

## Important Announcement

Coming soon – Virtual GARD General Annual Meeting in January 2021



## Upcoming National/International Conferences

### 1-2 May 2021, Victoria, Australia (Full Virtual)

Australia and New Zealand Society of Respiratory Science And The Thoracic Society Of Australia and New Zealand Annual Meetings (TSANZSRS)  
(<https://www.tsanzsrs2021.com/>)

### 8-10 April 2021, Canada (Full Virtual)

Canadian Respiratory Conference 2021  
(<https://cts-sct.ca/crc/>)

### 23-25 April 2021, Tokyo, Japan

Japanese Respiratory Society 61<sup>st</sup> Annual Meeting  
(<https://www.jrs.or.jp/jrs61/>)

### 6-8 May 2021, Dublin (TBD)

IPCRG 10th World Conference  
(<http://www.ipcr2021.org/home>)

### 14-19 May 2021, San Diego, USA (Hybrid)

ATS International Conference  
(<https://conference.thoracic.org/>)

### 10-12 July 2021, Madrid and Krakow (Hybrid)

Annual Congress of the European Academy of Allergy and Clinical Immunology (EAACI)  
(<https://www.eaaci.org/eaaci-congresses/eaaci-2021>)

### 4-8 September 2021, Barcelona, Spain

The ERS Annual Congress  
(<https://erscongress.org/>)

### 24 – 27 Oct 2021, Vancouver, Canada

CHEST Annual Meeting  
(<https://www.chestmeeting.chestnet.org/>)



## GARD Newsletter

Volume 3 | No. 3 | December 2020



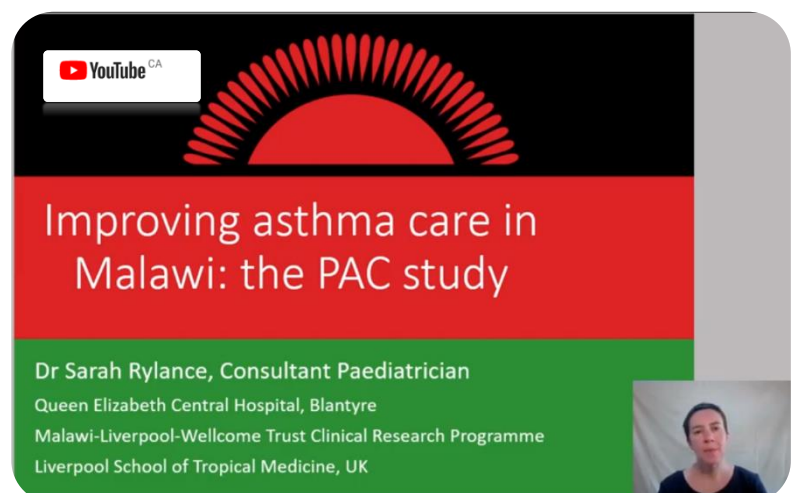
**Dr. Sarah Rylance**, newly appointed Medical Officer, NCD Management Unit at WHO, Geneva, will officially join the GARD Executive Committee starting January 3, 2021. *We welcome Dr. Rylance to the GARD family!*

Dr. Rylance is a consultant paediatrician with an interest in respiratory medicine and global health. Since graduating from Nottingham

University Medical School in the UK in 2000, she has worked as a clinician for 20-years, including 8-years in sub-Saharan Africa. Her experiences as a doctor, researcher and teacher in Tanzania (2005-2007) and Malawi (2010-2011, 2017-2020) fuel her interest in developing approaches to improve the management of chronic respiratory diseases, relevant to low-income settings and consistent with the principles of Universal Health Coverage. Dr. Rylance completed her PhD research in Malawi, exploring the interplay between chronic respiratory symptoms, lung function and air pollution exposure in both children and adults, and evaluating a task-shifting intervention to improve long-term asthma care <https://youtu.be/nNRCUwdn4K0>. She has also led the ACACIA study (Achieving Control of Asthma in Children In Africa) in Malawi: a schools-based asthma project exploring the barriers to achieving good asthma care in young people.

