

## Important Announcement



October 26-27, 2019, Beijing

GARD General Meeting

October 25, 2019, Beijing

GARD Symposium on Health Impact of Air Pollution

## Upcoming International Conferences

May 17-22, 2019, Dallas, Texas, USA

ATS Annual Conference

(<http://conference.thoracic.org/>)

May 24-25, 2019, Bucharest, Romania

IPCRG 6th Scientific Meeting

([www.ipcrg.org/bucharest2019](http://www.ipcrg.org/bucharest2019))

Jun 1-5, Lisbon, Portugal

38<sup>th</sup> Annual Congress of EAACI

([www.eaaci.org/eaaci-congresses/eaaci-2019](http://www.eaaci.org/eaaci-congresses/eaaci-2019))

Sep 29 – Oct 2, 2019, Madrid, Spain

ERS International Congress

(<http://ers2019-congress.com/>)

## Upcoming Events

May 7, 2019

World Asthma Day

September 25, 2019

World Lung Day

(For details, email: [lisa.roscoe@firsnet.org](mailto:lisa.roscoe@firsnet.org))

## GARD Newsletter

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### High COPD prevalence at high altitude: does household air pollution play a role?

COPD prevalence appeared to be three times higher in mountainous areas compared to low altitude areas in rural Kyrgyzstan, as recently reported in the European Respiratory Journal. The authors suggest that particularly exposure to household air pollution explains the difference in prevalence. In the study, both lung function and household air pollution concentrations were measured objectively by spirometry and PM<sub>2.5</sub>-concentrations. These PM<sub>2.5</sub>-concentrations largely exceeded limits as stated by the WHO air quality guidelines, especially in the highlands. In the highlands, temperatures can be -20°C in winter, while the entire highland population relies on solid fuel for heating and cooking. Although generalizability of these findings remains to be assessed, awareness and (preventive) interventions by policy makers and healthcare workers seems warranted.



**Reference:** Brakema EA, Tabyshova A, Kasteleyn MJ, Molendijk E, van der Kleij RMJJ, van Boven JFM, Emilov B, Akmatalieva M, Mademilov M, Numans ME, Williams S, Sooronbaev T, Chavannes NH. High COPD prevalence at high altitude: does household air pollution play a role? *Eur Respir J.* 2019 Feb 7;53(2).

**Editorial:** Basagaña X, Household air pollution as an important factor in the complex relationship between altitude and COPD. *Eur Respir J.* 2019 Feb, 7;53(2).

## In the Community

**March 16-17, 2019**

Game jam with young adults who live with CF, by [Breathing Games](#) - Necker hospital, Paris, France.

**March 20-24, 2019**

Workshops to co-create games for respiratory health by [Breathing Games](#) - OpenGeneva Festival, Geneva, Switzerland.

## Announcement

We are looking for researchers to test how easy our open source game controller can be reproduced.



Interested? Write us at [info@breathinggames.net](mailto:info@breathinggames.net)

## Resources

**FRESH AIR** newsletter and infographic summarizing learning are now available here:  
<https://www.theipcr.org/freshair/newsletter/fresh-air-newsletter-february-2019>  
<https://www.theipcr.org/freshair/resources-publications>

## GARD Executives

Nikolai Khaltaev (Chair), Arzu Yorgancioglu (Vice-Chair), Jean Bousquet, Alvaro Cruz, Peter Hellings, Dean E. Schraufnagel, Teresa To, Cherian Varghese

## GARD Planning Committee

Eric Bateman, Siobhan Brophy, Niels Chavannes, Alvaro Cruz, Bilun Gemicioglu, Peter Hellings, Ali Ben Kheder, Hironori Sagara, Boleslaw Samolinski, Jaime Correia de Sousa, Rafael Stelmach, Arunas Valiulis, Giovanni Viegi, Tonya A. Winders

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<https://gard-breathefreely.org/>



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## Publications by GARD Members & Teams

### • Vilnius Declaration on Chronic Respiratory Diseases

A meeting was held in Vilnius, Lithuania (March 23, 2018) under the patronage of the Ministry of Health and several scientific societies to propose multisectoral care pathways embedding guided self-management, mHealth and air pollution in selected chronic respiratory diseases (rhinitis, chronic rhinosinusitis, asthma and COPD). The meeting resulted in the Vilnius Declaration that was developed by the participants of the EU Summit on chronic respiratory diseases under the leadership of EUFOREA. The Vilnius Declaration represents an important step for the fight against air pollution in chronic respiratory diseases globally and has a clear strategic relevance with regard to the EU Health Strategy as it will bring added value to the existing public health knowledge.

