

WHEN YOU CAN'T **BREATHE**, NOTHING ELSE MATTERS.



B R E A T H E
the lung association

.....
2017 ANNUAL REPORT
.....

OUR MISSION

The Lung Association, Saskatchewan has a vision for healthy lungs for everyone and our mission is to improve lung health one breath at a time.

Our impact on respiratory health outcomes and the overall quality of life for those living with lung disease in Saskatchewan is accomplished through provision of essential programs and services, world class education, research and advocacy for healthy public policies.



The Lung Association, Saskatchewan Staff and Board of Directors

1 in 5 people in Saskatchewan **STRUGGLE** to breathe.
5 in 5 **NEED** to breathe.

YOUR 2017 donation dollars at work...

461 Health care professionals educated on respiratory health

~1400 Homes tested for radon gas

~11,000 Youth in schools educated on how to protect their lungs

~80,200 People offered advice and support on managing lung health

~487,246 People protected from second-hand smoke in outdoor public spaces

In 2017

~580,307

Saskatchewan people can breathe easier

Research

Through matching funds,

\$100,000

in research grants will be available to Saskatchewan lung health researchers in 2018.

Health Promotion

Collaborating with volunteer BREATHE Ambassadors to provide funding and vital practical programs that

SUPPORT

people with lung disease.

Education

RESPTREC™

Continues to be the leading respiratory education program in Canada for health care professionals.



The Lung Association, Saskatchewan Board of Directors and CEO including from left to right: Pat Smith (Past Chair), James Froh, Donna Crook (Vice Chair), Peter Dodson, Susan Cron (CEO), Dr. Vern Hoepfner, Karen Davis (Board Chair), Joyce Marbach, Dr. James Daschuk, Kathryn Theede (Treasurer) and Corrin Harper

Message from the CEO

In my first year as the CEO of Saskatchewan's oldest health charity I have learned a great deal not only about the organization, I have learned so much more about the journey someone living with lung disease travels each day and from those same people I have learned that when you can't breathe nothing else matters.

Founded in 1911 as the Saskatchewan Anti-Tuberculosis League it was not until the 1960's that the transition to The Lung Association, Saskatchewan occurred and with that the vision for healthy lungs for everyone. Our vision today remains and I hope by reading this Annual Report you are able to see the impact that with your support we are making in Saskatchewan.

We still have a great deal of work to do, the risks to lung health are significant, the statistics a great cause for concern; did you know radon is the second-leading cause of lung cancer after smoking, second hand smoke causes about 3,000 lung cancer deaths in non-smokers every year, tobacco use is the leading cause of preventable death in Canada and the world, chronic obstructive pulmonary disease is currently the 3rd

leading cause of death worldwide (4th in Canada), 10 million people develop tuberculosis and 1.4 million die from it each year, making it the most common lethal infectious disease and 334 million people suffer from asthma, making it the most common chronic disease of childhood, these statistics should not be ignored.

We can all be part of the solution and with your support we will continue to fund vital research, advocate for healthy public policies, provide essential training for our health care professionals and offer essential support programs to those living with lung disease.

To our donors, volunteers and community partners, words alone are not enough to express our deep and sincere gratitude for all that you do, Well done!



Susan Cron

Susan Cron
President & CEO



Dr. Anderson Tyan, Faculty member Division of Respiriology, Critical Care and Sleep Medicine, University of Saskatchewan

Research

Dr. Anderson Tyan

Through research dollars provided by our generous donors, The Lung Association was able to support the study into the Telehealth program that enables patients with suspected lung cancer to be assessed via videoconferencing if they live more than 100km away from Saskatoon. We understand how exhausting and costly travel can be for someone managing a chronic disease.

Through Telehealth, once a referral is received the available patient information and imaging is reviewed by a lung specialist in conjunction with a nurse clinician. The program aims to see the patient within one to two weeks of referral. During the videoconferencing, the nurse clinician will take a detailed history and then discuss with the patient about what the next steps in management may be. The patient's detailed health history is then reviewed by the lung specialist and a plan for investigation or management is offered to the patient.

RESPTREC®

RESPTREC® is one of the most widely accessed respiratory education programs in Canada for health care professionals working with individuals and families affected by chronic lung diseases, like asthma and COPD (chronic obstructive pulmonary disease).

