

BREATHING SPACE



THOSE THINGS WE DO

Thanks to you!

Dear friends and supporters of the BC Lung Foundation –

With your unwavering help, we've had a very busy six months since I last wrote to you. (And for us, busy means good.) We have a good number of great things to report!

We're gearing up for a summer of Asthma Camps – they're back, after a Covid hiatus – where we bring children together to teach them how to manage their asthma. We'll be holding in-person sessions in July, with a virtual rollout, serving all BC kids with asthma, in August.

We're also focusing on COPD (Chronic Obstructive Pulmonary Disease): it impacts 140,000 diagnosed British Columbians, with many more undiagnosed. We've been working with a research partner to help keep COPD patients from suffering exacerbations and subsequently, out of our hospitals. It's better for the patient, for the overburdened healthcare staff, and for the tax paying citizens. Turn the page for the full article.

At the end of March, we held our 20th annual Air Quality and Health Workshop, bringing together researchers and clinicians from across Canada, the US, and Europe. Findings from the Workshop are presented in our annual State of the Air report, which is read by the life sciences and health sector, government, the people we serve, and increasingly, the media.

We've transformed our biggest fundraiser of the year – Bicycle Trek – to The Ride. Trek raised more than \$7 million for lung health research over 38 years, and we're grateful to all of our past participants. This year's Ride has a new date, "home base" and new routes. We're committed to keeping and adapting our cycling event to meet participants' needs.

I truly believe that we have a lung health "family": participants in our events, who show up year after year; volunteers who give us their precious time; generous donors who embrace our vision and projects. On behalf of the BC Lung Foundation, please accept my sincere thanks, to every one of you.

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Christopher Lam, President & CEO
BC Lung Foundation





RESEARCH IN MOTION

Literally!

It's always exciting when game-changing research makes lives better. Right now, a patient beta test is underway, for people who live with Chronic Obstructive Pulmonary Disease (COPD).

Ex-Able is a therapeutic platform with the mission of bringing rehabilitative exercise to people with COPD – virtually. Through easy-to-set-up, easy-to-use software, COPD patients – people who often have mobility challenges – are assessed for range of motion, walking gait, and a variety of everyday bodily motions that many of us take for granted. It will also provide one-to-one, appointment-based support from a registered healthcare professional from the comfort of the patient's home.

With virtual access, COPD patients across BC may someday soon be able to participate in three-month modules that help them get fitter and stronger. Ex-Able's mission is to bring physical rehabilitation to people who truly need it: when breathing is weak and painful, the notion of walking to the corner store is an impossibility. And there's a profound need for a therapy program like this: 20 million people in North America have diagnosed COPD – and only 2% have access to rehabilitation.

We're deeply interested in this pilot project, as it has the capability of restoring independence to people living with the disease. Thanks to our donors who help fund innovative research like this: we're hopeful for a brighter future for COPD patients across the province.



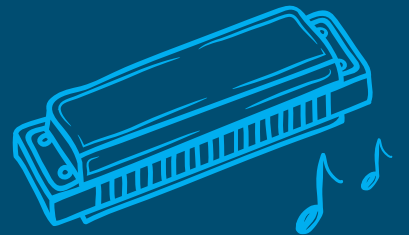
ex-able

Harmonicas for Health!

and happiness!

It may sound unlikely, but playing the harmonica is having a beneficial impact on patients who live with COPD. Kudos to Jacqueline Turvey, a respiratory therapist, who established the program: she says it improves COPD patients' ability to breathe and clear their lungs.

Participants also gain self-confidence, relieve stress, and socialize – all important in patients' well-being. It's a combination of the physical and the psychological: participants and clinicians both say that it works. The program is an Interior Health initiative, held at the Kamloops Primary Care Clinic.



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LEARNING HOW TO BREATHE *better*



After a Covid hiatus, a decades-old but always innovative lung health program returns this summer. Asthma Camps were sleep-away camps for kids, and taught children who lived with asthma the best ways to manage it. They were fun summer camps for kids – and they worked. Children who learned about asthma triggers, attacks, and what to do about them, went on to lead healthy, happy lives.

The BC Lung Foundation is bringing back Asthma Camps – with a twist. We've recently renovated the basement of our 1908 Heritage building with an attractive classroom, where kids who live with asthma will learn how to manage it. Our medical staff and volunteers will teach them when, where and how to use their inhalers and what to do when they feel an asthma attack coming. There'll be fun, too (there's a ping-pong table in the classroom), with a beautiful park near to our Oak Street location.



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We've also developed online learning; age-appropriate education modules, for both children and their caregivers. Asthma Education online will deliver the same expert, engaged and current learnings that'll be taught in person.

The Foundation is focused on childhood asthma for a good reason. There is so much that we can teach kids and their parents about asthma: how to recognize triggers of an asthma attack, what to do when it happens, what to do in an emergency.

Committed and effective asthma management can save lives, reduce school sick days, and prevent trips to the ER. And, just as importantly, it saves a child from being robbed of the fun and freedom of childhood.

Thanks to our generous donors and event participants, we can welcome children with asthma right under our roof and equip them with the knowledge they need to have a happy and active life. Asthma Camps, and the Asthma Education Centre, have a simple purpose: to stop childhood asthma from stopping childhood.

The Long and Winding *and noxious* Road

The BC Lung Foundation recently convened its 20th Annual Air Quality and Health Workshop. This year's focus was the role the transportation sector – personal vehicles, mass transit, and cargo trucks – has in generating greenhouse gas. Researchers and scientists from North America and Europe gathered to present their findings, which will be included in our State of the Air publication, an annual "report card" on air quality in many BC cities, towns and communities. State of the Air will be printed in July, with a .pdf available on our website: www.bclung.ca



SAME *but different!*



BC LUNG FOUNDATION'S **THE RIDE**

Bicycle Trek has been a cornerstone fundraiser for the BC Lung Foundation. Over 38 years, Trek raised more than \$7 million for lung health research. We're so grateful to our participant fundraisers and sponsors who made that happen.

Now, it's time for something just a little bit – well, no, a lot different: The 39th Annual Ride for Lung Health, 2023! We're just calling it "The Ride", amongst ourselves: it's simple, and easy to remember.

Gear up the weekend of Saturday August 12th and Sunday August 13th, starting and finishing at the contemporary neighbourhood of Tsawwassen Mills. This year, you choose the distance you want: an exhilarating two-day, 200 km ride, or choose the Saturday-only options: 100 km or 50 km. We also have a special Family Ride around the perimeter of the mall.

The Ride 2023 promises a special experience, and a unique route on each day. As you conquer kilometres, enjoy fully supported rest stops sponsored by local businesses, and indulge in catered dinner and lunch options. After The Ride, join us at the Beer Garden and After-Party on Sunday afternoon.

For participants who are staying over with us Saturday night, we have some outstanding accommodations in store – rest assured that you'll get the sleep you need for your Ride, Day 2.



You'll be pampered and catered to, enjoying the rewards of being a great fundraiser. And to mark that: every participant will receive a commemorative jersey. We've got exciting new incentive prizes to help you reach your fundraising goal, too. Tsawwassen Mills offers excellent accessibility, with easy access to Highway 17 and the BC Ferries Tsawwassen terminal.

Find out more: www.bclungride.ca