Valiulis A, Bousquet J, Veryga A, Suprun U, Sergeenko D, Cebotari S, Borelli D, Pietikainen S, Banyas J, Agache I, Billo NE, Bush A, Chkhaidze I, Dubey L, Fokkens WJ, Grigg J, Haahtela T, Julge K, Katilov O, Khaltaev N, Odemyr M, Palkonen S, Savli R, Utkus A, Vilc V, Alasevicius T, Bedbrook A, Bewick M, Chorostowska-Wynimko J, Danila E, Hadjipanayis A, Karseladze R, Kvedariene V, Lesinskas E, Münter L, Samolinski B, Sargsyan S, Sitkauskienė B, Somekh D, Vaideliene L, Valiulis A, Hellings PW. Vilnius Declaration on chronic respiratory diseases: multisectoral care pathways embedding guided self-management, mHealth and air pollution in chronic respiratory diseases. *Clin Transl Allergy*. 2019 Jan 28;9:7. doi: 10.1186/s13601-019-0242-2.

### • Damaging Effects of Air Pollution

The Forum of International Respiratory Societies' Environmental Committee has recently published a two-part article on Air Pollution and Non-communicable Diseases. The Damaging Effects of Air Pollution and Air Pollution and Organ Systems emphasize the deleterious effects of air pollution on many organ systems. The goal of these articles is to mobilize all health-care organizations and workers in the fight for clean air. FIRS is dedicated to raising public commitment to clean air by calling on health policy influencers to educate and advocate in their community and state.

Schraufnagel DE, Balmes JR, Cowl CT, De Matteis S, Jung SH, Mortimer K, Perez-Padilla R, Rice MB, Riojas-Rodriguez H, Sood A, Thurston GD, To T, Vanker A, Wuebbles DJ. Air Pollution and Noncommunicable Diseases, A Review by the Forum of International Respiratory Societies' Environmental Committee, Part 1: The Damaging Effects of Air Pollution. *Chest* 2019;155:409-416.

Schraufnagel DE, Balmes JR, Cowl CT, De Matteis S, Jung SH, Mortimer K, Perez-Padilla R, Rice MB, Riojas-Rodriguez H, Sood A, Thurston GD, To T, Vanker A, Wuebbles DJ. Air Pollution and Noncommunicable Diseases, A Review by the Forum of International Respiratory Societies' Environmental Committee, Part 2: Air Pollution and Organ Systems. *Chest* 2019;155:417-426.

### • Summary of Country Activities of GARD: Focus Presentations at the 11th GARD General Meeting, Brussels.

Bousquet J, Mohammad Y, Bedbrook A, To T, McGihon R, Bárbara C, Melo-Gomes E, Rosado-Pinto J, Simão P, George F, Punturieri A, Kiley JP, Nunes E, Cossa A, Camargos P, Stelmach R, Cruz AA, Rostan MV, Yañez A, González-Díaz SN, Urrutia-Pereira M, Calderon MA, Gómez RM, German Z, Kolek V, Špičák V, Lan le TT, Hurd S, Lenfant C, Yorgancioglu A, Gemicioglu B, Ekinci B, Ozkan Z, Al-Zahab BA, Dmeirieh A, Shifa R, Faroun H, AlJaber A, Halloum R, Fatmeh Y, Alzein A, Aloush J, Dib G, Shaaban R, Arrais M, do Céu Teixeira M, Conceição C, Ferrinho P. Country activities of Global Alliance against Chronic Respiratory Diseases (GARD): focus presentations at the 11th GARD General Meeting, Brussels. *J Thorac Dis* 2018;10(12):7064-7072.