Led by The Lung Association, Saskatchewan, RESPTREC® provides health care professionals with the highest standard of training in asthma, COPD and respiratory education. The courses are designed to help learners develop the knowledge, skills and competencies required to empower patients and their caregivers to optimally manage their chronic lung disease. Throughout 2017, we have been working hard to make all of our courses available online so that no matter where you live your health care professional will have access to the most current and credible information about lung disease. In 2018, we will launch online courses for health care professionals wishing to advance their knowledge and skills in COPD and asthma.

Since its launch, RESPTREC® has trained over 500 healthcare professionals in Saskatchewan and over 4,000 throughout Canada, using evidence based best practices. RESPTREC® prepares graduates to become Certified Asthma Educators (CAEs) and Certified Respiratory Educators (CREs). In 2017, we trained

approximately 100 new respiratory educators in Saskatchewan to serve our province. For more information on RESPTREC® visit www.resptrec.org.

"The RESPTREC® courses are by far the most well thought out and organized course I have ever participated in... the workshop format gave an opportunity to learn from other individuals through discussion, examples and practice. The variety of healthcare professionals taking the course greatly enhanced the learning process with their many perspectives. The instructors are not only knowledgeable and engaging, but very passionate about their subject. As I began practicing in my rural setting, a clear need to provide timely spirometry was apparent. By taking the RESPTREC® Spirometry course, I was able to provide testing quickly and accurately. As a pharmacist, I was able to integrate all this training into my practice and become involved in chronic disease management on a whole new level. I believe this training has led me to provide better care to my patients. I would highly recommend this course to anyone interested in respiratory health."

Beth Kessler, BSP, CRE – Yellow Grass, SK

Professional Education Events

Our team provided respiratory education to 250 health care professionals in the province of Saskatchewan in 2017 through our State of the Art conference (SOTA), the Saskatchewan Thoracic Society (STS) Professional Education day, and the Certified Respiratory Educator (CRE) Network and Learn event. These skilled individuals work in pharmacies, hospitals, doctors' offices, pulmonary rehabilitation programs and in health clinics.

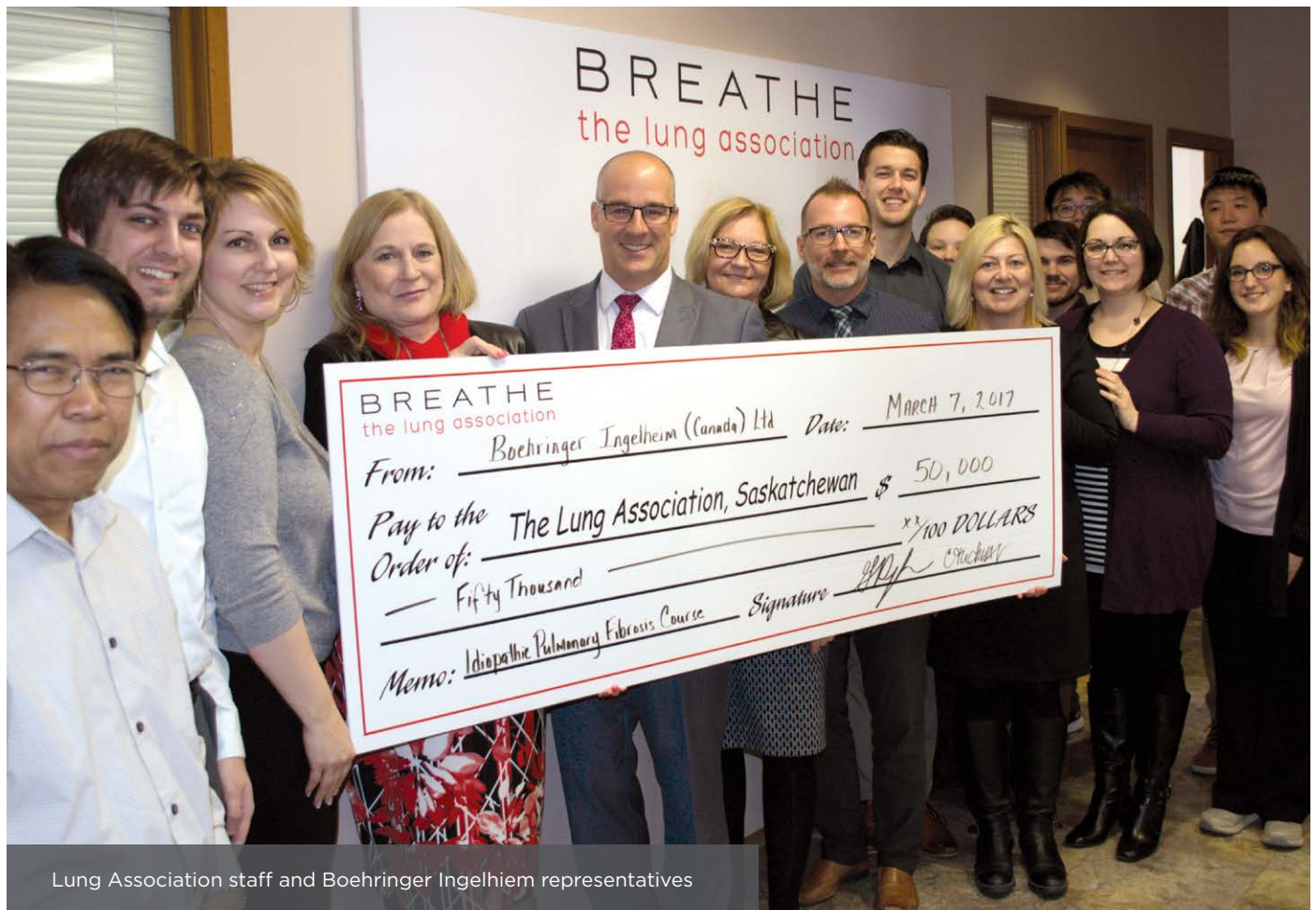
For more information, visit:
sk.lung.ca/health-professionals.