 <https://www.linkedin.com/in/sarah-rylance/>

 [https://twitter.com/sarah\\_rylance](https://twitter.com/sarah_rylance)



Click here to view video on YouTube: <https://youtu.be/nNRCUwdn4K0>

2018	• On-line survey to assess barriers and incentives for smoking cessation counseling among primary care paediatricians (PCPs).
2018-2020	• National education campaign with one-day session by an expert panel targeting PCPs on ad-hoc training course aimed at increasing knowledge and skills of PCPs in delivering adequate advice to smokers.
2021	• Assessment of increasing attitude and capability of PCPs in addressing passive smoke exposure with parents and caregivers.

- **Barriers and incentives for Italian paediatricians to become smoking cessation promoters: a GARD-Italy Demonstration Project.** Giovanna Cilluffo, Giuliana Ferrante, Renato Cutrera, Giorgio Piacentini, Elisabetta Bignamini, Massimo Landi, Paola Martucci, Luigi Morcaldi, Fabio Midulla, Giovanni Viegi, Stefania La Grutta, Health Benefits of Air Pollution Reduction. *J Thorac Dis.* 2020 Nov;12(11):6868-6879. doi:10.21037/jtd-gard-20-003.

(December 3-4, 2019) an international conference ‘Europe That Protects: Safeguarding Our Planet, Safeguarding Our Health’ in collaboration with the European Commission's Directorate-General for Research and Innovation under the auspices of the Finnish Presidency of the European Union. Based on the presentations and discussions during the conference, Helsinki Declaration was formulated and published in two high level international journals:

- **The Helsinki Declaration 2020: Europe that protects.** Halonen JI, Erhola M, Furman E, Haahtela T, Jousilahti P, Barouki R, Bergman Å, Billo NE, Fuller R, Haines A, Kogevinas M, Kolossa-Gehring M, Krauze K, Lanki T, Vicente JL, Messerli P, Nieuwenhuijsen M, Paloniemi R, Peters A, Posch KH, Timonen P, Vermeulen R, Virtanen SM, Bousquet J, Antó JM. *Lancet Planet Health.* 2020 Nov;4(11):e503-e505. doi: 10.1016/S2542-5196(20)30242-4.
- **A call for urgent action to safeguard our Planet and our health in line with the Helsinki Declaration.** Halonen JI, Erhola M, Furman E, Haahtela T, Jousilahti P, Barouki R, Bergman Å, Billo NE, Fuller R, Haines A, Kogevinas M, Kolossa-Gehring M, Krauze K, Lanki T, Vicente JL, Messerli P, Nieuwenhuijsen M, Paloniemi R, Peters A, Posch KH, Timonen P, Vermeulen R, Virtanen SM, Bousquet J, Antó JM. *Environ Res.* 2020 Dec 8:110600. doi: 10.1016/j.envres.2020.110600.

Finnish Institute for Health and Welfare (THL) organized a year ago

**Panel: The Helsinki Declaration emphasises the urgency of acting**

H: Human health depends on our ability to sustain planetary health. Awareness of the strong interlinkage between human and planetary health must be raised.  
 E: Equity is the guiding principle to ensure societal balance, which is a prerequisite for any successful action. Nature conservation and restoration do not succeed without social justice.  
 L: Long-term goals are to take priority over short-term political victories or economic gains.  
 S: Short-term actions, like reducing air pollution, chemical contamination, and ending smoking, have fast and radical impacts on health and should be actively promoted, as they also sustain planetary health.

**Helsinki Declaration to protect human and planetary health for 2020's**

- H**uman health depends on our ability to sustain planetary health. Awareness of the strong interlinkage between human and planetary health must be raised.
- E**quity is the guiding principle to ensure societal balance, which is a prerequisite for any successful action. Nature conservation and restoration do not succeed without social justice.
- L**ong-term goals are to take priority over short-term political victories or economic gains.
- S**hort-term actions, like reducing air pollution, chemical contamination and ending smoking, have fast and radical impact on health and should be actively promoted, as they also sustain planetary health.
- I**nterventions among and planned with communities and citizens produce relevant results for political decisions and models for societal learning.
- N**ature as us, we are nature. Nature is both outside and inside of us, and well functioning, sustainable and biodiverse natural systems are essential for human health and survival.
- K**nowledge emerges from scientific insights and innovation is proceed to action only when co-owned by scientists, citizens and policy makers.
- A**ction-oriented actions for planetary health must be continuously evaluated and regulated accordingly.

