

hepc .bulletin

Canada's Hepatitis C News Bulletin

www.hepcbc.ca

NEWS

INX-189

The US Food and Drug Administration (FDA) has given INX-189 Fast Track status. The pharmaceutical company Inhibitex has developed this polymerase inhibitor, which has demonstrated effectiveness in all of the genotypes, can be administered once a day, seems compatible with other antivirals, and has a high barrier to resistance, based on interim data from its Phase 1b clinical trial, which should be completed in the first quarter of this year.

Source: www.natap.org/2010/newsUpdates/011311_07.htm - Cached Jan 9, 2011

IV SILIBININ

As many of us know, *silibinin* is one of the main ingredients in milk thistle, which has long been used as protection for the liver. There has been research in the recent past showing that IV *silibinin* has been effective against HCV. In this case, *silibinin* was given intravenously to a patient post-transplant without any other antiviral. The patient still had un-detectable virus at his 5-month follow-up. The researchers believe that IV *silibinin* should be researched especially in non-responders to standard therapy or in those who cannot tolerate standard therapy, perhaps in combination with a protease inhibitor.

Source: http://www.natap.org/2011/HCV/021611_06.htm 02/16/11

BMS-790052+ PSI-7977

Bristol-Myers Squibb and Pharmasset are collaborating on a clinical trial combining BMS-790052, a polymerase inhibitor, and PSI-7977, an NS5A replication complex inhibitor. These oral drugs are to be given once daily to treatment-naïve patients with genotypes 1, 2, and 3, with and without ribavirin. The hope is to develop an all-oral treatment. It is encouraging that two companies are

collaborating in developing combinations of therapies. This is a real step forward.

PSI-7977 has been combined with standard treatment in genotypes 1, 2 or 3 patients and is involved in two Phase 2b studies, including one IFN-sparing study with genotype 2 or 3 patients. PSI-7977 is being used in a 14-day combination study with the guanine nucleotide analog PSI-938.

Source: www.natap.org/2010/HCV/011111_01.htm

LIVER CANCER: PROGRESS

It seems like more and more of my HCV+ friends are being diagnosed with liver cancer, but thank goodness it also seems as if they are surviving longer and longer. There is no doubt in my mind that treatments are prolonging their lives. It used to be, when I was diagnosed with Hep C back in 1989, that a diagnosis of liver cancer meant you had maybe 6 months to live. Not so anymore. And there is much more research, too.

For instance, there is a small clinical trial going on right now at the University of Miami. There are 25 patients taking part. The doctors are taking blood from livers about to be donated to liver cancer patients. They extract the natural killer immune cells

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TREATMENT

TREATMENT AND YOUR EYES

Many if not all provincial health plans pay for one eye exam each year for people who are taking or have taken medications that cause problems with their eyes. Pegasys and Pegatron are among those medications, according to the side effects listed for those drugs. You can get your eyes tested through a referral from your family doctor. You may be able to speed up the process by printing out the form at:

www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?

[Open-Form&ACT=RDR&TAB=PROFILE&ENV=WW&NO=014-43](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&ENV=WW&NO=014-43)

ANEMIA DURING TREATMENT

Thanks to results from two studies, Italian researchers have discovered that the inosine triphosphatase gene (ITPA gene) is linked to resistance to ribavirin-associated anemia. By identifying patients with this gene, successful treatment is more likely to result. Right now, 9-22% of patients need their RBV to be modified in order to complete treatment, but this strategy can affect the success of the therapy. Patients without this gene may need other expensive medication to avoid anemia in order to obtain a sustained virological response (SVR). Similar research is being done in Japan with therapy including Telaprevir.

Source: www.natap.org/2010/HCV/012611_03.htm



SUBSCRIPTION/ORDER FORM

Please fill out & include a cheque made out to **HepCBC** - Send to the following address:

HepCBC
#306-620 View Street
Victoria BC
V8W 1J6

Name: _____

Address: _____

City: _____ Prov. _____ PC _____

Home(____) _____ Work(____) _____

Email: _____

Please email me a PDF copy, free of charge.

Membership + Subscription (1 year)\$20.00

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(Doesn't include the *hepc.bull*)

Subscription Only\$10.00
(Doesn't include membership privileges)

Peppermint Patti's FAQ\$12.00

Resource CD\$10.00

"I enclose a donation of\$ _____
so that others may receive the bulletin."

TOTAL: _____

"I cannot afford to subscribe at this time, but I would like to receive the bulletin."

"I want to volunteer. Please contact me."

"I want to join a support group. Please call."

(Note: The *hepc.bull* is mailed with no reference to hepatitis on the envelope.)

You may also subscribe or donate on line via PayPal at www.hepcbc.ca/orderform.htm

SUBMISSIONS: The deadline for any contributions to the *hepc.bull*® is the 15th of each month. Please contact the editors at jkling2005@shaw.ca, (250) 595-3892. The editors reserve the right to edit and cut articles in the interest of space.

ADVERTISING: The deadline for placing advertisements in the *hepc.bull* is the 12th of each month. Rates are as follows:

Newsletter Ads: Maximum 4 per issue, if space allows. \$20 for business card size ad, per issue. Payments will be refunded if the ad is not published.

HOW TO REACH US:

EDITOR: _____
PHONE: _____
FAX: _____
EMAIL: _____
WEBSITE: _____

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Victoria BC V8W 1J6

LETTERS TO THE EDITOR:

The *hepc.bull* welcomes and encourages letters to the editor. When writing to us, please let us know if you do not want your letter and/or name to appear in the bulletin.