"It's such a great opportunity to see what other health care professionals are doing in our province and how we can work with others to improve our patient care. I always learn things to take back to my practice. I appreciate having these educational opportunities available in Saskatchewan."

Response from online event attendee survey, 2017

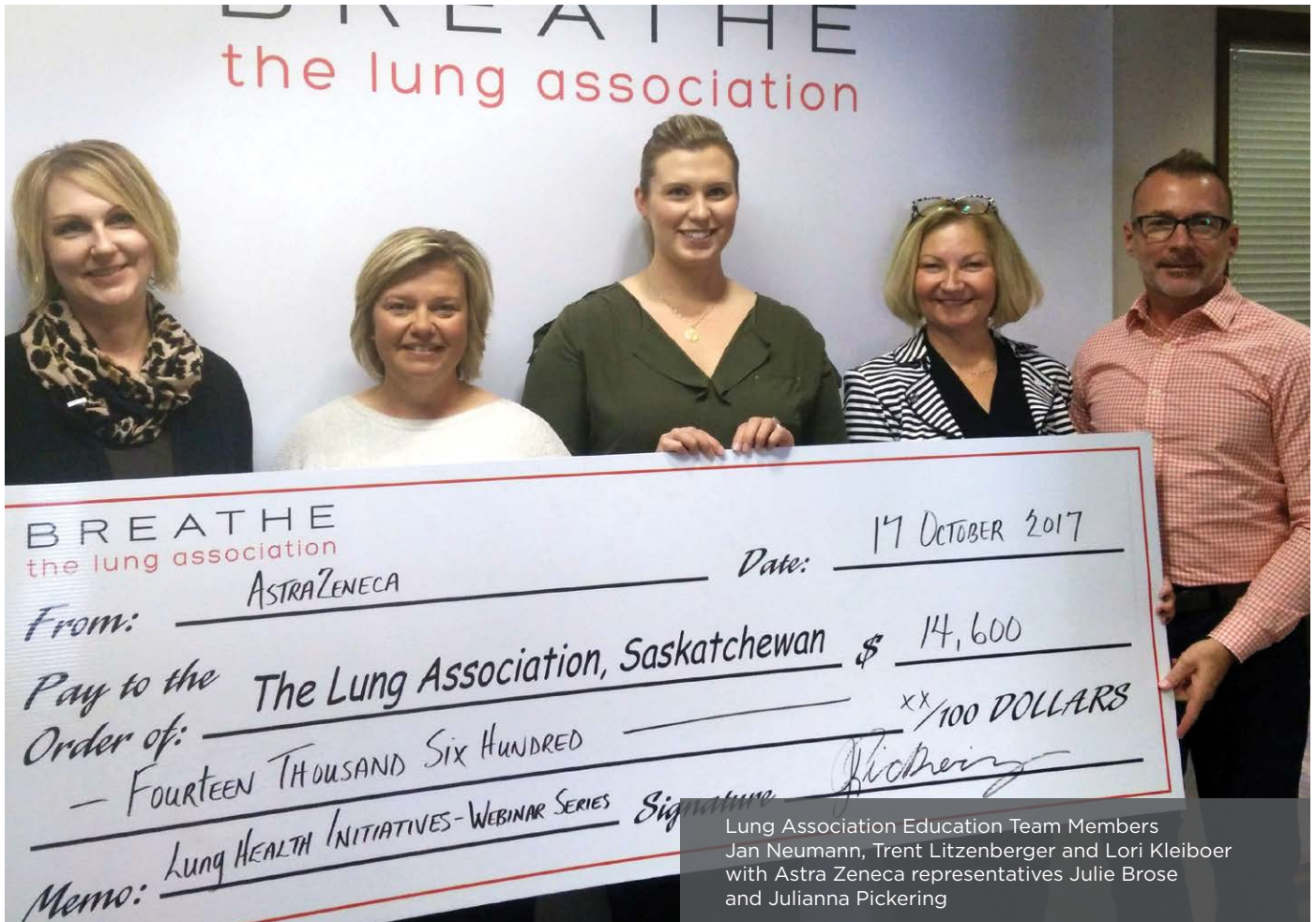
Lung Health Industry Leaders

The Idiopathic Pulmonary Fibrosis Course and Patient Handbook were made possible by the generous support of our industry partners – **Boehringer Ingelheim (Canada) Ltd.** (\$50,000) and **Roche** (\$36,000).



Lung Association staff and Boehringer Ingelheim representatives

The RESPTREC® Webinar Series is grateful for the support of our industry partner **AstraZeneca** (\$14,600).



Saskatchewan Thoracic Society Professional Education Day, Nov 18, 2017, featuring **Dr. Parameswaran Nair**, Respiriologist, McMaster University (as the Ferguson Lecturer) and guest presenter at the CRE Network and Learn Event Nov 17, 2017, Saskatoon Inn



Radon

Radon is a radioactive gas that arises from the natural breakdown of uranium in the ground. You can't see, taste or smell radon. It gets into homes and workplaces undetected through cracks in the foundation or gaps around pipes.

Why is radon a health concern?

Radon is the second leading cause of lung cancer. Lung cancer kills more people than breast, ovarian, colon and prostate cancer combined. Radon specifically is estimated to account for 16% of those deaths.

Together we are saving lives. Through our continued partnership with Health Canada, in 2017 we:

- Hosted a radon webinar with participants and presenters from Health Canada, Master Radon and Lung Association's from across Canada.
- Partnered with The Regina Public Library and delivered a radon public education event.
- Educated the public about radon through attending health fairs and home shows in Saskatoon.
- Increased awareness around the provinces about radon through multi-media channels including radio, print, social media and television channels.
- Provided a Lung Health Line information service to answer the public's questions about radon and connect residents to other radon testing and reduction experts.



From Left to Right: Frank Kirkpatrick (Certified Radon Reduction Expert), Jill Hubick (Chair of Take Action on Radon Saskatchewan, The Lung Association), Dr. David Torr (Chief Medical Health Officer Cypress Health)

- Sold valid and reliable long-term radon testing and provided results at an affordable cost to members of the public. Test results are analyzed right here in the province at the Saskatchewan Research Council. This year we repackaged and branded our radon test kits.

BREATHE EASY AND PROTECT YOUR LOVED ONES FROM **RADON** TODAY.

RADON is the second leading cause of LUNG CANCER.

**RADON
TEST KIT
ENCLOSED**

How much **RADON** is in your home? You can't see, smell or taste radon. The only way to know is to test your home.

