

Beatriz Lara

Consultant Physician (Respiratory Medicine)



I have been working at UHCW as a respiratory consultant since 2015. Previously, I worked at Royal Devon and Exeter NHS Foundation Trust and at different university hospitals in Spain, where I completed my medical degree and training in Respiratory Medicine.

My area of interest is rare respiratory diseases and chronic complex airway diseases. I started as a research fellow at Hospital Universitari Vall d'Hebron in Barcelona in 2001. I received several grants from local and national bodies there and ERS, mainly about alpha-1 antitrypsin deficiency.

Within the field of rare diseases, I've been working since 2001 in the development, management and analysis of patient registries (REDAAT, AIR, EARCO, EMBARC, BTS ILD registry, IIER rare diseases registry). I completed my PhD project in 2014 about the natural history of the Alpha-1 antitrypsin deficiency cohort from the Spanish registry.

I have also worked on identifying rare variants associated with alpha-1 antitrypsin deficiency and their correlation with clinical manifestations in close collaboration with geneticists and basic researchers. Besides alpha-1 antitrypsin, I am also interested in sarcoidosis, bronchiectasis and COPD. I have also been involved in multiple commercial clinical trials, mainly in COPD and COVID-19.

During my career and despite being mainly a clinician, research has always been a part of my work. I believe the integration of clinical research in our daily practice contributes to keeping us updated and also supports the further development of scientific knowledge. I think it has made me a better doctor, and it is also very interesting and exciting.

As we all learn from previous research and publications, for me, research is a way to thank our predecessors for the knowledge we have today and contribute to increasing the knowledge of the scientific community for the benefit of our future patients.

