

# hepc . bull

## Canada's Hepatitis C News Bulletin

www.hepcbc.ca

### TRANSMISSION NEWS

#### REUSED IV-LINE NEEDLES

Dr. Stephen Stein, a dentist in Denver, is accused of risky practices and prescription fraud. It is thought that one of his employees told on him. He is accused of re-using needles used to inject medicine through IV lines, putting thousands of his patients at risk for blood-borne diseases between 1999 and 2011. Any of his patients who received IV meds should be tested. The health department mailed 8000 letters but records are incomplete. Did you ever think you could be infected by a dentist or oral surgeon? What could his patients have done to prevent this? This is a good reason to get EVERYONE tested.

Source: <http://kdvr.com/2012/07/12/patients-of-oral-surgeon-advised-to-get-tested-for-hiv-hepatitis/>

#### HOSPITAL: 31 INFECTED

So far, 30 patients and one employee from the Exeter Hospital, New Hampshire, tested positive for a Hep C genotype linked to a heart catheterization lab or recovery section. 50 patients still need to be tested. Some haven't been found. Some refused testing. 12 more tested positive, but for a different genotype. (*Universal Testing, please!*) So far, those who tested HCV+ were treated between June 2011 and May 2012. It was thought that an employee was self-injecting drugs meant for patients, possibly in the middle of procedures, and re-using the syringes on patients.

**Breaking News:** David Kwiatkowski, 33, a travelling technician--called a "serial infector"--was arrested July 19 at a Massachusetts hospital, where he is being treated. He was employed at Exeter Hospital, and has worked in at least 6 states.

Sources: [www.seacoastonline.com/articles/20120713-NEWS-207130391\\_July\\_13,\\_2012](http://www.seacoastonline.com/articles/20120713-NEWS-207130391_July_13,_2012) and [www.foxnews.com/health/2012/07/19/lab-tech-charged-in-new-hampshire-hepatitis-c-investigation/](http://www.foxnews.com/health/2012/07/19/lab-tech-charged-in-new-hampshire-hepatitis-c-investigation/) July 20, 2012

#### CALGARY: PIERCING STORE OWNERS FINED

Rashmi and Naresh Bhalla, owners of

Avon Apna Jewellers and Apna Jewellers, were fined \$8,625 for seven charges of illegal body piercing. One woman contracted Hep B after her nose was pierced there, however it couldn't be proven that she was infected by those jewellers. The owners admitted that hands, equipment and customers' skin weren't sterilized correctly.

Source: [www.calgarysun.com/2012/02/01/hepatitis-testing-urged-for-customers-of-calgary-piercing-shop](http://www.calgarysun.com/2012/02/01/hepatitis-testing-urged-for-customers-of-calgary-piercing-shop)

#### TATTOO ARTIST TATTLED ON

Shannyn Moss of Guelph complains of slander. Public Health sent out a letter to her clients telling them to be tested for blood-borne diseases. They said she had an unlicensed, uninspected business at her home for years, and couldn't produce consent forms for her underage clients. Moss says her only clients have been family and friends, and admitted to using expired needles. The authorities suspect she was advertising by word of mouth.

To her credit, she called about licensing and asked for an inspection. The warning letter stated that expired, pre-sterilized equipment may have been used.

Want a tattoo? Ask to see the public health report and check sterilization procedures.

Source: [www.therecord.com/news/local/article/726341--guelph-tattoo-artist-upset-over-public-health-advisory](http://www.therecord.com/news/local/article/726341--guelph-tattoo-artist-upset-over-public-health-advisory)

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**JANET "Jan" CHICHAK**  
(née Grant)

On Monday, January 23, 2012, Jan Chichak passed away at the age of 69 years. She was survived by her loving family, husband, Alec, of 33 years; three sons, Travis Branter, Dwayne Chichak, and Darren Chichak; ten grandchildren, Chelsey, Khain, Suttan, Tayt, Kaitlyn, Shealynn, Khyia, Kianna, Kohl, and Juhl Ann; great-grandson, Adam; two brothers, Don Grant and Gordon Grant; sister, Barbara Madsen; as well as numerous nieces, nephews, extended family and dear friends.

A celebration of Jan's life was held on January 28, 2012 at the Evergreen Funeral Chapel, Edmonton.

In lieu of flowers, the family requested that donations be sent to HepCBC, PO Box 46009, 2642 Quadra Street, Victoria, BC V8T 5G7.