Testing for diseases that take our breath away

Asthma is a chronic (life time) disease that makes the lungs very sensitive and hard to breathe. Asthma can't be cured, but with proper treatment, people with asthma can lead normal, active lives.

Asthma is common yet serious. As many as one in five Canadian children have asthma and it continues to be a leading cause of emergency room visits in children.



Multidisciplinary Clinician Saint Mary's Team

Helping Saskatchewan breathe easier

St. Mary's Pediatric Clinic was created in the wake of a Saskatoon Health Region study that highlighted the extent of the health disparities that exist in Saskatoon between people living in low-income neighborhoods and those living in affluent neighborhoods.

The clinic offers access to comprehensive pediatric care for families living in the core-neighborhoods; with a focus on the physical, mental, social, environmental and cultural factors within the community.

The Lung Association, Saskatchewan was the first community partner with St. Mary's clinic. Our staff conduct spirometry testing and provide asthma education for the clinic on an ongoing basis throughout the year. All asthma tests are interpreted by a pediatric respirologist.

"It should be free to breathe."

**Charlotte L'Oste Brown,
Lung Transplant Recipient**



Lung Transplant Recipient Breathe Ambassadors

Most lung diseases do not have a cure but can be managed. For some the only hope to survive is a lung transplant. Pulmonary fibrosis, chronic obstructive pulmonary disease (COPD), and cystic fibrosis (CF) are the most common diseases that make lung transplant surgery necessary. The number of lung transplants done each year depends entirely upon the number of donor lungs that become available and the systems in place to support these procedures and patients. Although medical care pre-and post-transplant is done in Saskatchewan, all patients needing the transplant surgery must have this life-saving procedure out of province.

"It was tough being so sick and going through the grueling preparation for a lung transplant away from my loved ones and support system. Whether you can afford a second chance at life should not be a factor in your decision to be put on the transplant list. It shouldn't matter how much money you have."

**Nicole Nelson,
Lung Transplant Recipient**



The cost of being breathless

The process of being listed for and receiving a lung transplant is a lengthy and stressful one that is mentally, physically and economically taxing. Although prescription medications, hospital stays and the transplant surgery itself is covered, on average it will cost patients in need of a lung transplant ~\$20,000.

Working together to help others breathe easier

The Lung Association is working with lung transplant recipients who we think of as volunteer Breathe Ambassadors to improve patient support services for people with lung disease.

The Lung Association staff and our Breathe Ambassadors are driving a transformational change program that includes:

- The development of a much needed Saskatchewan specific lung transplant practical resource guide for patients and their families.
- Partnering with the Saskatoon Health Region to create an educational video series for patients and their families who are waiting for a lung transplant.
- Forming of a lung transplant support group for pre and post surgery patients and their loved ones.
- Building an advocacy plan to address issues that improve the quality of life for those with chronic lung disease and ensures they have sufficient oxygen therapy.
- Fundraising for programs that will ease the financial burden many patients face when accessing treatment out of province.



Charlotte L'Oste Brown, Nicole Nelson, Kevyn Gadd, Karen Webb, Moe Martin Double Lung Transplant Recipients and Breathe Ambassadors



Outdoor smoke-free public spaces supporters

Celebrating Outdoor Smoke-free Spaces



In 2017, Regina implemented one of the strongest outdoor smoking bylaws in the country. In doing so it joins a long list of Canadian municipalities protecting residents from the harms of second-hand smoke, including some here in Saskatchewan (Saskatoon, Warman, Martensville and Maidstone). As a result, smoking and

the use of electronic cigarettes are banned on outdoor patios of restaurants and bars, all municipal properties including parks, playgrounds, sports fields, on golf courses and any municipal property where the public gathers. This is a positive step as our province has one of the highest smoking rates in the country and we need to take decisive action to start saving lives and protecting the health of our residents.

World No Tobacco Day Celebration

Tobacco control in Saskatchewan started decades ago and there were many people who were instrumental in advocating for smoke-free indoor spaces and healthy communities. This fight was not an easy one and it's certainly on-going. The Lung Association recognized these honorary Breathe Ambassadors for their past dedication, efforts and successes on May 31, World No Tobacco Day, in Saskatoon.




