

# Asthma pilot study gets off to a flying start

PLYMOUTH practitioners of a specialist breathing technique for asthma sufferers have completed the first stage of a clinical trial funded by the NHS.

Simon Paddon and Nikki Jewell practise the Buteyko Institute Method of breathing retraining, and have been conducting the first trial of its kind in England.

The couple say the trial could completely change the way breathing disorders are treated within the UK health system.

Simon said: "We were approached by doctors from a local surgery last year, who were looking for a way to reduce their practice budget while improving their patients' conditions.

"The Primary Care Trust became involved, and the trial was proposed. Breathing disorders in general can be extremely expensive to treat with traditional medications.

"We teach people how to improve their quality of life, while being able to permanently reduce their medication intake."

The practitioners say the first stage of the trial went well, and has shown good results so far. Stage two of the trial, which involves follow-up sessions for all participants, is now under way. Nikki added: "As well as teaching the method, it's our job to keep patients on track. The follow-up is very important."

The trial will be completed in about a year, and throughout this period, patients will be monitored for their medication usage and quality of life improvements.

The couple will be holding a free seminar on Tuesday May 24 at 7pm, at the Jan Cutting Healthy Living Centre at Scott Business Park, Beacon Park Road.

To book a place on the seminar, ring 0845 456 4533 or visit [www.asthma999.com](http://www.asthma999.com).