

hepc . bulletin

Canada's Hepatitis C News Bulletin

www.hepcbc.ca

HEP C IN THE NEWS

SYRINGES STICK SHOPPERS

It sounds like an urban legend or a TV episode, but it's true: At least 4 shoppers have been poked by used syringes lately in Sherbrooke, Quebec. Since then, shop owners have been watchful and have found 18 such needles at Sears, Intersport, Zellers, and Hart Magasin A Rayons.

The victims must worry about the state of their health for several weeks until they can be tested after the incubation period for blood-borne diseases.

The stores are increasing security and examining clothes before and after shoppers try them on.

Police are waiting for test results and running fingerprints from the syringes for leads about whomever is responsible.

Source: <http://ca.news.yahoo.com/shoppers-stuck-syringes-hidden-quebec-clothing-shops-011056508.html>

SCIENTISTS SHOW WAY TO REVERSE FIBROSIS



Scientists from the University of California and San Diego School of Medicine have been studying mice and have found that myofibroblasts, specialized connecting tissue cells, travel to a wound and produce forces to pull the wound together, but create fibrosis (scarring) in the liver. These myofibroblasts later change back and take on inactive traits when the liver heals. In other words, fibrosis is reversible. The scientists will now try to prevent the myofibroblasts from making a scar. The discovery may lead to therapies in humans that could reverse fibrosis not only in the liver, but the lungs and kidneys, as well. Fibrosis can lead to cancer in the liver. If the source of liver injury (alcohol, virus) is removed, the liver often repairs itself. The damaged cells often die off, but as many as half may revert to an inactive form and stop producing collagen. Unfortunately, the new myofibroblasts are more susceptible to injury than the original cells.

"Instead of killing damaged cells, we might be able to de-activate them and revert them to healthy originals," reported one of the scientists.

Source: www.newswise.com/articles/view/589025/?sc=rsmn May 7, 2012

HOME TATTOO KITS

Healthcare workers at the Northern Territory AIDS and Hepatitis Council worry that more and more young people may contract Hep C from do-it-yourself tattoo and piercing kits, which are sold online for \$15.00. The Council advises everyone to go to a tattoo studio if they want a tattoo because it's safer and the quality is better. They are afraid people may share the home tattoo or piercing kits and unknowingly spread diseases.

Source: www.abc.net.au/news/2012-05-08/diy-tattoo-kits-hepatitis-warning/3998174 May 08, 2012

INTERACTIVE RISK ASSESSMENT TOOL LAUNCHED

Of course, most of you readers already understand the risk factors for having hepatitis, but have you ever wanted to convince your friends or family members that they should get tested? Here's a way for them to

find out anonymously if they have risk factors.

An interactive tool was launched on May 19, 2012. You can find it at <http://viralhepatitisaction.org/testing-day>

The test takes only 15 minutes or less. Your answers are confidential and will only be used to generate health recommendations that you should discuss with your doctor. The site also presents a lot of good information.

GOOD-BYE, CRAVINGS

Studies done in both rats and addicts show that drug cravings can be diminished without chemical treatment through a therapy that erases the emotional triggers driving addiction. The therapy is most effective when the addict recalls drug-related memories (with the aid of a 5 minute video of drug use), but is not allowed to use the drugs. The emotional memory is scrambled as the memory is reconsolidated. The theory is that when a memory is recalled, it has to be stored in the brain as a new memory, but it can be weakened during that process.

The timing is important. The time between the memory trigger and extinction therapy should not be more than 6 hours, and 10 minutes reduced cravings significantly. Trials have only been done in a clinical setting, not in an outpatient setting. There is an outpatient trial using propranolol.

Source: www.sciencemag.org/content/336/6078/241.full

ACH-3102 FAST-TRACKED

Achillion's second generation NS5A inhibitor, ACH-3102, has just received Fast-Track designation by the US FDA. It is planned for it to be part of an IFN-free treatment, and it is presently being used in a Phase I clinical trial. It has been shown to be effective against all genotypes. The drug may be proven safer than standard treatment, and it is expected to produce fewer drug-drug

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SUBSCRIPTION/ORDER FORM

Please fill out & include a cheque made out to HepCBC - Send to our NEW address:

HepCBC
2642 Quadra Street
PO Box 46009
Victoria, BC V8T 5G7

Name: _____

Address: _____

City: _____ Prov. ____ PC _____

Home(____) _____ Work(____) _____

Email: _____

Please email me a PDF copy, free of charge.