Mary Smilie, Jacquie Calvert, Paul Van Loon, Ruth Robinson, Jennifer May

National Idiopathic Pulmonary Fibrosis (IPF) Guide Now Available

This year we developed and created a national guide for people living with Idiopathic Pulmonary Fibrosis (IPF). IPF is a long-term disease where the cause is unknown (idiopathic) and the lungs (pulmonary) become scarred (fibrosis). The guide provides information on what IPF is, how it is diagnosed and managed. It is also a practical tool for persons and their families to discuss coping strategies, lung transplantation and advanced care planning. This resource is available to download for free on our website and our national website: sk.lung.ca/how-we-can-help/lung-health-materials

BREATHE
the lung association



Idiopathic Pulmonary Fibrosis (IPF)
A GUIDE TO LIVING WITH IDIOPATHIC PULMONARY FIBROSIS

ANY QUESTIONS? Call The Lung Association Lung Health Information Line at 1-888-566-LUNG to speak to a Certified Respiratory Educator, email info@lung.ca or visit www.lung.ca



Lung Health Line

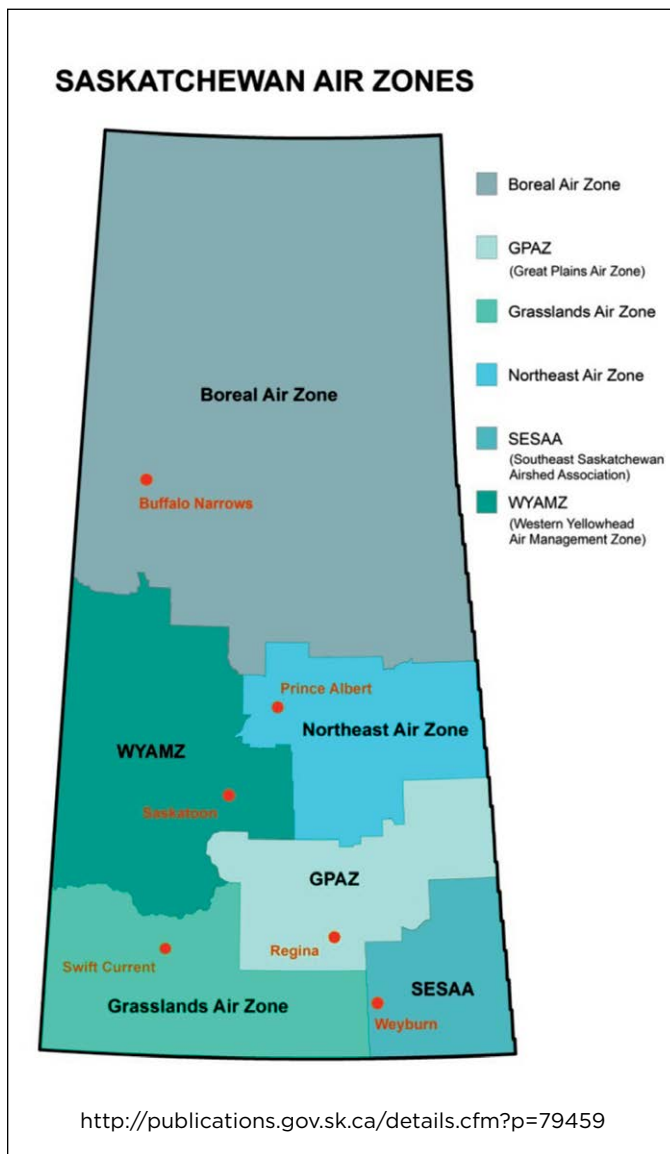
The Lung Association, Saskatchewan has four Certified Respiratory Educators (CRE) on staff who are licensed health care professionals. The Lung Association offers a toll free lung health line where people can ask questions about their lung disease, learn how to best manage their disease and become more informed on the resources available in their community. In 2017 our CRE's answered over 1,000 lung health calls from across the province.

LUNG HEALTH LINE
1-888-566-LUNG

Clean Air Zone

Did you know there are air zones that are actively monitored in Saskatchewan?

The purpose of the Air Zone Association is to collect and share air quality data and information for the geographically defined air shed zone, and to provide a regional forum for the discussion and management of air quality issues. A senior staff partner from The Lung Association is on the board of the Great Plains Air Zone.



