

## **For immediate release**

**Attention:** Health/Lifestyle/Science Editors

### **Across the World Today, People are Making Every Breath Count** *AllerGen NCE Celebrates World Spirometry Day*

Hamilton, ON (14 October 2010) – It is *2010: The Year of the Lung* and AllerGen NCE is celebrating the inaugural World Spirometry Day (WSD). Observed on October 14, WSD provides healthcare professionals with the opportunity to promote the diagnosis of lung conditions, encourage people to get their lungs tested and to raise awareness about lung health.

“In the same way that blood pressure measurements provide a simple yet effective screening method for cardiovascular disease, spirometry tests can help to unmask the early symptoms of a variety of lung diseases before any more obvious signs appear,” shares Dr. Paul O’Byrne, AllerGen investigator, EJ Moran Campbell Professor in Respirology Medicine and Chair, Department of Medicine at McMaster University, and Executive Director of the Firestone Institute for Respiratory Health, St. Joseph’s Healthcare.

Spirometric lung function tests provide people with invaluable early information about potentially fatal, but largely preventable, diseases such as asthma, lung cancer, and chronic obstructive pulmonary disease (COPD).

Dr. Judah Denburg, Scientific Director and CEO of AllerGen NCE states that, “AllerGen NCE is pleased to support the inaugural World Spirometry Day.” He adds, “Since our inception, AllerGen has been committed to the prevention, diagnosis and improved management of asthma and other respiratory diseases through our investment in a variety of lung health research projects.”

The spirometric test is quite simple. Generally, the patient is asked to take the deepest breath they can, and then exhale into the sensor of the spirometer as hard as possible, for as long as possible, preferably at least 6 seconds. Having a spirometry test performed to screen for lung disease is recommended for those over 40 or current or former smokers.

Registered spirometric lung function tests events will be added to a mapped list of WSD events taking place in North America and around the world. The map will be continuously updated with additional details for each event. Learn more about WSD events in your area using the WSD events map at [www.yearofthelung.org/wsd-events](http://www.yearofthelung.org/wsd-events).

AllerGen NCE Inc., the Allergy, Genes and Environment Network, (est. 2004), is a national research network dedicated to improving the quality of life for people suffering from allergic and related immune diseases. Funded by Industry Canada through the federal Networks of Centres of Excellence (NCE) Program, the Network is hosted at McMaster University in Hamilton. For more information about AllerGen NCE, please visit [www.allergen-nce.ca](http://www.allergen-nce.ca).

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