FAQ version 8.3

Peppermint Patti's **FAQ Version 8.3** is **NOW AVAILABLE**. Version 8 is available in **FRENCH** and Version 7.1 is available in **SPANISH**. The **ENGLISH** version includes treatment information and research from 2009. Place your orders now. Over 140 pages of information for only \$12 each. Contact HepCBC at (250) 595-3892 or info@hepcbc.ca

HepCBC Resource CD

The CD contains back issues of the *hepc.bull* from 1997-2011; the FAQ V8.3; the slide presentations developed by Alan Franciscus; and all of HepCBC's pamphlets. The Resource CD costs \$10 including S&H. Please send cheque or money order to the address on the subscription/order form on this page.

DISCLAIMER: The *hepc.bull*® cannot endorse any physician, product or treatment. Any guests invited to our groups to speak, do so to add to our information only. What they say should not necessarily be considered medical advice, unless they are medical doctors. The information you receive may help you make an informed decision. Please consult with your health practitioner before considering any therapy or therapy protocol. The opinions expressed in this newsletter are not necessarily those of the editors, of HepCBC or of any other group.

REPRINTS

Past articles are available at a low cost in hard copy and on CD ROM. For a list of articles and prices, write to HepCBC.

THANKS!!

HepCBC thanks the following institutions and individuals for their generosity: The late John Crooks, A-Channel News, The Ocean, JackFM, Community Living Victoria, Provincial Employees Community Services Fund, Dr. C. D. Mazoff, Lorie FitzGerald, Chris Foster, Judith Fry, United Way, and the newsletter team: Beverly Atlas, Diana Ludgate, Alp, Judy Klassen, and S. J.

Please patronize the following businesses that have helped us: Top Shelf Bookkeeping, Thrifty Foods, Samuel's Restaurant, Margison Bros. Printers, Roche Canada, VanCity, Merck Canada, Shoppers Drug Mart, and the Victoria Foundation. Heartfelt thanks to Blackwell Science for a subscription renewal to gastrohep.com.

Special thanks to Thrifty Foods for putting our donation tins at their tills in these stores: Greater Victoria: Quadra, Cloverdale, Hillside Mall, Tuscany, Broadmead, Fairfield, James Bay, Admirals Walk, Colwood, Central Saanich, and Sidney. Lower Mainland: Tsawwassen, Coquitlam, Port Moody. Also: Salt Spring and Mill Bay.



CUPID'S CORNER

This column is a response to requests for a personal classified section in our news bulletin. Here is how it works:

To place an ad, write it up! Max. 50 words. Deadline is the 15th of each month and the ad will run for two months. We'd like a \$10 donation, if you can afford it. Send a cheque payable to **HepCBC**, and mail to **HepCBC, Attn. Joan, #306-620 View Street, Victoria, BC V8W 1J6, (250) 595-3892**. Give us your name, telephone number, and address.

To respond to an ad: Place your written response in a separate, sealed envelope with nothing on it but the number from the top left corner of the ad to which you are responding. Put that envelope inside a second one, along with your cheque for a donation of \$2, if you can afford it. Mail to the address above.

Disclaimer: The hepc.bull and/or HepCBC cannot be held responsible for any interaction between parties brought about by this column.

TIP OF THE MONTH:

- **SAVE COPIES OF YOUR LAB REPORTS.**
- **KNOW WHAT THEY MEAN.**

Got Hep C? Single? Visit:

<http://groups.yahoo.com/group/HepCingles2>

[http://groups.yahoo.com/group/](http://groups.yahoo.com/group/NewHepSingles/)

[NewHepSingles/](http://www.hcvanonymous.com/singles.html)

www.hcvanonymous.com/singles.html

www.hepc-match.com/

www.hepcmatch.com/

CHAT: [http://forums.delphiforums.com/](http://forums.delphiforums.com/hepatitiscen1/chat)
[hepatitiscen1/chat](http://forums.delphiforums.com/hepatitiscen1/chat)

DIAL-A-DIETITIAN

(604) 732-9191 or

1 (800) 667-3438

www.dialadietitian.org

Dietitians of Canada: www.dietitians.ca



BORED WITH YOUR BOARD?

We need experienced **board members** to occupy key positions. Also needed: summarizing, telephone buddies, translation English to Spanish. Please contact us at (250) 595-3892 or info@hepcbc.ca

PRE-PLANNING YOUR FINAL ARRANGEMENTS?

Please consider arranging for donations to your local hepatitis C organization.

ALT'S - WHAT'S NORMAL?

By A. Franciscus

Common tests used to measure liver function:

Liver function tests include a variety of tests to help gauge the health of the liver. Measuring ALT's does not give a complete picture of liver health. A list of the more common liver function tests follow with the normal values listed. It is important to remember that 'normal values' vary from lab-to-lab and can be influenced by the way the blood samples are handled. Treatment decisions should never be made based on one test and always consult with a medical professional to accurately interpret test results.

Albumin is a blood protein produced by the liver. It is responsible for keeping fluids and salts within blood vessels. If the liver does not produce enough albumin, water retention in the form of swelling occurs usually in the feet and ankles. **Normal values: 3.2-5.0g**

Alkaline Phosphatase (AP) is an enzyme mainly found in the liver and is responsible for phosphorus metabolism, which delivers energy to the cell. Elevated levels of AP along with elevated GGT indicate that something is wrong in the liver. **Normal values: 35-115 IU/L**

Aspartate Aminotransferase (AST – formerly called SGOT) is a liver enzyme used for amino acid metabolism. Elevated levels indicate liver injury. Tests for this enzyme and ALT are the most frequently used blood tests to watch changes in liver inflammation. **Normal values: 7-40 IU/L**