Province Adjusts Approach to Sleep Apnea Services

Following the announcement of the 2017 Budget, the government decided to end the free loan program of Continuous Positive Airways Pressure (CPAP) equipment which would significantly impact those diagnosed with a sleep apnea. With support and advice from expert respirologists in the province, a new plan was put in place to transition the program from free loan to a subsidised program with a rate of \$275 effective October 1, 2017. The Lung Association applauds the Government of Saskatchewan for recognizing the serious nature of sleep apnea. We understand how this condition if left untreated can impact on the quality of life for those diagnosed with sleep apnea.

Raffles

Lung Association raffles help raise public awareness and educate the people of Saskatchewan about lung disease and lung health. They are major fundraisers which support lung health research, patient programs including financial assistance programming and community health initiatives.

This past year The Lung Association organized the Spring Share the Air raffle which raised awareness about air quality, asthma and featured a story about our lung supporter Curtis Newton taking his smoke-free pledge in grade 1. Our 2017 Share the Air raffle raised \$212,200 in ticket sales and donations surpassing our original goal of \$180,000.

We rebranded our fall raffle from Babies Breath to Breathe and Win for 2017. Breathe and Win raised awareness about COPD (chronic obstructive pulmonary disease) and proceeds will support COPD research. Breathe and Win featured the stories of four patients living with COPD. The Breathe and Win raffle was a success and raised over \$255,000 dollars in ticket sales and donations surpassing our goal of \$160,000.



Puck drop at the Saskatoon Lung All-Stars game night

WHL Lung All-Stars Campaign

During the 2017 hockey season, The Lung Association teamed up with **all five Saskatchewan WHL teams** to teach young children in our province to Focus-Breathe-Play Hard in order to protect their lungs. The Lung All-Stars campaign saw players from the WHL teams visit schools in communities across Saskatchewan to talk about the importance of maintaining good lung health and empower students to exercise their lungs and live tobacco-free lives. Through our presence in schools and at the games, WHL players and Lung Association staff and volunteers reached 10,000 students across the province who made a promise to protect their lungs.



Saskatoon Blade's Mascot Pokecheck and the top Saskatoon Lung All-Stars ticket sellers



Emergency responders having fun at the Breathe-911-Ryde event



Winners of the Breathe-911-Ryde challenge



The Great Canadian Sleepwalk participants warming-up

Breathe-911-Ryde

On September 12 the inaugural Breathe-911-Ryde event took place. An event that saw good spirited members from the Saskatoon Police Service, Saskatoon Fire Department, our nursing community and community members compete against each other in a SPIN-OFF. The weather was terrible and everyone was outdoors, wet, smiling and ready to compete which says a great deal about the drive and dedication of those whose spend their lives in service to others. A healthy competition to raise funds for lung health initiatives through a 45 min cycle & yoga challenge. Held outdoors at Breathe Cycle & Yoga studio, with the support of many other in-kind donations from local businesses, we managed to fill every single Spin bike for a fun night of building new relationships and connections in our community. Thank you Saskatoon business owners for supporting lung health in our province!

The Great Canadian Sleepwalk

The Lung Association teamed up with The Canadian Sleep Society for Saskatchewan's first ever Great Canadian Sleepwalk. We invited our "sleepwalkers" to sport their pajamas to the event which included a vendor area, warmup exercise and 5km walk along the beautiful Meewasin Valley Authority Trails. This successful fundraiser helped raise awareness for sleep apnea, a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. We were thrilled to have our local companies who provide respiratory care services participate in the walk alongside those living with sleep apnea.

THANK YOU!

Breathe Ambassadors

In Canada, COPD (Chronic Obstructive Pulmonary Disease) is slowly taking away the breath of over 1.5 million Canadians. COPD is the leading cause of hospitalization in Canada, it is a serious health issue and in Saskatchewan over 30,000 women are living with COPD. Breathing and improving lung health is our primary focus at The Lung Association, Saskatchewan. Thank you to our Breathe Ambassadors for courageously sharing their journey with COPD and helping make our Breathe & Win Raffle a success.



