

BREATHING *as* ONE.

Uniting an unstoppable force of Canadians who are passionate about breathing.

SPRING 2016 E-NEWSLETTER

WHAT'S NEW: MEET NIK STAUSKAS

When Philadelphia 76ers basketball star Nik Stauskas is not on the court landing a three-point shot, he is using his breath to make a difference and raise awareness about lung health research.

As our newest Breathing as One ambassador, Nik is joining the group of extraordinary people who are passionate about breathing to share his story. Five years ago, his grandmother, Irene, was diagnosed with idiopathic pulmonary fibrosis (IPF).

Nik wants other families to have a healthier future. More research means better chances of finding a cure to help patients with IPF.

INSIDE

1. What's new: Meet Nik Stauskas
2. Why lung research?
3. The Game Changer
4. Leaders in Lung Health

"IT'S ALWAYS IMPORTANT FOR ME BEFORE EVERY TIME I SHOOT...JUST TAKING THAT DEEP BREATH. TAKING THAT DEEP BREATH IT RELAXES YOU, IT CALMS YOU DOWN, IT GETS YOUR FOCUS BACK" - NIK STAUSKAS

To watch Nik Stauskas speak about lung research, the power of breath and much more, click below!

WATCH VIDEO

IMAGINE THE POSSIBILITIES

**WHY LUNG ?
RESEARCH ?**

1983: Canadian doctors performed the world's first successful single-lung transplant.

In 2013, 30 years later, 247 lung transplants were performed across Canada!

THE GAME CHANGER



DR. MARK FITZGERALD, UNIVERSITY OF BRITISH COLUMBIA

The much-lauded researcher and physician is determined to tear down the historical barriers that limit communication between health-care providers and patients. His clinical and research interests include asthma, chronic obstructive lung disease (COPD), tuberculosis, and health outcomes.

His vision is to dramatically improve models of lung health care and expedite the transfer of patient information.

[READ MORE](#)

BREATHING AS ONE COMPANIES: LEADERS IN LUNG HEALTH

One of the cornerstones of The Lung Association's Breathing as One Campaign is collaboration. By bringing together different perspectives, we will discover cures, save lives, improve quality of life, and reduce the risk of lung disease.

A long-standing and dedicated supporter of The Lung Association, **AstraZeneca**, is joining the first wave of Breathing as One Companies that will transform lung health research in Canada. With its investment, AstraZeneca will help to lay the groundwork for a new era in research, and helping create breathing breakthroughs so desperately needed so that the one in five Canadians with lung disease can breathe with ease.

"THE FEAR OF BEING BREATHLESS...IT'S SOMETHING THAT ONE IN FIVE CANADIANS LIVE WITH EVERY DAY. IT'S WHY WE DECIDED TO JOIN THE BREATHING AS ONE CAMPAIGN IN SUPPORT OF THE LUNG ASSOCIATION AND ITS CAMPAIGN PARTNERS TO HELP TACKLE THE LUNG DISEASE CHALLENGE HEAD ON."
– ED DYBKA, PRESIDENT, **ASTRAZENECA**, **BREATHING AS ONE COMPANY**



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