



# Breathe: the first year completed

◀ This present issue completes the first year of *Breathe*. To start up a new journal requires much work and a lot of assistance from people helping out in the process. With the initiation of *Breathe*, many people have helped and contributed review articles, case presentations, and material from the ERS School and Postgraduate courses. It is now great to see spontaneous submissions in increasing numbers, especially with regards to review articles and case presentations.

The articles in *Breathe* are not formulated in the classical scientific review format. There is a special requirement for the authors contributing to *Breathe*, that is to shape the articles in an educational way, to formulate educational aims, and to set up questions and answers which may improve the educational value. This educational starting point is much more of a challenge for the author. From the first year's experience, our authors have risen to this challenge very well.

In the present issue of *Breathe*, the topics of the different articles are again varied.

Complementary and alternative medicine (CAM) can be a controversial issue when perceived from the view point of traditional medicine. However, many patients, especially those with chronic diseases, seek help from some form of CAM. A survey in our own hospital in Oslo (Norway) recently showed that ~40% of the families of all children admitted to the Hospital of Asthma, Allergy and Chronic Lung Disorders in Children had previously sought help using alternative methods. The level of help that can be obtained through CAM has been debated. In order to try to clarify some of the issues, Professor Leif Bjermer, from Lund in Sweden, gives an overview of what can be found in systematic reviews from the Cochrane database concerning CAM and respiratory disorders. He discusses different forms of CAM, from acupuncture and homeopathy to speleotherapy (treatment in mountain caves).

Pneumonia continues to be a frequent and important disease, both for healthy people and for patients with different sorts of chronic disorders. In this way, hospital-acquired pneumonia represents a special problem, as it affects patients admitted to hospital due to other illnesses and who are at special risk for low virulent bacteria resistant to many antibiotics. Drs. Tarsia, Aliberti and their co-workers from Milan present a review on this important topic, giving information about the diagnosis and treatment of this group of disorders.

Stefano Nava (Pavia, Italy) helps us to stay up to date on the topic of non-invasive ventilation, conveying information and informing us about the last year's developments within this field.

Another very different topic is covered by Monika Fagevik Olsén from Gothenburg in Sweden. She has written an article on chest physiotherapy related to different surgical procedures and disorders. This is of great importance in the rehabilitation of patients after surgery.

Many people have expressed the wish that materials from the different courses run by the ERS School should be published in *Breathe*, in order to make this important educational material available to more people other than the course participants. In the present issue of *Breathe*, an overview of large cell carcinomas of the lungs and airways is given by Elisabeth Brambilla from France. This was first presented at a Postgraduate course during last year's annual congress in Glasgow.

From the ERS School course on cystic fibrosis (CF) in Vienna last autumn, three presentations are given. Andrew Bush from London (UK) gives an overview on the treatment of advanced stage lung disease in CF, whereas Stuart Elborn from Belfast in Northern Ireland teaches us about the manifestations of CF in organ systems other than the lung. Irene Götz from Vienna presents the psychosocial aspects of CF, which originate from the

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same course. Thus, three quite different aspects of CF are combined to give a wide overview.

In the section of Hot Topics, articles originating from other scientific journals, mainly within the respiratory field, are presented. In the current issue, several Hot Topic articles concern treatment with inhaled steroids.

Four case reports are presented on different respiratory disorders and problems. One of these originates from the Paediatric Grand Round

session which took place at the annual congress in Glasgow, and refers to an unusual case history of an infant with tachypnoea, presented by Karin C. Lødrup Carlsen.

The topics in the present issue of *Breathe* are as varied as they were in the previous issues. We hope that the first year of *Breathe* has turned out to be useful for our readers, and that *Breathe* will fill a hitherto empty space in the activities of the ERS.