Bilirubin is a waste product produced by the liver. A healthy liver will convert these bile salts into water-soluble substances that are excreted by the body. When the liver is damaged it is unable to convert these bile salts into a water-soluble substance leading to a buildup of toxic yellowish liquid which produces jaundice (yellowing of the skin). This is seen in some acute cases of hepatitis C and in end stage liver disease. **Normal values: 0-1.3mg**

Gamma-Glutamyltranspeptidase (GGT) is a liver enzyme used in metabolizing glutamate (an amino acid). High levels of GGT may indicate blockage and damage to bile ducts. **Normal values: 30-60 IU/L**

Platelets are blood cells that help the blood to clot. Low platelet counts indicate liver damage. Platelets counts are also followed closely during interferon therapy. **Normal values: 130-400 thousand/mcl**

Source: HCVAdvocate-www.hcvadvocate.org/
This information is provided by the Hepatitis C Support Project. Reprint permission is granted and encouraged with credit to the Hepatitis C Support Project.

[Note: Normal values may vary from one lab to another.]

REMINDER:

If you are starting treatment in BC, make sure that you have filed your taxes, even if you can't pay them, and even if you owe nothing.



Pharmacare may stop your treatment and welfare may cancel your payments if you have not fulfilled your obligation to file your taxes.

TAP

TAP (Travel Assistance Program) was created to help residents of BC access health care services that they cannot obtain unless they travel. In other words, if you have to travel to get access to specialists in Vancouver, the TAP program will pay for, or give you discounts for your travel costs, such as ferry fares, for you, your vehicle, and for an escort, if one is needed. Please ask your doctor for a form to complete.

You also need to contact MSP to verify your eligibility and to receive a confirmation number before you travel (Phone number below).

You are eligible if you are a BC resident enrolled in the Medical Services Plan, and your travel expenses aren't covered by other insurance policies. There are certain regulations, for example arriving at the ferry terminal, one hour before departure.

This program doesn't include meals, accommodations, car expenses, or local transportation. You must make your own travel and accommodation arrangements. You may obtain more information by calling MSP at 1-800-661-2668 from 8:30 am to 4:30 pm, Monday through Friday. You may also call 387-8277 in Victoria.



WANTED

TMC435 PHASE 3 STARTS

Tibotec has begun enrolment of about 1,125 genotype patients for phase 3 trials, in 24 countries, testing its protease inhibitor TMC43. Two trials are enrolling treatment-naïve patients (called QUEST-1 and QUEST-2), and another (called PROMISE) is enrolling relapsers. The investigational drug or a placebo will be given once daily for 12 weeks, combined with standard treatment (24 or 48 weeks, according to patient response in all of the trials.) In QUEST-1, Pegasys/Copegus will be used. In QUEST-2, either Pegasys/Copegus or PegIntron/Rebetol will be given. Patients enrolled in PROMISE will be given TMC435 or placebo plus Pegasys/Copegus.

More info: www.clinicaltrials.gov or email info@tibbe.inj.com.

WANTED: PATIENTS FOR PSI-7977 STUDY

Pharmasset has begun a Phase II study which wants to enrol YOU if you are a genotype 2 or 3, treatment-naïve patient. The treatment consists of PSI-7977, an NS5A replication complex inhibitor plus ribavirin, with and without pegylated interferon (pegIFN).

More info: www.clinicaltrials.gov/ct2/show/NCT01260350?term=psi-7977&rank=2%22%22
Source:

www.natap.org/2010/HCV/010611_03.htm



(NEWS—Continued from page 1)

from the blood of the donated liver. Those killer cells were cultured for 4 days, and a product was added to make them 4-times stronger, so they could fight off cancer and hepatitis C. In a trial done at the University of Hiroshima, 22 out of the original 24 patients survived free of cancer for over three years, and cut recurrence by half. In Florida, the doctors are also using chemotherapy and radiofrequency ablation to destroy liver tumors.

Source: <http://www.healthzone.ca/health/newsfeatures/cancer/article/906849---killer-cells-attack-liver-cancer-in-new-treatment> December

DISEASE MANAGEMENT: FURTHER MUSINGS ABOUT CHRONIC HCV SYMPTOMS

by Douglas Laird

Without adequate explanation and without any real medical evidence, my head is still spinning from elements of HCV I don't fully understand. In my last article, I mentioned in passing that apathy, anxiety, and depression are frequently noted to be symptoms of HCV. Some are fortunate enough to experience total cure through treatment. But many have not yet taken treatment, or have been unsuccessful with it, and are left struggling indefinitely with a variety of chronic symptoms associated with HCV. Since one third of the HCV+ population has mild cognitive problems that may start early in infection, I would like to know if there are others besides myself eventually brought to their knees by severe, chronic depression. Even if the initial depression is not caused by HCV, it can certainly be exacerbated by the virus. Do these patients need alternatives to the current standard of care?

Depression has been described as the most painful and widespread of diseases. It is like the common cold of mental illnesses. Could recent research on hepatitis and the brain prompt us to question the way we use antidepressants for HCV-infected individuals with severe depression? Taking antidepressants results in increases in the chemicals that make us feel better, correcting imbalances. However there is new evidence there are blockages caused by toxins left by HCV that prevent transport of the chemicals, hence taking an antidepressant does not make complete sense to me. What good is extra serotonin and dopamine if they can't be transported by damaged nerve cells? (Quetiapine helps stop psychosis and promotes sleep while citalapram reduces pain quickly, and this is how I manage for now.)

Many people develop depression symptoms during interferon treatment, and starting antidepressants after commencing treatment seems to be effective for many of them. As for myself, when depression occurred during interferon treatment, my doctor prescribed an antidepressant, and when it didn't work, I tried several other types, one after another, to no avail; this only resulted in my interferon treatment becoming more painful. The effects of these powerful drugs should have been something I learned about before starting interferon, not after. However, for many others this approach has worked successfully. Others have had similar problems during (or after) treatment, but does anyone know why it occurs or how to manage it?