Source: [www.legacy.com/obituaries/edmontonjournal/obituary.aspx?n=janet-chichak&pid=155635190&fhid=12295](http://www.legacy.com/obituaries/edmontonjournal/obituary.aspx?n=janet-chichak&pid=155635190&fhid=12295)

#### RIA deWILDE



"By now many of you will already have heard that I lost my precious mother Ria this morning [June 21, 2012] She

(Continued on page 3)

## 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](http://www.hepcbc.ca/orderform.htm)

**SUBMISSIONS:** The deadline for any contributions to the *hepc.bull*® is the 15<sup>th</sup> of each month. Please contact the editors at [jkling2005@shaw.ca](mailto: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 12<sup>th</sup> 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:** *Joan King*  
**PHONE:** (250) 595-3892  
**FAX:** (250) 595-3865  
**EMAIL:** [info@hepcbc.ca](mailto:info@hepcbc.ca)  
**WEBSITE:** [www.hepcbc.ca](http://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](mailto: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](http://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 treatment 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](mailto: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, Country Grocer, 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](http://www.dietitians.ca)  
HealthLink: [www.dialadietitian.org](http://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](mailto: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>  
[www.hcvanonymous.com/singles.html](http://www.hcvanonymous.com/singles.html)  
[www.hepc-match.com/](http://www.hepc-match.com/)  
[www.hepcinglesonline.com/](http://www.hepcinglesonline.com/)

CHAT: <http://forums.delphiforums.com/hepatitiscen1/chat>

### ASK YOUR FRIENDS IF THEY'VE BEEN TESTED. OFFER TO GO WITH THEM.

### J. Lemmon

[hcvresearch@rogers.com](mailto: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](http://www.Sign4C.info) and [www.hepcbc.ca](http://www.hepcbc.ca).

**hepcbc**

**York Region HepC Education Group - An Update**

We are writing to inform you of the changes that have occurred at the York Region Community and Health Services Department related to the Hepatitis C Education Group.

During the period of 1997-1998, the need for the Hepatitis C Education Group was identified by the residents of York Region, and to meet this need, a partnership was formed between the York Region Public Health Department and a group of York Region community residents infected and affected by hepatitis C. The group has been meeting for 13 years through the success of the partnership and the shared responsibilities for decision making amongst the steering committee members.

In early 2011, the Public Health Agency of Canada (PHAC) discontinued funding for the hepatitis C group due to restructuring of their funding to Blood Borne Infections programs. The Hepatitis C Education Group has also seen a decline in attendance over the last couple of years, with the last meeting being held in November 2011. Due to the decrease in attendance and the lack of funding from PHAC, it has been decided to dissolve the Hepatitis C Education Group as of today.

York Region Public Health would like to thank the members of the Hepatitis C Education Group who were willing to share their stories, experiences and ideas which made the group a success. It has been such a pleasure to work in partnership with the York Region community. We would also like to extend our gratitude to the Public Health Agency of Canada for the funding and support they have provided over the years and to all of the Health Care Professionals who have been involved in supporting the group including guest speakers and Public Health Nurses.

York Region Community & Health Services, Department Public Health Branch

*(Editor: We hate to see groups disappear, and hope that the friendships forged will continue. We congratulate the steering committee of the Hepatitis C Education Group of York for their wonderful contributions and dedication to our Hep C community, and wish them all the best in the future. Hopefully this is a sign that the disease is disappearing.)*



**ALLAN SHOEBRIDGE**  
August 9, 1949-June 16, 2012

Allan Shoebridge was born in Royal Tunbridge Wells, Kent, England, and passed away in Surrey, BC, after a 7-year-long, courageous battle with cancer. Allan and his family moved to Canada and he grew up on army bases all over Eastern Canada. He was very active in sports, especially baseball and basketball. He majored in English and History at York University, Ontario. Later, he moved to BC. He was an employee of Canada Revenue Service before retiring. An avid sports fan, he spent many happy hours coaching community baseball and softball leagues, as well as volunteering for HepCBC as a board member (2005-2007), and for Meals-on-Wheels.

There was something about him that made it natural for him to strike up a conversation with total strangers and walk away, having met new friends.

Allan was pre-deceased by his father Cecil and mother Mavis. Mourning him are his son David and grandson Perrin, his daughter Erica, granddaughter Grace and grandson Jonah, and his son Bryan. Also left behind are his brother Keith, and his sisters Lynn Albrecht and Toni, along with their children, his former wife Lois Dixon (mother of Erica and Bryan), her husband Scott, his first wife Sandi Garber (mother of David), and his present wife, Joan King, her children Tony and Jeanette, and her grandchildren, along with many beloved nieces and nephews and assorted in-laws.

"Allan was a tireless worker both as a board member and behind the scenes of HepCBC. More than that, he was our friend and will be missed by all. Our deepest sympathies from the board and staff of HepCBC."