**What this paper adds**

- ▶ A majority of smokers who attempt to quit do so without help from quitlines or health professionals, including utilisation of pharmacotherapies and/or behavioural treatment. Among the over 300 million smokers in China, approximately 90 million are attempting to quit. Of Chinese smokers attempting to quit, a large majority are not receiving assistance.
- ▶ Little is known about Chinese ex-smokers who attempt to quit unassisted. Few studies have investigated unassisted smoking cessation in community settings. No studies have explored how exposure to secondhand smoking and tobacco advertising can impede efforts by smokers to quit without assistance.
- ▶ This study shows that an estimated 97.6% of Chinese urban male smokers, attempting to quit, receive no assistance. Exposure to secondhand smoking and tobacco advertising impedes the success of the urban male smokers who are attempting to quit unassisted. Findings support the need for increasing the emphasis in health education messaging of the adverse health effects of secondhand smoking, for banning tobacco advertising, promotion and sponsorship, and for a universal comprehensive smoke-free law.

- **Real-world unassisted quit success and related contextual factors: a population-based study of Chinese male smokers.** Jiang S, Yang T, Bullen C, Chen J, Yu L, Peng S, Rockett IRH. *Tob Control.* 2020 Jul 16:tobaccocontrol-2019-055594. doi: 10.1136/tobaccocontrol-2019-055594.
- **Changing trends of excess self-protective behavior, and association with belief in prevention myths during the COVID-19 epidemic in China: A panel study.** Yang, X. Y., Yang, T., & Rockett, I. R. Preprint | *medRxiv* | ID: pmedrxiv-20102434. <https://doi.org/10.1101/2020.05.18.20102434>.

- **Fostering research with open sciences.** Balli Fabio. 2020. ISSN 2563-5905. <https://sciencesouvertes.hypotheses.org>
- **Validation of a game controller to assess the peak expiratory flow against conventional spirometry in children: A cross-sectional study.** Chelabi Khadidja, Balli Fabio, Bransi Myriam, Gervais Yannick, Marthe Clement, Tse Sze Man. Preprint of JMIR Serious Games. <https://doi.org/10.2196/preprints.25052>



## OTHER RESOURCES



IPCRG Autumn Newsletter:

<https://mailchi.mp/fa2006b21db9/ipcrg-autumn-2020-newsletter-8162428>.



IPCRG Winter Newsletter:

<https://mailchi.mp/56b35310251f/ipcrg-winter-2020-newsletter-8183768>

For more details, contact Nicola Connor at [businessmanager@ipcrg.org](mailto:businessmanager@ipcrg.org)



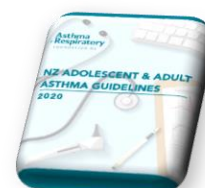
GAN (Global Asthma Network) Winter Newsletter:

<http://www.globalasthmanetwork.org/news/newsletters.php>



New Zealand Adolescent and Adult Asthma Guidelines 2020

<https://www.nzrespiratoryguidelines.co.nz/adultguidelines.html>



Updated NZ Child Asthma Guidelines 2020

<https://www.nzrespiratoryguidelines.co.nz/childguidelines-654716.html>

## AWARDS/ACHIEVEMENTS/APPOINTMENTS

Congratulations to **Dr. Arzu Yorgancioğlu** who was presented the **Turkish Thoracic Society's Science Award**. This prestigious award was presented during the society's annual congress in recognition of Dr. Yorgancioğlu's achievements in national and international science, including her involvement with ERS, GARD, GINA and ATS. Congratulations!