My interest in depression is a personal one; I want to know why I am suddenly suffering from it years after my unsuccessful treatment stopped. And is it significant that I felt chest and back pain as my depression increased? It is widely accepted that sugar, bad fats, and stress (hormones) all promote replication of HCV, meaning symptoms (such as depression) and damage may worsen. Stress leads to depression which can lead to apathy (or vice versa?), decreasing motivation to move, and resulting in fewer stress-reducing effects of exercise. However, I have been faithfully following a healthful diet and doing regular aerobic and anaerobic exercise, as I know they are crucial in managing hepatitis C. So what else could be leading to my increasingly severe depression to have caused the anxiety that actually felt like a belt tightening around my chest? I suspect this symptom, depression, is linked to increased HCV activity or inflammation. My thoughts then turned to my suspicion the hepatitis C virus thrives in a stressed host.

A related (and also thorny) suspicion arose, since I had recently run out of the antioxidant SAME I'd been taking; I wondered if a sudden decrease in glutathione levels could be a precursor to depression. If it is a precursor, as is omega 3, then perhaps chronic hepatitis C combined with depression could be managed more holistically, keeping gravely ill individuals healthier so they will want to eventually benefit from the interferon-free treatment which should be available in five to ten years.

The onus is on me to reduce sugars and bad fats from my diet and to increase my level of exercise—and these treatments are not only excellent, but free. These actions should reduce the inflammation and reverse fibrosis. But it leaves me wondering how to reduce accumulation of toxins in my brain that diminish intelligence.

The complete cocktail of glutathione-enhancing antioxidants some suggest to combat HCV are out of the reach of most ill persons' budgets. However, these alternative healthcare options could be as effective (or more) as treatment with conventional antidepressants, or as a potential alternative for preparation to treatment, for comparable or lower cost. Implementing cost-reducing alternative treatments to manage chronic hepatitis C requires action and new government healthcare education and policies. Subsequently we need ongoing education avail-

able into the effects and nuances of hepatitis C.

Sources: D M Forton. *Gut* 2006;55;1535-1537 *Altered monoaminergic transporter binding in hepatitis C related cerebral dysfunction: a neuroimmunological condition?*

Pornpun Vivithanaporn et al. *PLoS ONE*, 11 September 2010, Volume 5, Issue 9. *Hepatitis C Virus Core Protein Induces Neuroimmune Activation and Potentiates Human Immunodeficiency Virus-1 Neurotoxicity.* www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0012856

Henderson, George D. and Linda McInnes. *Australian Hepatitis C Support*, 16 March 2010, Volume 13, Issue 38. *Fibrosis: prevention and reversal.* www.hepcaustralia.com.au/ahcs-articles/

IRISH STEW

Make this stew the day before you are to eat it. These quantities make a large 6-7 pint pan of stew. For a lower fat, lower calorie meal, use more veggies and less meat. Mutton has less fat than lamb.

2-3 lbs leg of mutton (fat removed)

2-3 lbs old potatoes

1 lb carrots

1 turnip

4 sticks celery

2 onions

1 or 2 parsnips

Parsley (1 or 2 large handfuls)

White pepper (ground) to taste

Salt

2-3 pints water

1. Slice raw meat off bones
2. Boil up the bones in about 2 pints of water
3. Add the meat and boil on low heat. (Mutton takes 6 hours. Lamb takes 2 hours.) Remove the bones after 4 hours and put them aside. Continue cooking meat.
4. Add cut up veggies in 1-2 inch chunks, except parsley, to the meat. Bring to boil and simmer 2 hours in enough stock to last that long. Add marrow from the bones to the stew.
5. Let cool. Refrigerate overnight.
6. Skim off the fat. Simmer another hour, or 30 min. if the potatoes are mushy.
7. Add salt and white pepper. Add 1/2 the parsley for the last 5 minutes. Serve with the uncooked parsley on top.



This stew can be made in a crock pot. You can also add any leftover veggies: carrots, mushrooms, tomatoes, etc.

Spring Fling

Friday May 27th 2011

Doors open: 6PM Dinner at: 7PM

We will be honouring
Jo-Ann Ford

Heritage Hall
3102 Main St.
Van, BC
(15th and Main)



Tickets are \$100.00 each

DINNER

DANCING

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HEP C AND ME: THE INCREDIBLE JOURNEY!

by Petra Hoffmann



Hello again everybody. I almost forgot to write this article, and it has dawned on me that my memory has been hugely affected by both the Hep C and the treatment. But let's save that conversation for another day.

Today, I would like to talk to you all about a very exciting campaign that I was invited to join on Facebook. I have since recruited several more people and am thrilled to share this with all of you today! It is a campaign put on by the DeBullen, Inc. What this organization does is help out other organizations that are underfunded and unrecognized. They have written to me directly, and the following is a statement made by them, which terrifies me: "Take note that Hepatitis C alone has long been classified by medical professionals and the organizations (The World Health Organization [WHO], the Center for Disease Control [CDC], the National Institute of Health [NIH] among other organizations) as past epidemic to 'pandemic' (out of control on a global level) proportions." So, there you have it on authority that hepatitis C is not an epidemic, but a PANDEMIC!

The campaign is called "Sign4C", and here is the website for you to please read:

www.debullan.org/SIGN_FOR_HEP_C_AWARENESS.htm

Simply put, we are to make the sign of the letter "C" in front of large or small audiences or groups of people, to show support of Hepatitis C awareness. Again, please take the time to read every word of this website to fully understand how easy and how huge this campaign can truly turn out to be!