Membership + Subscription (1 year)\$20.00

Membership Only\$10.00
(Doesn't include the *hepc.bull*)

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

Peppermint Patti's FAQ\$15.00

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: (250) 595-3892
FAX: (250) 595-3865
EMAIL: info@hepcbc.ca
WEBSITE: www.hepcbc.ca

HepCBC
2642 Quadra Street, PO Box 46009
Victoria, BC V8T 5G7

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.

NEW!! FAQ version 9.0



Peppermint Patti's **FAQ Version 9.0** is **NOW AVAILABLE**. Version 8 is available in FRENCH and SPANISH. The ENGLISH version includes treatment information and research from 2012. Place your orders now. It contains 169 pages of information for only \$15 each. Contact HepCBC at (250) 595-3892 or info@hepcbc.ca

HepCBC Resource CD

The CD contains back issues of the *hepc.bull* from 1997-2012, the FAQ V9.0, 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: www.hepcbc.ca/orderform.htm

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 surgery 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 info@hepcbc.ca.

THANKS!!

HepCBC thanks the following institutions and individuals for their generosity: The late John Crooks, The Ocean, JackFM, Community Living Victoria, Victoria Positive Living Centre, Provincial Employees Community Services Fund, United Way, the Victoria Foundation, Dr. C. D. Mazoff, Lorie FitzGerald, Chris Foster, Judith Fry, Allison Crowe, United Way, and the newsletter team: Beverly Atlas, Diana Ludgate, Alp, Judy Klassen, Cheryl, Anamaria, S. J and L.P.

Please patronize the following businesses that have helped us: Top Shelf Bookkeeping, Thrifty Foods, Samuel's Restaurant, 2 Guys & A Press, Merck Canada, Roche Canada, Vertex, Gilead, Janssen, VanCity, Shoppers Drug Mart, Market on Yates, and Safeway.

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.

DIAL-A-DIETITIAN

(604) 732-9191 or
1 (800) 667-3438

Dietitians of Canada: www.dietitians.ca
HealthLink: www.dialadietitian.org



NEED A BETTER RESUME?

We need a volunteer Executive Director. Also needed: Board members, summarizing, telephone buddies, translation English to Spanish or French. 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.

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.hepcsinglesonline.com/

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

WHAT ARE YOU DOING?

WORLD HEPATITIS DAY
JULY 28, 2012

J. Lemmon

hcvresearch@rogers.com

Experienced in medical and legal research Assistance with HCV compensation claims and appeals

High success rate / Low payment rate
References are available



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Hepatitis C



Chances are, you know someone who has it.
170 million people have Hep C.
Worldwide, one in 35 people is infected.
Most do not know it because Hep C is a silent killer.*

Hep C is transmitted by blood contact.
There is no vaccine, no 100% cure yet.
There is an effective treatment.

Would you like to have fun AND make a difference?
Join the "Sign 4 C" campaign.
Visit www.Sign4C.info and www.hepcbc.ca.

[hepcbc](http://www.hepcbc.ca)

**WORLD HEPATITIS ALLIANCE
GUINNESS WORLD
RECORD EVENT
FOR WHD 2012**

Dear all,

Absolutely everyone can identify with a record attempt, no matter where you're from, what language you speak, or how old you are. A record attempt is about setting ourselves a seemingly impossible goal and showing the determination to achieve it. Hence, the Alliance is planning a Guinness World Record attempt to celebrate WHD 2012 by having the most people performing the "see no evil, hear no evil, speak no evil" actions in 24 hours at multiple venues around the world.

These actions relate to a proverb known as the three wise monkeys covering their eyes, ears and mouth. There are many meanings attached to the proverb, but mostly it is used to refer to those who deal with problems by refusing to acknowledge them.

This theme has been chosen to highlight that, around the world, hepatitis is being ignored. We need as many organisations as possible to take part in the record on the same day, 28th July 2012, and encourage people to confront hepatitis. If we can't mobilize ourselves, how can we expect Governments to mobilize resources to help us?

