

**Press release 9<sup>th</sup> November, 2017**

### **Raising awareness of lung disease**

Specialist nurses from South Tyneside District Hospital will be at Asda in South Shields on Wednesday (*November 15<sup>th</sup>*), World COPD Day, offering shoppers testing to diagnose and monitor certain lung conditions, and general advice.

COPD - chronic obstructive pulmonary disease - affects millions of people in the UK. The name is 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 14<sup>th</sup>*) they will hold a BLF 'Big Breakfast' in the hospital in the main corridor of the hospital's Ingham Wing, when cakes, pies, croissants and other goodies will be on sale to staff and patients from 10am to 1pm to raise funds for the charity. On Wednesday (*November 15<sup>th</sup>*) they will be at Asda, South Shields, from 10am to 2pm, offering spirometry testing which measures how much air can be breathed out in one forced breath.

- The South Tyneside Breathe Easy support group, which offers support and friendship, meets on the third Friday of the month at St Gregory's Church in South Shields at 2pm. Contact 0191 4559246 for more information. It is hosting an afternoon fundraiser on Saturday, November 18<sup>th</sup>, at St Gregory's at 2pm. Tickets cost £3 for a cup of tea and a mince pie. The People's Mission Silver Band will provide music.

**Ends**

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