Here is the thing, though. I have always been a very boisterous, loud, outgoing, extremely social person, but since I retreated from society, when I endured treatment, I seem to have acquired a fear of people. I am not the social butterfly I once was, and

realize that this illness and this journey have changed me, as well as having given me a much deeper insight. I have always said that I wanted to scream "Hep C Awareness" from the rooftops, and here is my chance. And here is YOUR chance, too.

So, having just learned all of this new stuff, I had a full weekend lined up, and began the conversation with myself to acquire the courage I would need. The first function I went to was a good friend's birthday party. It took me a few hours before I even acquired the guts to ask that we all line up for a group shot. There were about 12-14 people there. The fellow taking the pictures was up to his 5th shot when I finally gained the courage to form that letter "C". I managed this for the last 2 shots, and one person behind me asked what that meant. At this point you are supposed to hand out the index cards, as per the website. Now, even though they were all my friends of many years standing, I still could not find the courage to ask that they all form the letter "C" for the website picture.

The next night, I am happy to say, was already a wee bit easier, and I ended up at a dinner of about 10-12 more people. I am delighted to say that I have some pictures of them all making the "C" sign for the camera. I explained it all after I took the pictures, and everyone was cool with it.

Ladies and gentlemen, here is my personal request to you: Can YOU muster up the courage to help others, and to gain public, and hopefully media awareness, by doing this as well? If you are interested, and wish to share with me, please email me directly at petrabilities@aol.com. I would love to hear your stories and ideas! Good luck and health to you all.

Until next month,
Petra

Please come and follow my journey on:

www.youtube.com/petrabilities

and visit www.petrabilities.com



Sun Run 2011

Join in the fun with the
Gift of Life –
Organ Donation Works
team on Sunday, April 17th
@ 9 am

(Be part of the CTA National
event the "Transplant Trot"
by joining the team)

Run, Walk or Crawl with
friends and family proving
Organ Donation Works

For registration information:
Contact: Margaret Benson @
604-985-6628 or
winniethepooh@telus.net

www.sunrun.com



Hep C Sites on facebook



FIGHT Against Hepatitis C

<http://www.facebook.com/pages/Victoria-BC/>



<http://bit.ly/9Nvlw3>



Transplant Support Group of British Columbia

You can join the Facebook group by putting "Transplant Support Group of British Columbia" in your browser or by using this URL: <http://www.facebook.com/group.php?gid=311699175404&ref=share>

twitter

Hey there! **hepcbc** is using Twitter.
Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What's happening? **Join today** to start receiving **hepcbc's** tweets.

<http://twitter.com/hepcbc>



I have been working on my peer support Wendy's Wellness Website and wanted to offer everyone a safe place to get together.

This is the link to my post, offering a secure place to blog about Hep C health. I hope to connect with anyone interested in sharing how we cope and manage our health challenges.

Please pass this along to anyone out there who would like a safe place to blog.

<http://wendyswellness.ca/>

HEPCBC LIVER WARRIORS HALF-MARATHON WALKING TEAM

On Sunday, October 9, 2011 in Victoria, BC, join the HepCBC "Liver Warriors" and participate in the Victoria Marathon. We will walk 21.1 km in 6 hours (or less) to publicize the benefits of exercise such as walking, particularly to those with liver disease.

If you are interested in training with this team or participating in this walk, go to www.runvictoriamarathon.com/events/register.php. Be sure to select "Half-Marathon" and "Open" and "Hep C BC Liver Warriors" as your team. You must pay a \$64.86 registration fee with a credit card. You don't have to pledge anything else—only that you'll WALK with a SMILE!



Phone Cheryl at 250-360-4068 if you need help with registration or require lodging in Victoria.

If you want to join the full (42.2 km) running marathon, please phone Rachel at 250-853-3424.

See you there!

ADVERSE EVENTS

Report problems with medical products, product use errors, quality problems and serious adverse events.

www.accessdata.fda.gov/scripts/medwatch/medwatch-online.htm

COMPETITION!

HepCBC needs writers for the *hepc.bull*, and will pay \$50.00 for a featured article. The article should be original, 500 to 800 words, and be about hepatitis C. It may be, for example, about the author's experience with hepatitis C, a study (with references) on some aspect of Hep C, or a call for action. Submissions must be in by the 15th of next month, **stating interest in receiving the bonus**. If there is more than one submission chosen, the editors reserve the right to print both, or leave one for a future edition. info@hepcbc.ca

PHYSICIANS FOR PATIENTS



An online physician-mediated support group for patients, families, and friends of those with hepatitis C.

<http://hepatitisc.physiciansforpatients.com/>

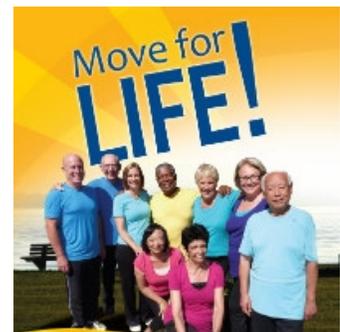
If you are receiving this newsletter by snail mail but have internet access, please consider switching to our pdf version. All you need is Adobe Acrobat Reader, free at this site:

www.adobe.com/products/acrobat/readstep2.html

Just send your email address to info@hepcbc.ca and say, "Send me the email version, please," and you, too, can enjoy this newsletter in glorious colour, free of charge.

The Combo Survival Guide from A to Z

<http://www.hepcsurvivalguide.org/comboguide.htm>



"At any age, staying strong and flexible helps you do the things you enjoy, and perform day-to-day activities with great ease."