If you would like to join us in this amazing global event and help hepatitis achieve a place in the record books, you can email contact@worldhepatitisalliance.org requesting a copy of the guidelines for the global event. The Guinness World Record organisations have some very precise rules to validate the record attempt and those are highlighted in our guidelines together with some suggestions and tips.

Please do not hesitate to contact us should you have any queries or comments.

The Alliance team

(HEP C IN THE NEWS—Continued from page 1)

reactions, making it attractive for use in co-infected or transplant patients.

Source: <http://hepatitisresearchandnewsupdates.blogspot.ca/> May 15, 2012

HCV CAUSES MORE DEATHS THAN HIV IN U.S.

According to data presented in the February 21, 2012 issue of Annals of Internal Medicine, more people in the US die from Hep C complications than from HIV-caused ailments. The data may not be completely accurate, since some people may have died without knowing they were infected with HCV. Luckily, new treatments are looking promising. AIDS death rates have gone down because of treatments. Hep C rates have gone up dramatically. Hopefully now it's our turn.

Source: www.hepmag.com/articles/hiv_hcv_deaths_2501_21929.shtml February 21, 2012

**It's
closer
than
you
think**

Hepatitis doesn't just affect 1 in 12 people worldwide, it affects those close to them too.

**This is hepatitis...
Know it. Confront it. Get tested.**

World Hepatitis Day: 28 July
www.worldhepatitisday.info



Don't ignore it. Hepatitis is a potentially fatal disease that affects 1 in 12 people worldwide, but there are rarely obvious symptoms.

**This is hepatitis...
Know it. Confront it. Get tested.**

World Hepatitis Day: 28 July
www.worldhepatitisday.info



**THE 12 "ASKS" FOR
WORLD HEPATITIS DAY
2012**

1. Promotion of World Hepatitis Day as the focus for ongoing campaigns which are committed to increasing disease awareness, reducing stigma and promoting prevention.
2. Appointment of an individual to lead government strategy nationally.
3. Development of an integrated approach for screening, diagnosis, referral and treatment, using the policies, strategies and tools recommended by the World Health Organization.
4. Commitment to increase the number of persons diagnosed with chronic hepatitis B and C infections.
5. Commitment to reduce hepatitis-related mortality, incorporating time-bound goals.
6. Commitment to increase surveillance and publish national statistics.
7. Commitment to work with patient groups in policy design and implementation.
8. Commitment to examine cases of best practice internationally in designing and implementing programmes.
9. Provision of affordable and confidential testing.
10. Inclusion of hepatitis B vaccine in the national immunization programme, including birth dose provision.
11. Commitment to safe healthcare, including the promotion and enabling of safe injection practices and the strengthening of the safety of blood and blood products.
12. Strengthening of efforts to protect, diagnose and treat migrant and vulnerable populations.

If you are a patient group engaging with government as part of the "12 Asks" initiative, we would like to hear about your experiences. Please contact the World Hepatitis Alliance:

contact@worldhepatitisalliance.org
www.worldhepatitisday.info

The hepatitis-themed "12 Asks" were compiled by members of the World Hepatitis Alliance.



This letter is adapted from "The Open Letter To Those Without CFS/Fibro" by Ricky Buchanan, licensed under a Creative Commons, Attribution-Non-commercial-Share Alike 2.5 Australia License. It has been adapted for other illnesses. This adaptation by Bek Oberin. Thanks to Coralie for sending us the letter.

See: <http://notdoneliving.net/openletter/options>

Letter to People Without Hepatitis C

Having hepatitis means many things change, and a lot of them are invisible. Unlike having cancer or being hurt in an accident, most people do not understand even a little about HCV and its effects, and of those that think they know, many are actually misinformed.

In the spirit of informing those who wish to understand, these are the things that I would like you to understand about me before you judge me.

Please understand that being sick doesn't mean I'm not still a human being. I have to spend most of my day in considerable pain and exhaustion, and if you visit I probably don't seem like much fun to be with, but I'm still me stuck inside this body. I still worry about life and work and my family and friends, and most of the time I'd still like to hear you talk about yours too.

