



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

It was a great pleasure to welcome old and new friends to this year's ERS Congress in Madrid. This year's Congress was [full of highlights](#) for me, from opening the Healthy Lungs for Life event in the city centre to welcoming representatives from patient organisations to our networking day, and speaking to some of the 22,000 Congress delegates about the importance of vaccination.

Of course, this event was only possible with the help of many different organisations coming together to promote lung health. My sincere gratitude to all the organisations who worked with us at the Healthy Lungs for Life and 'Meet the Expert' events, in particular our local partners SEPAPpacientes, Fundación Lovexair and FENAER.

I also want to say a big thank you to everyone who represented people living with lung conditions at Congress. Whether you were a patient speaker, part of the patient organisation day or involved in another way, your contribution meant that the patient voice was heard throughout. I believe that this will directly lead to improved outcomes for people living with lung conditions through increased awareness of patient perspectives and experience.

Many of us who spoke at the Congress about our experience with lung conditions have benefitted from the [European Patient Ambassador Programme \(EPAP\)](#) - our free online course that teaches patient advocacy skills. I am very pleased to share that EPAP is now available in Spanish, which I hope will help Spanish-speakers feel confident in advocating for themselves and others with their condition.

**Highlights this month:**

- November is lung cancer and alpha-1 awareness month.

- ELF will attend a meeting for the Better B EU project which is looking into treatments for breathlessness in palliative and end-of-life care - 6-7 November
- World Pneumonia Day - 12 November
- Healthy Lungs for Life event at the EU Commission in Brussels on World COPD Day - 20 November

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Fat accumulates in the lungs of people who are overweight

A finger prick test could reduce antibiotic use in patients with COPD

Are e-cigarettes and heat-not-burn products harmful? Researchers review the evidence

[Find out more](#)

[Find out more](#)

[Find out more](#)



## IPF FACTSHEET TRANSLATIONS

The ELF factsheet on idiopathic pulmonary fibrosis (IPF) is now available in the following languages:

[French](#)  
[Italian](#)  
[Spanish](#)  
[Polish](#)  
[Russian](#)  
[Romanian](#)  
[Ukrainian](#)  
[Bulgarian](#)  
[Dutch](#)  
[Danish](#)  
[Turkish](#)

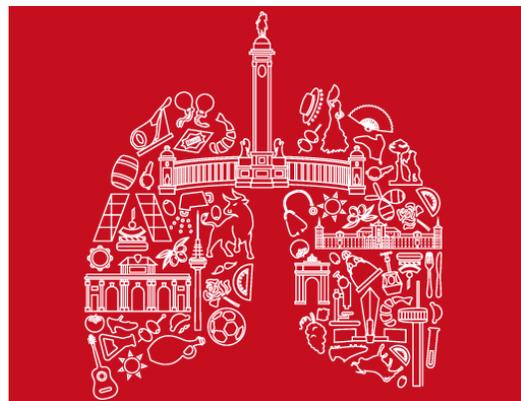
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## ELF AT ERS CONGRESS 2019: THE HIGHLIGHTS

The ERS International Congress 2019 in Madrid was a great opportunity for ELF to work with people with lung conditions, researchers and healthcare professionals, promoting lung health through a series of exciting events, activities and sessions.

We look back at the highlights from this exciting event.

[Find out more](#)



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## DR MARIA NEIRA RECEIVES ELF AWARD

Dr Maria Neira (Director, Department of Public Health, Environmental and Social Determinants of Health at the World Health Organization) has been recognised with this year's ELF Award for her commitment to improving air quality globally and ensuring that everyone is able to breathe clean air.

[Find out more](#) and [watch her video](#)



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## ELF/ERS WIN INCREDIBLE IMPACT AWARD FOR HLFL

ELF and the ERS have been presented with an Incredible Impact award for the Healthy Lungs for Life campaign!

The award, bestowed by ICCA and BestCities Global Alliance, recognises organisations whose events excel in legacy development, accessibility and diversity.

[Find out more](#)



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## 3TR PROJECT LAUNCHES

The largest ever Innovative Medicine Initiative 2 (IMI2) immunology project, 3TR, launched last week.

ELF and the ERS are partners on the project, which focusses on autoimmune, inflammatory and allergic diseases including asthma and COPD.

[Find out more](#)



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## NEW ALPHA-1 SURVEY

We have launched a new survey on Alpha-1 Antitrypsin Deficiency (AATD) to learn more about priorities and challenges in treating, managing and living with AATD.

If you, or someone you help care for, is living with AATD please consider helping us with this crucial research. The survey is open until 8 December 2019.



[Find out more](#)

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## AIR POLLUTION AND CHILDREN: INTERVIEW WITH DR NORRICE LIU

Dr Norrice Liu, winner of the Healthy Lungs for Life award for best abstract at the ERS Congress, talks about her research into children's exposure to air pollution.

[Read the interview](#)



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## PATIENT ORGANISATION ROUND UP, NOVEMBER 2019

Our summary of patient organisation activities over the last month, including patient organisation posters displayed at ERS Congress 2019.

[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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