Here, you can find a link to the Move for Life DVD, good eating tips and a series of short "walkabouts," "energy bursts", and lots of great health tips:

www.actnowbc.ca/move_for_life_dvd

CONFERENCES 2011

International Conference on Viral Hepatitis 2011 April 11-12, 2011 Baltimore, MD, USA

www.confmanager.com/main.cfm?cid=2288

1st World Congress on Controversies in the Management of Viral Hepatitis (C-Hep) May 19-22, 2011 Barcelona, Spain

<http://comtecmed.com/chep/2011/>

6th International Workshop on Hepatitis C, Resistance and New Compounds. June 22-23, 2011 Boston MA, USA

<http://www.virology-education.com/>

HCV 2011 18th International Symposium on Hepatitis C Virus and Related Viruses September 8-12, 2011 Sheraton Seattle Hotel & Towers Seattle, WA Registration: Opens 1 February, 2011 www.hcv2011.org/



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References are available

EPREX ASSISTANCE PROGRAM

Janssen-Ortho Inc, Canada has a program that may provide assistance in obtaining epoetin. It is the Eprex Assistance Program (EPO) 1-877-793-7739

For more info, provincial coverage and forms: <http://profiles.drugcoverage.ca/en/default.asp?DrugID=25>

PEGCARE

PegCARE is a reimbursement program to help people who have been prescribed Pegetron and need assistance with any co-payment they might have, whether through their provincial coverage (i.e., Pharmacare) deductible or their 3rd-party health insurance. It is pro-rated, so the less the family income is, the more help they get. If someone's net family income is less than \$30,000, they will get 100% reimbursement. The income maximum is \$100,000. Patients must be signed up for Fair Pharmacare to qualify, and they need to provide a copy of last year's T4 form.

A 24/7 Nursing Hotline and bilingual assistance is available, at no charge. Other services are access to live translation services (150 languages) and injection assistance from registered nurses. Ask your doctor or nurse to enroll you in PegCARE. It's an easy single-page form to fill out, which they will provide. PegCARE: 1-866-872-5773

PEGASSIST

The PegAssist Reimbursement Assistance Program provides reimbursement coordination assistance for patients who have been prescribed Pegasys or Pegasys RBV. The program will assist in securing funding for patients to ensure that they can start, stay on, and complete their treatment successfully. PegAssist Reimbursement Specialists are available (Monday to Friday, 10 AM- 6 PM EST) by calling: 1-877-PEGASYS or 1-877-734-2797. Patients can also obtain a program enrollment form from their nurse/physician to gain access to the program.

The program provides financial aid to qualified patients, alleviating financial barriers which may prevent patients from starting treatment, i.e., deductibles and/or co-payments. In partnership with CALEA Pharmacy, the program can conveniently deliver the medication directly to patients' homes or to the clinics.

NEUPOGEN VICTORY PROGRAM

Amgen has a program for patients who have been prescribed Neupogen. A reimbursement assessment is conducted by a specialist who will help you navigate through your personal or provincial coverage options. Dependant on specific criteria, some patients may be able to obtain Neupogen on a compassionate basis free of charge. Please note that Amgen will only provide Neupogen to patients on a compassionate basis as long as it is prescribed and dosed in accordance with the approved product monograph. This service is accessed through the Victory Program: 1-888-706-4717.

COMPENSATION

LAW FIRMS

1986-1990

Bruce Lemer/Grant Kovacs Norell
Vancouver, BC
Phone: 1-604-609-6699
Fax: 1-604-609-6688



Pre-1986/ Post-1990

Klein Lyons
Vancouver, BC 1-604-874-7171,
1-800-468-4466, Fax 1-604-874-7180
www.kleinlyons.com/class/settled/hepc/

Lauzon Belanger S.E.N.C. (Quebec)
Toronto, ON
Phone 416-362-1989; Fax 416-362-6204
www.lauzonbelanger.qc.ca/cms/index.php?page=108

Roy Elliott
Roy Elliott Kim O'Connor LLP.
hepc@reko.ca www.reko.ca/html/hepatitisc.html

Kolthammer Batchelor & Laidlaw LLP
#208, 11062 - 156 Street,
Edmonton, AB T5P-4M8
Tel: 780-489-5003 Fax: 780-486-2107
kkoltham@telusplanet.net

Other:

William Dermody/Dempster, Dermody, Riley & Buntain
Hamilton, ON L8N 3Z1 1-905-572-6688

LOOKBACK/TRACEBACK

Canadian Blood Services Lookback/Traceback & Info
Line: 1-888-462-4056

Lookback Programs, Canada: 1-800-668-2866

Canadian Blood Services, Vancouver, BC
1-888-332-5663 (local 3467) or 604-707-3467

Lookback Programs, BC: 1-888-770-4800

Hema-Quebec Lookback/Traceback & Info Line:
1-888-666-4362

Manitoba Traceback: 1-866-357-0196

Canadian Blood Services, Ontario
1-800-701-7803 ext 4480 (Irene)
Irene.dines@Blood.ca

RCMP Blood Probe Task Force TIPS Hotline
1-888-530-1111 or 1-905-953-7388
Mon-Fri 7 AM-10 PM EST
345 Harry Walker Parkway, South Newmarket, ON L3Y
8P6 Fax: 1-905-953-7747

CLASS ACTION/ COMPENSATION

Class Action Suit Hotline: 1-800-229-5323 ext. 8296
Health Canada Compensation Line: 1-888-780-1111
Red Cross Compensation pre-86/post-90 Registration: 1-888-840-5764 HepatitisC@kpmg.ca
Ontario Compensation: 1-877-222-4977
Quebec Compensation: 1-888-840-5764
www.phac-aspc.gc.ca/hepc/comp-indem_e.html

CLAIMS ADMINISTRATOR

1986-1990

Administrator 1-877- 434-0944
www.hepc8690.com info@hepc8690.com
www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf

Pre-86/Post-90

Administrator 1-866-334-3361
preposthepc@crowco.ca
www.pre86post90settlement.ca

Settlement Agreement: http://www.reko.ca/html/hepc_settlement.pdf

SUPPORT BC/YUKON:

Armstrong HepCURE Contact 1-888-437-2873 Phone support.

