

BREATHE EASY TELFORD



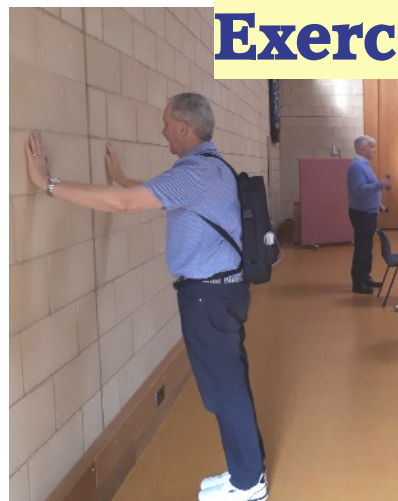
March / April
2018

www.breatheeasytelford.btik.com



Wellington

Exercise Class



Our exercise class that was previously running at Dawley, has moved to the Wellington Methodist Church, New Street, Wellington, Telford TF1 1LU. Good parking adjacent and public transport nearby. Places are currently available to anyone who has successfully completed a Pulmonary Rehabilitation (PR) Course, (See our last issue (Jan/Feb for an article on PR). It is held on Fridays commencing 1.30 - 2.30 pm. £4 per meeting with a BLF approved instructor.

Maintain your Pulmonary Rehab exercise regime. A class that improves breathing control, increase acts of daily living and improves confidence. Contact class instructor Tracey on 07779500051 for further information.

**** EASTER RAFFLES ****

The four locations this year with their respective top prizes are shown below.

*Chelssie's Hair Salon, Dawley
Wash, Cut & Blow Dry Voucher*

St Georges Cricket Club

*A Voucher for a Cream Tea for Two at
Hadley Park House Hotel*

The Wickets Inn, Wellington

£20 Voucher Meal at The Wickets Inn

Vintage Tea Room, Oakengates

*Voucher for Afternoon Tea for Two at
the Vintage Tea Room*

**** QUIZ NIGHT ****

Friday April 20 - 19:30 for 20:00 start.

Learning Centre, Telford AFC, Wellington. An evening of knowledge and fun, raising funds for our local group supporting those affected by lung disease and long term associated illnesses.

Raffle with prizes - Tea - Coffee - Licensed Bar

Teams of 5 - £2 a person

Contact the BLF call centre to speak to our local contact or through our website, to enter a team.

Breathe Easy Telford is a self-help group affiliated to the British Lung Foundation, dedicated to bringing together all those in our area affected by respiratory diseases, both patients and carers. Meetings are monthly, every fourth Thursday at Wellington Methodist Church, New Street, Wellington, Telford TF1 1LU

Please contact BLF Direct on
03000 030 555 for further information.



Registered charity in England and Wales (326730) and in Scotland (SC038415)

Free Prostate Cancer Screening - Monday 26th March

Men in the Telford area are being invited to attend a second special event on Monday 26th March 2018 from 6pm to 8.30pm at The Anstice Memorial Hall, Park Avenue, Madeley, TF7 5BB where they will get checked for prostate cancer free of charge and no appointment is necessary. This is being organised by The Ironbridge Lions Professional Phlebotomists will be on hand to take the blood samples. Those who have had a test before should return to check that their PSA level has not risen. Prostate cancer affects around 45,000 men in the UK every year. Of those, almost one third will die from the disease. In Shropshire alone, around 250 men are diagnosed annually with prostate cancer. Despite these frightening statistics surprisingly there is no national screening programme for prostate cancer, which is why Ironbridge Lions, together with Ironbridge Rotary, are urging all local men in categories "at risk" from the disease to attend the event The 'at risk' categories for prostate cancer are: • All men over 50 • All men over 40 with a history of the disease in their family • Any man over 45 from an African/West Indian ethnic group. *From Madeley Town Council*

Targeted Lung Denervation

A new therapy, targeted lung denervation (TLD), was recently highlighted by an article in the Daily Mail.

TLD has already shown excellent results for the treatment of chronic obstructive pulmonary disease (COPD). The Daily Mail and Mail Online interviewed - Professor Pallav Shah, consultant respiratory physician, and Kim Burgess, who suffers from COPD.

Although not a cure, preliminary results show TLD can provide significant improvement in symptoms for many patients.

Now, the RELIEF-1 trial is investigating whether those with asthma can benefit too.

Professor Shah said: "In the worldwide studies of TLD for COPD, about 70 per cent of patients who have undergone the procedure have seen an improvement in lung capacity, breathlessness and quality of life.

"We're now looking at whether this treatment can also help those with severe asthma. Both of these lung conditions are triggered in the same way."

Targeted lung denervation works by using heat energy in the form of radiofrequency waves, to destroy branches of the vagus nerve that are no longer working properly. This prevents the faulty nerve branches from sending messages which cause muscles to tighten and produce mucus.

Professor Shah continued: "We are aware the tiny branches of the vagus nerve – which stretches from the brain, down the windpipe and into the lungs and are wrapped around the outside of the lungs' airways – worsen the effects of the condition. "This is because the nerves cause the muscles that line the airway to become overactive, rather than moving smoothly as they do in those without the disease.

This, combined with the excessive production of mucus that coats the airways from the effects of chronic smoking, makes them narrower and more irritated.

"This constriction means the air cannot flow in and out so easily, so those with COPD are left short of breath and often suffering from a persistent cough, wheezing and a tight chest."

Professor Shah said: "The results with COPD are very promising. There was no improvement in the placebo group but dramatic improvements in ten patients treated with the real treatments. We will have a clearer picture when the data has been further analysed in the next three months."

The team at Royal Brompton now hopes to see similar results when TLD is used with asthma patients.

The patient's view:- Kim Burgess, 57, a former policeman and one of the patients on the COPD trial said the treatment had made a significant improvement to his health.

Speaking to the Daily Mail, Kim said: "Before I had the procedure, my consultant said my lungs were only 33 per cent as effective as they should be at my age, which was a shock to hear. They said I would remain on the meds for the time being. I wanted to avoid having to use an oxygen tank as long as I could."

Kim felt there was an instant improvement after having the procedure: "My chest did not feel so congested. I could push myself that little bit further when walking without feeling so breathless. My cough, that had been constant since I was diagnosed five years ago, stopped straight away.

"At a regular check-up in November, my consultant said my lung function had improved by 10 per cent, which is massive for lungs as poor as mine. It's not a cure – I still have to take medication, but I can now walk with much less difficulty than before having the procedure."

Read the Daily Mail article on their [website](#). *From Royal Brompton & Harefield NHS*

Mr Brian Foster

We have learned sadly, that Brian Foster recently passed away. His family have sent us a donation of £92.50 to the group. Our condolences to his family and friends. We much appreciate the kind donation in helping to support the running of the group.