Please understand the difference between "happy" and "healthy". When you've got the flu you probably feel miserable with it, but I've been sick for years. I can't be miserable all the time; in fact I work hard at not being miserable. So if you're talking to me and I sound happy, it means I'm happy. That's all. It doesn't mean that I'm not in a lot of pain, or extremely tired, or that I'm getting better, or any of those things. Please, don't say, "Oh, you're sounding better!" I am not sounding better, I am sounding happy. If you want to comment on that, you're welcome.

Please understand that being able to stand up for ten minutes, doesn't necessarily mean that I can stand up for twenty minutes, or an hour. And, just because I managed to stand up for thirty minutes yesterday doesn't mean that I can do the same today. With a lot of diseases you're either paralyzed, or you can move. With this one it gets more confusing. Please repeat the above paragraph substituting, "sitting", "walking", "thinking", "being sociable" and so on. It applies to everything. That's what hepatitis does to you. Please understand that HCV is variable. It's quite possible (for me, it's common) that one day I am able to walk to the park and back, while the next day I'll have trouble getting to the kitchen. Please don't attack me when I'm ill by saying, "But you did it before!" If you

want me to do something, then ask if I can. In a similar vein, I may need to cancel an invitation at the last minute. If this happens please do not take it personally. Please understand that "getting out and doing things" does not make me feel better. Telling me that I need a treadmill, or that I just need to lose (or gain) weight, get this exercise machine, join this gym, try these classes may frustrate me to tears, and is not correct. If I were capable of doing these things, don't you know that I would? I am working with my doctor and physical therapist and am already doing the exercise and diet that I am supposed to do. Another statement that hurts is, "You just need to push yourself more, exercise harder..." Obviously HCV affects the muscles, and because our muscles don't repair themselves the way your muscles do, this can do far more damage than good and could result in recovery time of days or weeks or months from a single activity.

Also, hepatitis may cause secondary depression. (Wouldn't you get depressed if you were hurting and exhausted for years on end!?) But it is not created by depression.

Please understand that if I say I have to sit down/lie down/take these pills now, that I do have to do it right now. It can't be put off or forgotten just because I'm out for the day (or whatever). Hepatitis does not forgive. If you want to suggest a cure to me, don't. It's not because I don't appreciate the thought, and it's not because I don't want to get well. It's because I have had almost every single one of my friends suggest one at one point or another. At first I tried them all, but then I realized that I was using up so much energy trying things that I was making myself sicker, not better. If there was something that cured, or even helped, all people with hepatitis, then we'd know about it. This is not a drug-company conspiracy. There is worldwide networking (both on and off the Internet) among people with hepatitis. If something worked, we would know. If after reading that, you still want to suggest a cure, then do it, but don't expect me to rush out and try it. I'll take what you said and discuss it with my doctor.

In many ways I depend on you—people who are not sick. I need you to visit me when I am too sick to go out. Sometimes I need you help me with the shopping, cooking or cleaning. I may need you to take me to the doctor, or to the physical therapist. I need you on a different level too. You're my link to the outside world. If you don't come to visit me, then I might not get to see you. And, as much as it's possible, I need you to understand me.

by Alan Franciscus, HCV Advocate

The management and care of hepatitis C has come a long way in the last decade. While there are still many unanswered questions, we have a much better understanding of hepatitis C transmission, prevention, disease progression and treatment. This fact-sheet will focus on a brief review of the history of hepatitis C and the major strides made in treating HCV since the identification of the virus.

ANCIENT HISTORY

It is impossible to really know the origins of hepatitis C since there are no stored blood samples to test for the virus that are older than 50 years. However, given the nature of the evolution of all viruses, hepatitis C has probably been around for hundreds of thousands of years or more before evolving into the current strains. Some experts speculate that since HGV/GBV-C, a close relative of HCV, originated in Old and New World primates, the beginnings of HCV might be traced back to 35 million years ago. However, this is just speculation and it is impossible to corroborate these theories at the present time. On firmer ground is the prediction that the different subtypes of HCV originated approximately 200 years ago and that the six main genotypes of HCV most likely had a common ancestor approximately 400 years ago. However, it has also been pointed out that it is difficult to limit the origin of HCV to such a short period of human history because the virus is found in remote areas all over the world. As well, the virus is mainly spread by direct blood to blood contact, making it difficult to spread and evolve rapidly – especially considering that the main transmission routes (blood product use and needle use) have only been in existence for a short period of time.