AIDS Vancouver Island The following groups all provide HCV info, harm reduction, support, education and more:

♦ **Campbell River:** Drop in, needle exchange, advocacy. 1371 C - Cedar St. Contact leanne.cunningham@avi.org 250-830-0787

♦ **Comox Valley** Drop in, needle exchange. HCV Support group each Thu 10-11 AM, 355 6th St. Courtenay. Contact Sarah rah.sullivan@avi.org 250-338-7400

♦ **Nanaimo** Contact Anita 250-753-2437 anita.rosewall@avi.org

♦ **Port Hardy** (Port McNeil, Alert Bay, Port Hardy, Sayward, Sointula and Woss) Drop-in kitchen. 7070 Shorncliffe Rd. Contact Tom, 250-949-0432 tom.fenton@avi.org.

♦ **Victoria** Access Health Centre, drop in, disability applications, peer training. Support group each Mon, 1:15 PM, 713 Johnson St., 3rd floor, 250-384-2366 Hermione.jeffers@avi.org

Boundary HCV Support and Education Contact Ken 250-442-1280

ksthompson@direct.ca

Burnaby HCV Support Contact Beverly at 604-435-3717 batlas@telus.net

Castlegar Contact Robin 250-365-6137 eor@shaw.ca

Courtenay HCV Peer Support and Education. Contact Del 250-703-0231 dgggrimstad@shaw.ca

Cowichan Valley HCV Support Contact Leah 250-748-3432 r-l-attig@shaw.ca

HepCBC info@hepcbc.ca, www.hepcbc.ca

♦ **Victoria Peer Support:** 4th Tues. monthly 7-8:30 PM, Victoria Health Unit, 1947 Cook St. Drop-in/Office/Library, 306-620 View St. Contact 250-595-3892 Phone support 9 AM-10 PM. 250-595-3891

♦ **Fraser Valley Peer Support:** 3rd Wed monthly 7PM, N. Surrey Rec Centre Meeting room 10275-135th St Info: 604-576-2022, petrabilities@aol.com

Kamloops ASK Wellness Centre. Chronic illness health navigation/support. info@askwellness.ca 250-376-7558 1-800-661-7541 ext 232 or Merritt health housing and counseling 250-315-0098. www.askwellness.ca

Kamloops Hep C support group, 2nd and 4th Wed monthly, 10-1 PM, Interior Indian Friendship Society, 125 Palm St. Kamloops. Contact Cherri 250-376-1296 Fax 250-376-2275

Kelowna Hepkop: Phone support and meeting info. Contact Elaine 250-768-3573, eriseley@shaw.ca, Lisa 1-866-637-5144. ljmortell@shaw.ca

Mid Island Hepatitis C Society 2nd Thurs. monthly, 7 PM (Location to be arranged.) Contact midislandhepc@hotmail.com

Nanaimo Hepatitis C Treatment Peer Support Group 1st & 3rd Thurs. monthly 4-5 PM, AVI Health Centre, #216-55 Victoria Rd, Nanaimo. Contact Fran 250-740-6942. hepcpxpeersupport@hotmail.com

Nelson Hepatitis C Support Group 1st Thurs. every 2nd month, afternoons. ANKORS, 101 Baker St. Library M-Th 9-4:30. Contact Alex or Karen 1-800-421-2437, 250-505-5506, [\[nation@ankors.bc.ca\]\(mailto:nation@ankors.bc.ca\)
\[www.ankors.bc.ca/\]\(http://www.ankors.bc.ca/\)](mailto:infor-</p></div><div data-bbox=)

alex@ankors.bc.ca

New Westminster "C" Support Group Each Fri 10 AM. Nurse. Refreshments. Contact: Daniel 604-562-5170., mail@purposesociety.org

North Island Liver Service Info, support, treatment. Doctor or self-referral. 1-877-215-7005 250-850-2605.

♦ **Courtenay:** 2nd Fri monthly 1PM, Drop-in, Comox Valley Nursing Centre (nurse)

♦ **Campbell River:** 2nd Tues monthly 1PM Drop-in, Salvation Army Lighthouse. (nurse)

Pender Harbour Contact Myrtle 604-883-0010 myrwin@dccnet.com

Powell River Hepatology Service Powell River Community Health, 3rd Floor-5000 Joyce Ave. Contact Melinda Melinda.herceg@vch.ca 604-485-3310

Prince George Hep C Support Group 2nd Tues. monthly, 7-9 PM, Prince George Regional Hospital, Rm. 421. Contact Ilse 250-565-7387 ilse.kuepper@northernhealth.ca

Prince Rupert Hep C Support Contact: Dolly 250-627-7942 hepcprincerupert@cirvtel.net

Queen Charlotte Islands/Haida Gwaii & Northern BC support. Contact Wendy 250-557-2487, 1-888-557-2487, <http://health.groups.yahoo.com/group/Network-BC/wendy@wendyswellness.ca> www.wendyswellness.ca

Slocan Valley Support Group Contact Ken 250-355-2732, ken.forsythe@gmail.com

Sunshine Coast-Sechelt Healthy Livers Support Group Information/resources, contact Catriona 604-886-5613 catriona.hardwick@vch.ca or Brent, 604-740-9042 brent.fitzsimmons@vch.ca

Surrey Positive Haven Hep C group 2nd & 4th Thurs monthly 1 PM. 10697 135A St. Contact Sam 604-589-8678.

