



Message from Isabel Saraiva, Chair of the European Lung Foundation:

This month ELF is looking for people to join two new patient advisory groups (PAGs for short): one on COPD and the other on sleep apnoea. These groups help others living with lung diseases in lots of different ways, including reviewing patient information and advising healthcare professionals. If you have lived with either of these conditions, have a look at the article below for more information about getting involved.

On a similar topic, I was very interested to read the interview with Rita and Annette, two of our existing PAG group members. As well as learning about some of the things that patient advisory groups accomplish, it was lovely to hear that Annette and Rita both feel that they have benefitted personally from being part of their groups.

It is International Women's Day this week (8 March) and we are marking the day by looking back at some of the information ELF has produced with women in mind. You might have seen our recent news article about the effect of asthma on fertility in women (linked below), or read about our patient priorities project on [lymphangi leiomyomatosis \(LAM\)](#), a rare lung disease that mainly affects women. We will be talking about these topics this week on [Facebook](#) and [Twitter](#) too, so feel free to follow us and join the conversation.

Lastly, don't forget that the deadline for the [Healthy Lungs for Life grants \(5 x €1,000\)](#) is fast approaching! If you are planning to hold an event, make sure you visit the Healthy Lungs for Life website to find out more and download an application form.

March highlights and key dates:

- 5 - 6 March: ELF attending the Healthy Workplaces Good Practice Exchange Event, run by the European Agency for Safety and Health at Work, to promote the ['Your Lungs at Work' Quiz](#)
- 13 - 14 March: ELF is attending the ERN-LUNG annual general meeting in Frankfurt



Walking tests can help predict hospitalizations in people living with IPF

[Find out more](#)

Women with asthma are more likely to need fertility treatment to get pregnant than those without asthma

[Find out more](#)

Research shows that air quality improvements help older women breathe easier

[Find out more](#)



AIR QUALITY AND LUNG HEALTH FACTSHEET: SPANISH TRANSLATION NOW AVAILABLE

Our ['Air quality and lung health - the risks'](#) factsheet is now available to view and download in [Spanish](#).

PLAN YOUR HEALTHY LUNGS FOR LIFE EVENT – GRANTS AVAILABLE

A new scheme to support Healthy Lungs for Life events has been launched, with 5x €1,000 grants now available to individuals, not-for-profit organisations, patient groups and respiratory professionals.

The deadline for applying is the 29 March 2019.

[Read more and apply](#)



DO YOU HAVE COPD OR SLEEP APNOEA? HELP OTHERS BY SHARING YOUR EXPERIENCES

We are looking for people living with COPD or sleep apnoea to be involved in patient advisory groups (PAGs)

for short). This is a really exciting opportunity to influence research across Europe, meet other people with your condition, and ultimately to improve the experience of other people who have your condition.

You do not have to have any special knowledge or experience to apply – all you need is a little spare time each month, an internet connection and a good level of English.

[Find out more](#)



COULD YOU HELP HEALTHCARE PROFESSIONALS INVOLVE PATIENTS IN THEIR PROJECTS?

We are looking for volunteers to help healthcare professionals and researchers learn how to involve people living with lung diseases in their work.

[Find out more](#)



REFRESH YOUR MEMORY OF ERS CONGRESS 2018 – EXPERT INTERVIEWS AND DISCUSSION VIDEOS NOW AVAILABLE ONLINE

Head over to the 'Live@ERS for patients' website to catch up on the highlight of last year's congress. Hear what patients and some of the biggest names in lung health and research say about the latest advancements across different disease groups.

[Visit the website](#)



ANNETTE AND RITA TALK ABOUT THEIR EXPERIENCE AS PAG MEMBERS

Patient advisory groups (PAGs) help others living with lung diseases, often by advising doctors and researchers. ELF runs PAGs for lots of different lung diseases, and each one is slightly different. In this interview, PAG members Annette and Rita share their experiences.

[Read the full interview](#)



PATIENT ORGANISATION ROUND UP, MARCH 2019

Patient organisations have been busy supporting and advocating for people living with lung conditions throughout Europe. Read our summary of a selection of these activities.

[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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