12th GARD General Meeting
The Natural Step to Respiratory Health
Thursday, 30th of August – Saturday, 1st of September 2018
The National Institute for Health and Welfare, Helsinki, Finland
Mannerheimintie 166, Helsinki

Thursday, 30.8 2018
Open Meeting
An update on Chronic Respiratory Diseases (CRDs)
08:30 - 09:00
Registration

Arvid Nyberg: Welcome

09.00 - 10.30
The global burden of Chronic Respiratory Diseases
Moderators: Cherian Varghese, Nikolai Khaltaev

09.00 - 09.20
Guy Marks: Global burden of asthma and COPD
Reduction of mortality in selected countries

09.20 - 09.40
Zaurbek Aisanov: COPD and comorbidities: the need for a holistic approach

09.40 - 10.00
Anders Lindén: The economic burden of asthma and COPD - a Swedish point of view

10.00 - 10.20
Hubert Nettel: Are we neglecting the role of patients in CRD prevention?

10.20 - 10.30
Discussion

10.30 - 11.00
Coffee break

11.00 - 13.00
The tobacco end game
Moderators: Patrick Sandström, Asma El Sony

11.00 - 11.20
Maria Juusela: Tobacco as a risk factor for NCDs and CRDs

11.20 - 11.40
Zaurbek Aisanov: Tobacco prevention in Russia

11.40 - 12.00
Yang Tingzhong, Weifang Zhang: Assisted and Unassisted Smoking Cessation in China

12.00 - 12.20
Cherian Varghese: Tobacco prevention in low income countries

12.20 - 12.40
Kari Reijula: The tobacco endgame in Finland

12.40 - 13.00
Discussion

13.00 - 14.00
Lunch
14.00 - 17.00  Air pollution and mHealth (organized by POLLAR group)
Moderators: Jean Bousquet, Nikolai Khaltaev

14.00 - 14.20  Josep Anto: Planetary health
14.20 - 14.40  Alvaro Cruz: MASK in LMIC, the example of Brazil
14.40 - 15.00  Lan Le Thi Tuyet: Deployment of POLLAR in Vietnam

15.00 - 15.30  Coffee break

15.30 - 15.50  Mina Gaga: Atmospheric pollution and the ERS/ELF clean air campaign
15.50 - 16.10  Arunas Valiulis: Vilnius Declaration on Chronic Respiratory Diseases
16.10 - 16.30  Anna Bedbrook: MASK and The Allergy Diary
16.30 - 16.50  Jean Bousquet: Next-generation treatment pathways
16.50 - 17.00  Discussion

18.00 - 20.00  Get together party: Finnish Lung Health Association (FILHA)
Sibeliuksenkatu 11, Helsinki
**Friday, 31.8 2018**

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<td>08.30 - 09.00</td>
<td>Registration of participants</td>
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<td>09.00 - 09.40</td>
<td><strong>I. Opening</strong></td>
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<tr>
<td>09.00 - 09.05</td>
<td>Moderator: Tuula Vasankari, Pekka Puska</td>
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<td>09.05 - 09.10</td>
<td>National Institute for Health and Welfare: Marina Erhola: Welcome</td>
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<td>09.10 - 09.20</td>
<td>Minister of Social Affairs and Health, HE Pirkko Mattila</td>
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<td>09.20 - 09.25</td>
<td>Assistant Director General WHO, Svetlana Akselrod: Welcome (via video)</td>
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<td>09.25 - 09.35</td>
<td>WHO, Coordinator Management of NCDs: Cherian Varghese: Tackling NCDs is a priority</td>
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<td>09.35 - 09.45</td>
<td>GARD Chair: Nikolai Khaltaev: GARD’s role in tackling CRDs</td>
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<td>09.50 - 10.15</td>
<td><strong>II. Setting the scene</strong></td>
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<td>09.50 - 10.00</td>
<td>Moderator: Jean Bousquet, Cherian Varghese</td>
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<td>09.50 - 10.00</td>
<td>An asthma patient story</td>
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<td>10.00 - 10.30</td>
<td>Launch of the Global Asthma Report 2018: Guy Marks</td>
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<td>10.30 - 11.00</td>
<td><strong>Coffee break and poster viewing</strong></td>
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<td>11.00 – 11.30</td>
<td>Tari Haahtela: The Natural Step to Respiratory Health</td>
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<td>11.30 - 12.15</td>
<td><strong>Panel discussion: The Natural Step to Respiratory Health</strong></td>
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<td>Moderator: Nils Billo</td>
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<td>11.30 - 12.15</td>
<td>- Pekka Jousilahti: The history of Allergy Research</td>
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<td>11.30 - 12.15</td>
<td>- Eeva Furman: Global warming and biodiversity loss - the medical implications</td>
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<td>11.30 - 12.15</td>
<td>- Jenni Lehtimäki: Changes in microbiome - the immunological responses</td>
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<td>11.30 - 12.15</td>
<td>- Alvaro Cruz: Urbanization and respiratory health in Brazil</td>
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<td>12.15 - 13.00</td>
<td><strong>Lunch and poster viewing</strong></td>
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<td>13.00 - 14.00</td>
<td>III. National Respiratory Programmes: How to make them work</td>
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<td>13.00 - 13.10</td>
<td>Erkka Valovirta: The implementation of Allergy program in Finland</td>
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<td>13.10 - 13.20</td>
<td>Arzu Yorgancioglu: Respiratory Health in Turkey</td>
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<td>13.20 - 13.30</td>
<td>Giovanni Viegi: GARD Italy: a model of productive collaboration</td>
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<td>13.30 - 13.40</td>
<td>Marina Erhola: Reconsideration of PAL-like activities</td>
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<td>13.40 - 13.50</td>
<td>Niels Chavannes: Respiratory health programme in the Netherlands</td>
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<td>13.50 - 14.00</td>
<td>Dean Schraufnagel: The role of FIRS in improving management of CRDs</td>
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<td>14.00 - 14.15</td>
<td>Discussion</td>
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<td>14.15 - 15.15</td>
<td>IV. Ambient and indoor air pollution</td>
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<td>14.15 - 14.25</td>
<td>Battur Lkhagvaa: Air pollution in Ulan Bator - what can be done?</td>
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<td>14.25 - 14.35</td>
<td>Digamber Behera: Policies to reduce indoor air pollution in South East Asia</td>
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<td>14.35 - 14.45</td>
<td>Asma El Sony: Air pollution in Africa: a neglected topic?</td>
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<td>14.45 - 14.55</td>
<td>Tonya Winders: The role of mothers in asthma education</td>
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<td>14.55 - 15.05</td>
<td>Jean Bousquet: Air pollution and self-management in allergies and asthma</td>
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<td>15.45 - 16.15</td>
<td>Plenary: Anni Sinnemäki, Vice mayor of Helsinki City: Planning green cities</td>
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<td>16.30</td>
<td>Bus transport to Tuohilampi (40 min outside Helsinki):</td>
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17.30 - 18.45  
V. Groupwork outdoors: Improving technical assistance in LMIC Challenges, opportunities and action points  
Moderator: Teresa To

