

# MEDIA RELEASE



Lung Institute of Western Australia  
Ground Floor E Block  
Sir Charles Gairdner Hospital  
Hospital Avenue  
Nedlands, Western Australia, 6006  
Telephone: +61 8 9346 3198  
Facsimile: +61 8 9346 4159

8 May 2013

\*\*\* For immediate release \*\*\*

## **We're searching for Perth's Best Set of Lungs – are they yours?**

Staff from the Lung Institute of Western Australia (LIWA) will base themselves around Perth this month, giving shoppers the opportunity to test their lungs and compete with the capital's top athletes and celebrities for Perth's Best Set of Lungs.

LIWA respiratory nurses will be at the Fremantle Markets, Lakeside Joondalup, Westfield Whitford City and Centro Galleria Morley each Saturday of May respectively giving free spirometry tests, which are quick, painless tests that are a useful way of deciding if your lungs are working properly.

The test can indicate whether further assessments are needed to determine if a lung problem exists. Early diagnosis can often lead to a much better outcome.

Ross Glendinning, Inaugural West Coast Eagles Captain and Brownlow Medallist said: "Chronic lung disease affects one in four Australians, but people often take their lungs for granted and are not as aware of lung health as they are of conditions like heart disease and diabetes.

"Completing a quick and non-invasive lung test could alert people to their condition and allow them to start taking the important steps to avoiding a more serious full blown lung attack that can happen with conditions like asthma.

"For my height and weight, I managed to exceed my category expectation, based on an average person's value, and I put this down to keeping myself healthy and active by eating well and exercising regularly. I challenge Perth to beat it!"

ABC Radio presenter and Lung Institute Ambassador Karen Tighe thought she was dealing well with "mild" asthma, so was surprised when her lung test result came under her category expectation.

Karen said: "My lung test result came under what is expected for an average person's value, which tells me I may not be managing my asthma accurately. It did surprise me. Because of this, I'm taking my lung test results with me to my next GP appointment to include in my annual check-up".

The Lung Institute of Western Australia is a Perth based not-for-profit research institute, which conducts research into a wide range of common chronic lung diseases including asthma and emphysema and chronic bronchitis, and less common diseases such as cystic fibrosis and bronchiectasis, to develop better treatments for the people living with them.

More information about the Search for Perth's Best Set of Lungs and lung testing can be found at

<http://www.everydayhero.com.au/event/bestlungs2013>

Ends.

Media contact

Siân Roberts

08 9346 7820

[sian.roberts@liwa.uwa.edu.au](mailto:sian.roberts@liwa.uwa.edu.au)

Notes for Editor

Participants are encouraged to donate a gold coin to help LIWA continue their work when doing their test, or sign up to get healthier by taking part in the HBF Run for a Reason, through the LIWA website. [www.liwa.uwa.edu.au](http://www.liwa.uwa.edu.au)

We know that if we gain weight our lungs and other vital organs don't perform as well. For more healthy lifestyle tips and information or to register for the free LiveLighter Meal and Activity Planner, visit [www.livelighter.com.au](http://www.livelighter.com.au).