



November 8th, 2016

## Raising awareness of lung disease

South Tyneside District Hospital nurses will be marking World COPD Day, which is on Wednesday, November 16th.

COPD, or chronic obstructive pulmonary disease, is the name used to describe a number of conditions affecting the lungs, including emphysema and chronic bronchitis. COPD makes it difficult to breathe and everyday tasks can be a real challenge but, with the right support, it is still possible to live an active life.

South Tyneside NHS Foundation Trust's Acute Respiratory Assessment Service (ARAS) team is joining forces with the British Lung Foundation's (BLF) South Tyneside Breathe Easy support group to raise awareness of the disease.

Respiratory nurse specialist Tracey Brydon said: "We are supporting the BLF's campaign around World COPD Day to raise awareness of symptoms and the risk factors and, importantly, how COPD can be successfully managed, helping people to improve their lives."

On Tuesday, November 15th, they will be at Asda, South Shields, from 10am to 3pm, offering members of the public spirometry testing, which is used to diagnose and monitor certain lung conditions by measuring how much air you can breathe out in one forced breath. On November 16th, the respiratory nurse specialists, pulmonary function technicians and Breathe Easy members are planning a stall in the main corridor of the hospital's Ingham Wing, from 10am to 3pm, selling cakes, pies and other goodies, and raffle tickets, in aid of the BLF.

There will be more fundraising for the BLF on Saturday, November 26th, with a concert by the South Shields People's Mission Silver and Junior bands at St Gregory's Church Hall, St Gregory's Court, South Shields, from 2pm-4pm. Tickets cost £3 and include tea and coffee and a mince pie and you can pay on the door.

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Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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