**Group 1**: What are the essential components to maintain and expand a CRD programme?  
Moderator: Cherian Varghese

**Group 2**: Tobacco cessation programmes in GARD countries: how can we strengthen them?  
Moderator: Arzu Yorgancioglu

**Group 3**: mHealth programmes for CRDs? Experiences and challenges: the way forward  
Moderator: Niels Chavannes

**Group 4**: Monitoring of asthma, COPD and Respiratory Health  
Moderator: Teresa To

**Group 5**: Which are the key elements for a successful technical assistance programme for CRDs?  
Moderator: Eric Bateman

**Group 6**: Dealing with CRDs in primary health care and the patient perspective  
Moderator: Jaime Correia de Sousa

18.45 - 19.15  
A short walk in the surroundings of Tuohilampi

19.15 - 21.15  
Buffet / Dinner: Tuohilampi

21.15  
Bus transport to the hotel
Saturday, 1.9 2018

08.30 - 09.30  V. Group presentations and discussion (5 min presentation/group)  
Moderator: Teresa To

09.30 - 10.30  VI. Integration of Respiratory Health into Primary Health Care  
Moderators: Jaime Correia de Sousa, Digamber Behera

09.30 - 09.40  Lan Thi Tuyet: The costs of COPD and asthma management in Vietnam
09.40 - 09.50  Asma El Sony: CRD programmes in Sudan
09.50 - 10.00  Firuza Abdullaeva: Role of educational process in building up specialists on respiratory diseases at the PHC level in Tajikistan.
10.00 - 10.10  Elizabete Nunes: GARD - CPLP: Integration of CRD programmes
10.10 - 10.20  Mohammed Masjedi: CRD programmes in Iran: progress update
10.20 - 10.30  Sandra Gonzalez-Dias: GARD Mexico: Successful asthma education

10.30 - 11.00  Coffee break and poster viewing

11.00 - 12.30  VII. Innovation and Chronic Respiratory Diseases  
Moderators: Arunas Valiulis, Arvid Nyberg

11.00 - 11.10  José Rosado Pinto: Portuguese National Program for Respiratory Diseases: 2016-2020 strategy.
11.10 - 11.20  Talant Sooronbaev: The efficiency of the clean stove project in Kyrgyzstan (FRESH AIR project)
11.20 - 11.30  Stefania La Grutta: Activities of the Italian Society for Pediatric Respiratory Medicine
11.30 - 11.40  Jaime Correia de Sousa: Asthma Right Care: A movement for Global Change
11.40 - 11.50  Giovanni Viegi: How can we reduce personal exposure to air pollution?
11.50 - 12.00  Eric Bateman: Progress update on PACK
12.00 - 12.10  Tuula Vasankari: Innovation of CRD programmes with support from GARD
12.10 - 12.20  Cherian Varghese: Preparation for the 3rd UN HLM and the Independent WHO High Level Commission
12.20 - 12.30  Discussion

12.30 - 13.30  Lunch

13.30 - 14.45  VIII. Poster presentations: Improving prevention and management of CRDs in the SDG era: 5-year Action plans of GARD countries and GARD members  
Moderator: Cherian Varghese
14.45 - 15.00  IX. Helsinki Challenge 2018: The Natural Step to Health
   Moderators: Tari Haahtela and Nikolai Khaltaev

15.00 - 16.00  12th GARD General Meeting
   Chair: Nikolai Khaltaev

   1. GARD elections: new members
   2. Activity report 2017 - 2018
   3. GARD finances 2018 and budget 2019
   4. GARD activity plan 2019
   5. GARD General Meeting 2019
   6. Other business

16.00 – 16.15 Nikolai Khaltaev: Closure of GARD General Meeting