

ROTHERHAM RESPIRATORY

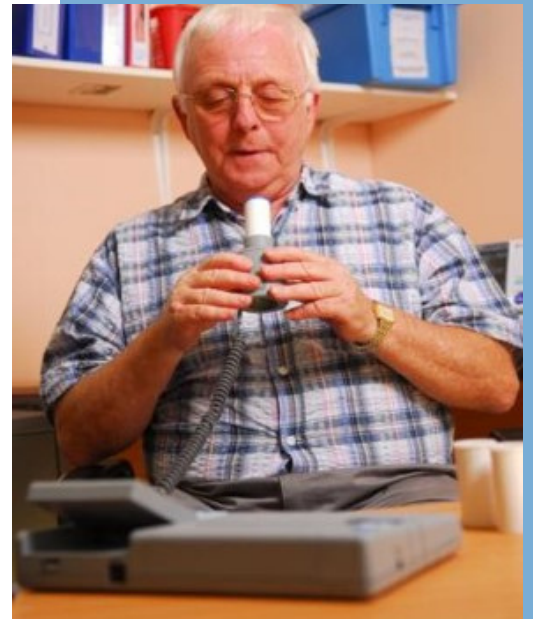
ROUNDUP

NOVEMBER 2024

WORLD COPD DAY 20/11/24

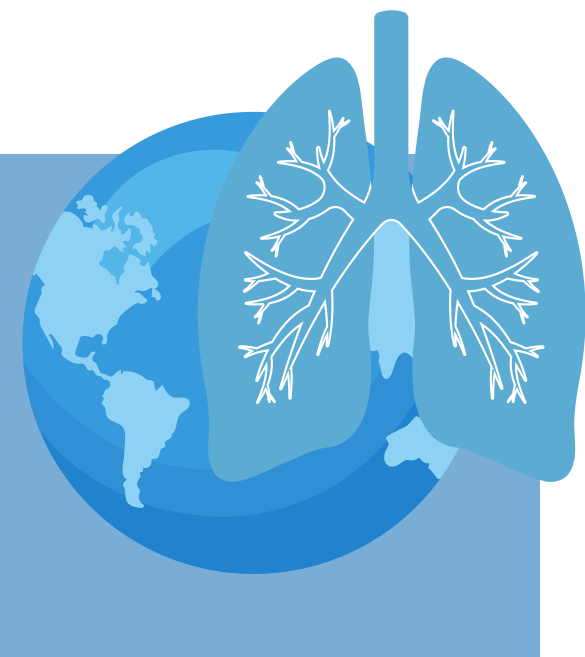
World COPD Day is an annual event organised by the [Global Initiative for Chronic Obstructive Lung Disease \(GOLD\)](#), in collaboration with healthcare professionals and COPD patient groups worldwide. The goal is to raise awareness, share knowledge, and discuss ways to reduce the impact of COPD globally.

The Global Initiative for Chronic Obstructive Lung Disease, chooses a theme each year and coordinates the preparation and distribution of World COPD Day materials and resources. World COPD Day activities are organised in each country by healthcare professionals, educators, and members of the public who aim to make an impact locally and worldwide.



2024 THEME: "KNOW YOUR LUNG FUNCTION."

The first World COPD Day was held in 2002. Since then, organisers in over 50 countries have carried out activities annually, making it a major global awareness and education event for COPD.



The 2024 theme for World COPD Day is "**Know Your Lung Function.**" Taking place on November 20th, this year's theme emphasises the importance of spirometry testing to measure lung health over a lifetime.

Spirometry supports COPD diagnosis, but can also track lung function from childhood through adulthood. Many factors beyond just smoking can contribute to COPD risk, including air pollution and respiratory infections that impede lung growth. Unfortunately, significant lung function decline can occur before symptoms appear.

Measuring lung function provides opportunities for early diagnosis and treatment of COPD and other lung diseases, as even small decrements are linked to higher mortality risk.

[Learn about our COPD and Spirometry courses here.](#)

THE BREATHINGSPACE CHOIR!

Did you know that singing can provide life-changing benefits for patients with lung conditions?

This is one of the reasons we feel so passionate about the BreathingSpace Choir, an initiative for respiratory patients in our local area!

Singing has been shown to offer numerous benefits for these patients. Not only does it help with breathing control, breathlessness and posture, but it also provides a better quality of life by offering a much-needed distraction and social opportunities.

At Rotherham Respiratory, we're proud to sponsor the BreathingSpace Choir and support this great team as they make even greater music! The choir provides a welcoming and uplifting environment where patients can come together, share their experiences, and enjoy the therapeutic power of song.



If you or someone you know could benefit from joining the BreathingSpace Choir, [we encourage you to reach out.](#)

NEXT WEB SEMINAR: "BREATHING WELL OPPORTUNITIES TO IMPROVE CARE FROM THE NATIONAL RESPIRATORY AUDIT REPORT" WITH ANNE RODMAN

Join us on November 21st at 1PM for an insightful web seminar on the latest findings from the National Respiratory Audit report.

Our guest speaker, Anne Rodman, will be exploring the key takeaways and highlighting opportunities to enhance respiratory care in our local community. From identifying areas for improvement to implementing evidence-based best practices, this session promises to be an invaluable resource for healthcare professionals and patients alike.

Register now using the link below to secure your spot and learn how we can work together to breathe easier:

[Register here.](#) We look forward to seeing you there!