VANDU The Vancouver Area Network of Drug Users. 380 E Hastings St. M-F 10-4 Contact 604-683-6061 vandu@vandu.org www.vandu.org

Vancouver Pre/post liver transplant support Contact Gordon Kerr sd.gk@shaw.ca

Vancouver Hepatitis C Support Group Contact 604-454-1347 or 778-898-7211, or call 604-522-1714 (Shelley), 604-454-1347 (Terry), to talk or meet for coffee.

Vernon telephone buddy, M-F 10-6 Contact Peter, pvanbo@gmail.com Tel. 250-309-1358.

Victoria CoolAid Peer Support each Wed 10-11:30 AM, 713 Johnson St. Support for all stages of treatment (deciding, during, after). Contact Carolyn cshowler@coolaid.org

YouthCO AIDS Society 900 Helmcken St, 1st floor, Vancouver 604-688-1441 or 1-877-YOUTHCO www.youthco.org Support program manager: Sasha Bennett sashab@youthco.org

Whitehorse, Yukon—Blood Ties Four Directions Contact 867-633-2437 bloodties@klondiker.com

OTHER PROVINCES:

ONTARIO:

Barrie Hepatitis Support Contact Jeanie for info/appointment jeanievilleneuve@hotmail.com

Sandi's Crusade Against Hepatitis C/Durham Hepatitis C Support Group Contact Sandi: smking@rogers.com

www.creativeintensity.com/smking/
<http://health.groups.yahoo.com/group/CANHepC/>

Hamilton Hepatitis C Support Group 1st Thurs. monthly, 6-7 PM, Hamilton Urban Core Community Health Centre, 71 Rebecca St, Hamilton. Contact Maciej Kowalski, Health Promoter 905-522-3233 mkowalski@hucchc.com

Hepatitis C Network of Windsor & Essex County Last Thurs. monthly, 7 PM, Teen Health Centre-Street Health Program Office, 711 Pelissier St., Suite 4, Windsor, ON. Contact Andrea Monkman 519-967-0490 or hepcnetwork@gmail.com.

<http://hepcnetwork.net>

Kingston Hep C Info HIV/AIDS Regional Service. Contact 613-545-3698, 1-800-565-2209 hars@kingston.net, www.hars.ca

Kitchener Area Chapter 3rd Wed. monthly, 7:30 PM, NEW: Zehrs Community Room, Laurentian Power Centre, 750 Ottawa St. S., Kitchener. Contact Bob 519-886-5706, Mavis 519-743-1922 or waterlooregionhepcsupport@gmail.com

London Hepatitis Peer Support Group 1st Tues monthly 7PM, 186 King St, London, ON. For those infected as well as affected by Hep C. Contact: Nicole NEL-liott@aidslondon.com, (519) 434-1601 ext. 260, Toll Free: 1.866.920.1601, aidslondon.com

Niagara Falls Hep C Support Contact Rhonda 905-295-4260, kehl@talkwireless.ca

Owen Sound Info and support. Contact Debby Minielly dminielly@publichealthgreybruce.on.ca 1-800-263-3456 Ext. 1257, 519-376-9420, Ext. 1257, www.publichealthgreybruce.on.ca/

Peel Region (Brampton, Mississauga, Caledon) 905-799-7700 healthlinepeel@peelregion.ca

St. Catharines Contact Joe 905-682-6194 jcolangelo3@cogeco.ca

Sudbury Circle C Support Group 1st Tues. monthly. Contact Ernie 705-522-5156,

hepc.support@persona.ca or Monique 705-691-4507.

Toronto CLF First Mon. monthly Oct. through June, 7:30 PM, North York Civic Centre, 5100 Yonge Street. More info: www.liver.ca. Contact Billie 416-491-3353, bpotkonjak@liver.ca

Thunder Bay Hep C support. Contact Sarah Tycholiz 807-345-1516 (or for 807 area only 1-800-488-5840)

Unified Networkers of Drug Users Nationally undun@sympatico.ca

York Region Hepatitis C Education Group 3rd Wed. monthly, 7:30 PM, York Region Health Services, 4261 Hwy 7 East, B6-9, Unionville. Contact 905-940-1333, 1-800-361-5653 info@hepcyorkregion.org www.hepcyorkregion.org

www.hepcyorkregion.org

QUEBEC:

Quebec City Region Contact Renée Daurio 418-836-2307 reneeaurio@hotmail.com

ATLANTIC PROVINCES:

Hepatitis Outreach Society of NS. Info and support line for the entire province. Call 1-800-521-0572, 902-420-1767 info@hepatitisoutreach.com. www.hepatitisoutreach.com

PRAIRIE PROVINCES:

Edmonton Contact Jackie Neufeld 780-939-3379.

Wood Buffalo HIV & AIDS Society #002-9908 Franklin Ave, Fort McMurray, AB Contact 780-743-9200 wbatas@telus.net www.wbatas.ca

Manitoba Hepatitis C Support Community Inc. 1st Tues. monthly, 7 PM, 595 Broadway Ave. Everyone welcome. Contact Kirk 204-772-8925 info@mbhepc.org www.mbhepc.org

Medicine Hat, AB Hep C Support Group 1st & 3rd Wed. monthly, 6:30 PM, HIV/AIDS Network of S.E. AB Association, 550 Allowance Ave. Contact 403-527-7099 bettyc2@hivnetwork.ca

If you have a Canadian HCV support group to list here, please send details to info@hepcbc.ca by the 15th of the month. It's free!