Karen Weeks



Diane Bekolay



Karen Webb



Marlene Donally

Amy Thorp Photography

Thank you to our amazing volunteer photographer Amy Thorp. Amy has donated countless hours to creating stunning images for multiple Lung Association campaigns and projects.



Karen Davis – Board Chair, The Lung Association, Saskatchewan



Karen is a long serving lung health advocate, donor and volunteer who is passionate about lung health. She is a dietitian for the Saskatchewan Health Authority with thirty years of experience as clinical dietitian and educator. With her professional background she has been able to provide a unique and expert perspective to lung health by integrating nutrition

into respiratory health and in managing chronic lung issues by providing consultation to The Lung Association and to those with lung health issues.

Karen grew up in rural Saskatchewan and knows first-hand of the potential risks to lung health in agriculture. Some of Karen's family experienced respiratory issues which gave her motivation to try to help, especially as it relates to lung health education. Her interest and expertise in patient chronic disease management as a Certified Diabetes Educator (CDE) and as a Certified Respiratory Educator (CRE) also led her to contribute to The Lung Association's professional education curriculum. She has lectured on numerous lung health conditions as her role as a sessional lecturer with the College of Pharmacy and Nutrition at the University of Saskatchewan. Karen began her volunteer work for The Lung Association as the dietitian for Discovery Asthma Camp in 1988. Currently she serves on both the Provincial board of directors and the Canadian Lung Association board, and as the Board Chair of The Lung Association, Saskatchewan.

Karen lives and is inspired by The Lung Association's vision: **'healthy lungs for everyone'**. She assists and participates in fitness and music initiatives in the community and has seen firsthand thru these experiences that breathing and good lung capacity is vitally important. She contributes to the association's vision through not only her time and volunteering to the Provincial and Canadian Lung Associations but also through financial gifts to the organization. Karen and her husband Casey have recently agreed to a further 4 year commitment to fund lung research and education.

Thank-you Karen and Casey for your generosity, kindness and passion to helping everyone in Saskatchewan breathe easier.

Statement of Operations

Lung Association of Saskatchewan Inc.

Statement of Operations

For the year ended December 31, 2017

	2017	2016
	\$	\$
Revenue		
Lung Foundation of Saskatchewan Inc.	650,000	450,000
Raffles	485,032	331,949
RESPTrec	484,572	438,431
Direct mail campaign	318,275	342,049
Bequests	199,366	348,425
Contracts	142,902	240,998
Other campaigns and events	104,914	114,422
Other income	91,357	92,193
Program development	83,616	84,022
Grants	75,710	98,606
Health Promotion programs	69,366	54,717
Gain on disposal of tangible capital assets	-	6,773
	2,705,110	2,602,585
Expenses		
Programs		
Health Promotion - general public	670,815	660,812
Health Education - professional	722,115	604,960
Research and grants	161,561	372,224
Development and campaign	730,157	729,297
Operating and building	302,897	276,632
Contracted services and other	122,809	266,958
	2,710,355	2,910,883
Deficiency of revenue over expenses	(5,244)	(308,297)



Jayda Miller, Youth Breathe Ambassador

Our Generous Donors

**With Heartfelt and Sincere Gratitude -
We Thank You!**

We appreciate every one of our generous donors and every dollar provided to The Lung Association, Saskatchewan in support of lung health, your gift goes a long way.

Provincial and Canada-Wide Activity

We spend most of our dollars right here in Saskatchewan to serve those who need our help the most at a time when it is of most use. We also support the progress of the Canadian Lung Association Strategic Priorities as when it comes to lung disease, there are no geographical boundaries.

Provincial Office

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Reg No. 87230 4811 RR0001

**Have you checked
out our website
and social media?**

The best way to stay up-to-date on all that we are accomplishing is to visit our website and follow us on social media. Find out how we are improving lung health one breath at a time at:

 sk.lung.ca

 facebook.com/LungSask

 [@lungsk](https://twitter.com/lungsk)

 [@lungsk](https://www.instagram.com/lungsk)

Volinspire: volinspire.com/organization/the-lung-association-of-saskatchewan-350893



THERE ARE MANY
CHALLENGES IN THE
WORLD, **BREATHING**
SHOULD NOT BE
ONE OF THEM.

B R E A T H E
the lung association