Source:

hcvadvocate.org/hepatitis/factsheets.../Brief_History_HCV_2009.pdf





ANNUAL GENERAL MEETING

**Tuesday September 18, 2012
6:00 PM**

**1947 Cook Street,
Victoria, BC**

(Victoria Health Unit, Activity Room)

Schedule:

6:00-7:30pm Welcome and Main Speaker
7:30-8:30pm Annual General Meeting

AGENDA:

- Approve minutes of AGM 2011
- Set number of directors (We are looking for new directors)
- Election of those directors
- President's Report
- Coordinator and Staff Report
- Financial Report

Main Speaker & Topic: T.B.A.

Refreshments provided. Public welcome. No charge. Must be a member to vote. Hope to see you there.

A member is entitled to one vote at a meeting of members, and must become a member at least 30 days prior to the meeting to be able to vote.

HA, HA, HA!

Laughter Yoga is a revolutionary idea – simple and profound. An exercise routine, it is sweeping the world and is a complete wellbeing workout.

The brainchild of Dr. Madan Kataria, a physician from Mumbai, India, launched the first Laughter Club at a Park on March 13, 1995, with merely a handful of persons. Today, it has become a worldwide phenomenon with more than 6000 Social Laughter Clubs in about 60 countries.

Laughter Yoga combines Unconditional Laughter with Yogic Breathing (Pranayama). Anyone can **Laugh for No Reason**, without relying on humor, jokes or comedy. Laughter is simulated as a body exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits.

Laughter Yoga Clubs are Social Clubs, free for all. There is no membership fee, no forms to fill, and no fuss. These Clubs are run by volunteers trained as Laughter Yoga Teachers, and by Laughter Yoga Leaders.—



WALK, RUN, ROLL!

Walk, Run, Roll your Wheelchair, Volunteer, Donate!

HepCBC has been selected as one of twenty societies to take part in the Times Colonist-Victoria Goodlife Marathon "Charity Pledge Program" for 2012. On Sunday, October 7th, the "HepCBC Liver Warriors" team will be walking in the ½ marathon (22.5 km) again this year, and it would be great to have a full marathon team as well. We are hoping to involve those with hepatitis C and their families, nurses and other healthcare providers, and others to publicize the benefits of exercise such as walking for those with liver disease, to get in shape and improve our own liver health, fight stigma against those with hepatitis C, raise money to continue HepCBC's vital programs, and HAVE FUN!

If you are interested in participating in any way (be on a team, volunteer on the race day, collect pledges or donate), please visit our website www.hepcbc.ca/GoodlifeMarathon/Forum_Goodlife_20120316.pdf, phone 250-595-3892, or email (Cheryl) at: marathon.hepcbc@gmail.com.



Laughter Clubs are non-political, non-religious and non-profit, and run directly by Laughter Clubs International in India, and Laughter Yoga International in the rest of the world.

Clinical research on Laughter Yoga methods, conducted at the University of Graz in Austria; Bangalore, India; and in the United States has proved that Laughter lowers the level of stress hormones (epinephrine, cortisol, etc.) in the blood. It fosters a positive and hopeful attitude. It is less likely for a person to succumb to stress and feelings of depression and helplessness, if one is able to laugh away the troubles.



Visit: www.laughteryoga.org/

HEP C CLINIC AT PERCURO VICTORIA, BC



Did you know that the Hepatology Clinic at PerCuro provides comprehensive HCV education and long-term support to patients and their families undergoing HCV treatment in the Greater Victoria/Southern Vancouver Island region?

Specialized nurses assist with the procurement of financial coverage for treatment, ensure lab tests are scheduled appropriately, provide instruction in the self-administration of injectable medication, assist with the management of side effects, facilitate a monthly support group, and liaise with family doctors and specialists regarding your HCV status, treatment and any other issues of concern.

This type of professional support is imperative now that standard or care therapy often involves three medications.