**Dr. Cherian Varghese**, Unit Head of NCD Management, who has taken responsibility for GARD since 2015 to now, is named **Cross-Cutting Lead** for NCD and special initiatives in NCD, cervical cancer, primary health care and health systems at WHO, Geneva. Congratulations!

**Dr. Bente Mikkelsen** formerly Director, Division of Noncommunicable Diseases and Promoting Health through the Life-course at WHO Regional Office for Europe is the current **Director, NCDs in the division of UHC/Communicable and Noncommunicable diseases, WHO Headquarters**. Dr Mikkelsen's current focus is on achieving the Sustainable Development Goals through the reduction of premature deaths from NCDs, and working across sectors with multistakeholders, within and beyond the health sector using innovation, implementation research, health literacy and new technologies. Contact info - Email: [mikkelsenb@who.int](mailto:mikkelsenb@who.int); Twitter: @MikkelsenBente\_

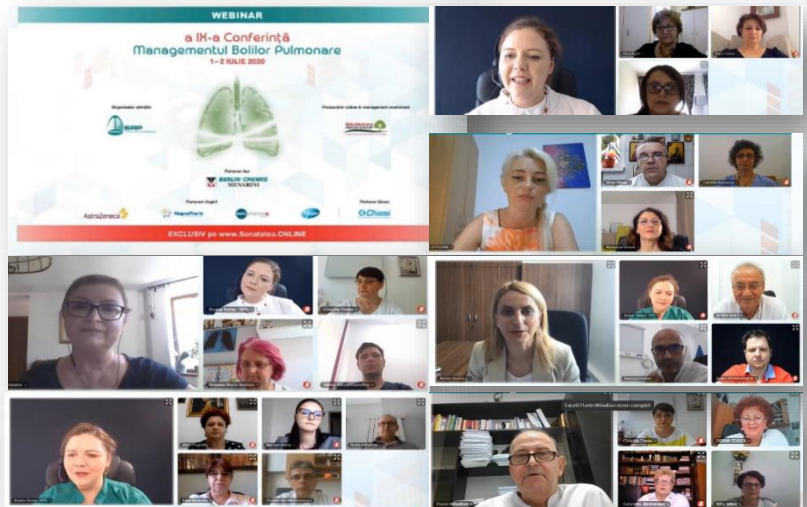


<https://youtu.be/ZmFqOSVuiA8>

**"The Smoke Monster"** - a film made after **FRESH AIR** was a finalist in the World Illustration Awards Scientific and Technical section (<https://theaoi.com/award-category/science-technology/>). The film has been successful (<https://www.plymouth.ac.uk/research/primarycare/fresh-air/teaching-resources>) and is widely used in Africa.

## EVENTS/ACTIVITIES

Romanian Society of Pneumology held an online **Conference on Management of Chronic Diseases** on July 1-2, 2020. The program was very attractive and successful with more than 350 participants. The conference was also attended by various specialties including internal medicine, labor medicine, allergology and general practice. The 2-day conference included a variety of topics and sessions from profile of severe asthma, ILD, TB, COPD, to asthma treatment in the COVID-19 pandemic etc.



The **September three-day EURFOREA Allergic Rhinitis webinar Master Class series**, attracted over 6,500 registrants with a total of over 5,000 individual stream session viewings. An audience from 56 countries from across the globe joined to view the education series which along with lectures in respect of latest breaking developments and insights from a global faculty also saw the introduction of the EURFOREA new treatment algorithm for Allergic Rhinitis. EURFOREA (<https://youtu.be/TeKCxPzGfk4>) are pleased to announce details of how to view the recorded 'on demand' materials, information can be found on the events section of the EURFOREA website [www.euforea.eu](http://www.euforea.eu)



The **2020 New Zealand Respiratory Conference (NZRC)** was held 5-6 November 2020, at Te Papa, Wellington. The conference had over 200 attendees.

(<https://www.asthmafoundation.org.nz/our-work/nzrc/new-zealand-respiratory-conference-2020>).





**GARD Executive Committee,  
Planning & Regional Groups wish you and  
your loved ones a Joyous holiday.**

*Have a wonderful holiday break  
and all the best in 2021!*



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



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