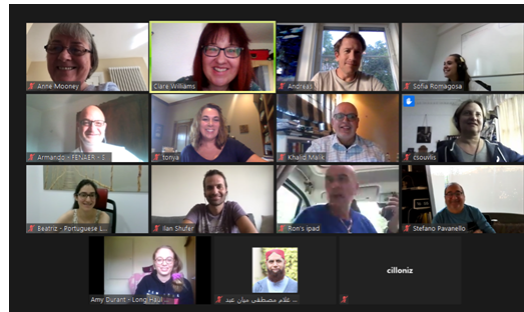


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## UPDATE ON COVID-19 PROJECTS

The ELF COVID-19 Patient Advisory Group (PAG) met for the first time at the beginning of September. They will be involved in a range of COVID-19 projects to help influence research from the patient perspective.

[Find out more](#)



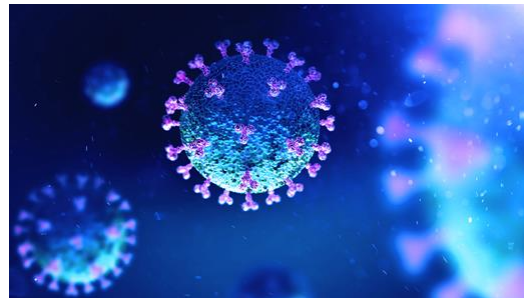
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## COVID-19 NEWS ROUND-UP

[Tens of thousands of early deaths from air pollution avoided due to lockdown](#)

[New recommendations to support people recovering from COVID-19](#)

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



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## INTERVIEW WITH RON FLEWETT

Ron Flewett, who is living with idiopathic pulmonary fibrosis, created a video to share with healthcare professionals at the virtual ERS Congress 2020. We asked him about his experience being a patient speaker and about the positive feedback he received.

[Read the interview](#)  
[Watch Ron's video](#)



## PATIENT ORGANISATION ROUND-UP: OCTOBER 2020

Patient organisations across Europe were heavily involved with World Lung Day on 25 September to raise awareness of lung conditions. Many launched new campaigns and held webinars to provide useful information for people affected by lung conditions.

[Read the full round-up](#)



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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