PerCuro also offers access to cutting edge clinical trials for both naïve and treatment-experienced patients.

Every attempt is made to meet the individual needs of all patients. There is no cost involved.

**Nursing Support improves outcomes.
Contact 250-382-6270**

INTERACTIVE ART WORKSHOP

SOLID will be putting on an Interactive Art Workshop for anyone who wants to spend a friendly, creative evening doing art with new people, having fun, and helping to break down stigmas and barriers among people. The workshop is for everyone: healthy, HIV+, HCV+, co-infected, old, young, male, female, gay, straight, hemophiliacs, transfused, IV drug users, users of other drugs, non-users, treated, non-treated, etc. We're all human beings dealing with whatever hand of cards life has dealt us!

The event will take place on Friday, June 1st, from 5 PM to 8 PM at the Church of St. John the Divine, 1611 Quadra St., Victoria, BC. Food will be served.

Contact Jill
250-298-9497





Hep C Sites on facebook.

Hep C, the Silent Killer

<http://www.facebook.com/pages/Victoria-BC/HepCBC/274985724940>



FIGHT Against Hepatitis C

Open Group — fightagainsthepatitisc@groups.facebook.com



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:

www.facebook.com/group.php?gid=311699175404&ref=share

HCVEDGE Get the edge on managing your Hepatitis C



Why choose HCV-Edge?

- access to a broad array of reliable background information on Hepatitis C
- electronic reminders for pill taking and office visits, wherever you are
- detailed information on response rates, potential side effects and duration of your antiviral therapy
- gets you familiar with the latest antiviral therapies... and more.

What can HCV-Edge do for me?

Find out by checking out our walk-thru demo >



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/>

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.

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>

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, **standing 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

There is NO vaccine for hepatitis C!

Hepatitis C is spread by blood-to-blood contact. 251,000 Canadians are infected with hepatitis C, and because there are often no symptoms, 95,000 of them don't know it.*



Are you Infected? It's a Simple Blood Test.

For more info or support



Call HepCBC

595-3892

www.hepcbc.ca

*Stats from Public Health Agency of Canada Hepatitis C



www.facebook.com/?ref=home#!/pages/Hepatitis-C-Trust/107063971566?v=info

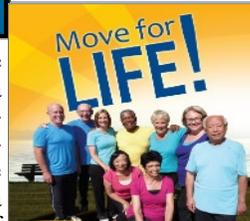
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604-525-0155

GLOBAL HEPATITIS C NETWORK IN CANADA



www.globalhepc.net



"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

The Viral Hepatitis Congress
7-9 September 2012
Johann Wolfgang Goethe-Universität
Frankfurt, Germany
www.theconferencewebsite.com/conference-info/Viral-Hepatitis-Congress-2012

8th Australasian Viral Hepatitis Conference
10-12 September 2012
SkyCity Convention Centre
Auckland, New Zealand
www.hepatitis.org.au/

EASL Special Conference
Clinical Drug Development for Hepatitis C
14-16 September 2012
Prague, Czech Republic
www.easl.eu/events/easl-special-conference/easl-special-conference-clinical-drug-development-for-hepatitis-c

2nd World Congress on Controversies in the
Management of Viral Hepatitis (C-Hep)
18-20 October 2012
Berlin, Germany
www.comtecmec.com/chep/2012/
AASLD - The Liver Meeting 2012
9-11 November 2012
Boston, Massachusetts
www.aasld.org/lm2012/program/Pages/default.aspx

HEP C TELECONFERENCES

Tuesdays 7- 9 PM CST. Speakers. Q&A session. Chat. Free and confidential.
More info: <http://www.hepcmo.org>

INCIVEK CARE

Vertex's IncivekCare Patient Assistance Program supports patients with the reimbursement process for Incivek (telaprevir) treatment (Incivek, pegIFN, ribavirin). It will give you an efficient assessment of your options and eligibility. You may qualify to receive co-payment and other financial assistance to supplement your private and provincial drug program coverage. The program also provides dispensing and home delivery options and expert treatment advice. Call the Support Line at 1-877-574-4298. (Select option 2 for English, then 2 for Incivek Care.)

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 Elliot
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@crawco.ca
www.pre86post90settlement.ca

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



SUPPORT BC/YUKON

Armstrong HepCURE Phone support 1-888-437-2873

AIDS Vancouver Island The following groups provide 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** Harm reduction, counselling, advocacy. 355 6th St., Courtenay. Contact Sarah

sarah.sullivan@avi.org 250-338-7400

♦ **Nanaimo** Meetings 4th Tues monthly 1st 15 pm 201-55 Victoria Rd **EXCEPT JUNE-AUG.** Contact Anita for details. 250-753-2437 anital.rosewall@avi.org

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

♦ **Victoria** Access Health Centre, drop in, disability applications, peer training. Support group Tues 12:30 PM, 713 Johnson St., 3rd floor, 250-384-2366 Hermione.jeffers@avi.org

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

kstthomson@direct.ca

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

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

Comox Valley NILS Treatment/Pre & Post-treatment Support Group 2nd & 4th Wed., 615-10th St, Courtenay. Lunch. Contact Cheryl Cheryl.taylor@viha.ca 250-331-8524.

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

Cowichan Valley HCV Support Contact Leah 250-748-3432 r-lattig@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. Contact 250-595-3892 Phone support 9 AM-10 PM. 250-595-3891

♦ **Fraser Valley Support/Info:** 604-576-2022

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 Cheri 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 Contact midislandhepc@hotmail.com

Nanaimo Hepatitis C Treatment Support AVI Health Centre, #216-55 Victoria Rd. 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,

information@ankors.bc.ca alex@ankors.bc.ca www.ankors.bc.ca/

New Westminster Stride "HepC" Support Group each Fri 10 AM **except** 4th Fri. of the month. Nurse Practitioner, refreshments. Contact: Stride Workers 604-526-2522., 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)

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 Contact Ilse ilse.kuepper@northernhealth.ca

Prince Rupert Hep C Support Contact: Dolly 250-627-7942 hepcprincerupert@citytel.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 Info, harm reduction, support, drop in, clinic. 10697 135A St. Contact Monika 604-589-9004.

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

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 Community Health Centre. Meetings each Wed 10 AM. 713 Johnson St. Support for all stages of treatment (deciding, during, after). Contact Roz rmilne@coolaid.org

YouthCO HIV + Hep C Society of BC. Drop-in T&W 12-3, Fri. 9-12. Call to schedule appts M-F 10-6. 205-568 Seymour St, Vancouver 604-688-1441, 1-855-YOUTHCO Support Staff: Stewart stewartc@youthco.org, Briony brionym@youthco.org www.youthco.org

Whitehorse, Yukon—Blood Ties Four Directions Contact 867-633-2437 Toll free: 1-877- 333-2437 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/

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

Hep C Team, AIDS Committee of North Bay & Area. Education, outreach, treatment, individual & group support, harm reduction, needle exchange. 269 Main St. W, Suite 201, North Bay. Contact 705-497-3560, 1-800-387-3701 or hepccommcoord@gmail.com, www.aidsnorthbay.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. 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 www.hars.ca hars@kingston.net

Kitchener Area Support 3rd Wed. monthly, 7:30 PM, Ray of Hope Community Room, 659 King St. East (Enter off King St) Kitchener. Contact Bob 519-886-5706, Mavis 519-743-1922 or waterlooregionhepcsupport@gmail.com

London Hepatitis Hep C Support 186 King St, London. For those infected as well as affected by Hep C. Contact: 519-434-1601, 1-866-920-1601, hivaidconnection.com

Oshawa Community Health Centre Hepatitis C Team 115 Grassmere Ave, Oshawa, ON. Social worker, outreach worker, coordinator, nurse. Hep C Support Group meetings—1st Wed monthly, 6 PM, 79 McMillan St. Contact 1-855-808-6242 www.ochc.ca

Owen Sound Info, 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

Sudbury Circle C Support Group 1st Tues. monthly. Contact Ernie 705-522-5156, hepc.support@persona.ca or Monique 705-691-4507.

Toronto CLF 1st Mon. monthly Oct.—June, 7:30 PM, North York Civic Centre, 5100 Yonge Street. Contact Billie 416-491-3353, ext. 4932.

bpotkonjak@liver.ca www.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

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:

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!