Many thanks to the medical staff at Surrey Memorial Hospital for their kind care. Donations to HepCBC are welcome.

(RIA—Continued from page 1)

went peacefully with friends, Carol Geldart (CJ) & Lynn Holloway and myself at her side.

We ask that instead of flowers or charitable donations that you 'pay it forward' by an act of kindness - whatever that may be for you. Thank you all for being a part of my mother's life."

"Ria lived her life with love, grace and a gentleness that touched everyone who knew her. She is survived by her loving daughter Susanne, adoring son-in-law, and two precious granddaughters Emma (10) and Elisabeth (2), also by her devoted sister Christel (and brother-in-law Bjorn), brother Hans (and sister-in-law Willy), other family members in Holland along with her former husband Gerard Klomp and her mother-in-law Josephine Klomp. Ria will be remembered by her many friends and the caregiver community. She devoted her life to taking care of her special needs clients, especially Buddy and Harry who were with her the longest."

Ria's contact information could be found listed in the *hepc.bull* from December 2000-February 2003, and was listed on other Hep C websites, as well. Condolences and many thanks from the Hep C community to Ria's family.

Source: [www.yatesfuneral.ca/obits/obituary.php?id=185057](http://www.yatesfuneral.ca/obits/obituary.php?id=185057)

**CURRY COUSCOUS**

- 1 1/2 C. couscous
- 3 C. chicken stock
- 1 T. curry powder
- 2 t. salt
- 1 t. ground black pepper
- 2 T. extra-virgin olive oil
- 1/2 C. raisins
- 1 bunch cilantro, chopped
- 1/2 C. slivered almonds, toasted



Pour couscous into a bowl. Mix chicken stock, curry powder, salt, pepper, olive oil, and raisins in a saucepan. Boil. Pour the boiling liquid over the couscous. Seal bowl with plastic wrap. Wait 10 minutes, then fluff couscous with a fork. Top with cilantro and almonds.

Source: <http://allrecipes.com/recipe/easy-curry-couscous/>

## A FRIEND WITH HEP C

It's a big thing to have a friend say she has Hep C. "How did you get it?" we ask wonderingly and concerned, and not knowing enough about Hep C. The story, both simple and complex, is always sad. Often people don't know how they got HepC, or are ashamed to think about stupid ways they could have gotten it when they were young. But often it was transmitted during life-saving medical treatments. Untested blood was not considered to be dangerous back in the 1970's. We thought donating blood was humanitarian because it saved lives of precious people. "Give Blood." What we weren't told is where the blood came from. It came from you and from me, and we find out a little late, that sometimes it came from people untested and sick, whose blood was often mixed together into a potentially toxic soup.

A silent, invisible, unknown, swift life change: 20 years go by; 30 years go by; nothing unusual to trigger any suspicion. No blood tests for Hep C are given routinely—even to this day—so the virus is left to grow quietly in her body. And then a population explosion—so grows the virus. Slowly. Slowly. And then there comes a point of exponential growth and health issues appear.

Of course, when the symptoms begin, she might have many explanations. Maybe its just age related: fatigue, indigestion, headaches. Maybe it's something that will just go away when the sun starts to shine again in the spring. Or maybe if she starts eating better or eliminating certain foods, she'll feel better. Maybe. Maybe not. Then, one day appears a diagnosis of Hep C: Liver damage; research; options—alternative ones first, then the medical route. All begins well, then the body reactions change from the severity of the treatment: Energy—gone; ability to think—erratic; everyday life responsibilities—impossible to do; walking to the store for groceries—too far; pets that need care—too much. Oh dear: Food made her sick; death even entered the room; emergency trips to the hospital; paper work for Advanced Directives completed. Whew. Just a few more treatments. "I can do it..." Then, "No. Done. My body can't do this anymore. The treatments aren't working for me. They worked for my friends but not for me. Enough," she said.

Over the next few weeks, energy returns. Strength returns. Time to enjoy life and family and nature returns. Our friend is back into her living again. The Hep C virus, still in her body, has been reduced by the treat-

ments. Well-being returned. For that, she is profoundly grateful.

Could I have Hep C? Could you? Our friend found out soon enough. Soon enough to know that not enough is known about Hep C. Not enough of what is known for prevention is talked about or provided routinely by our health care providers. Even if you never once used IV or intranasal drugs, be sure to ask that your next blood test includes a test for Hep C. Especially ask if you've had anything related to blood done to your body: A blood transfusion, a blood product, a tattoo... the list goes on.

We learned a lot from our friend. We've learned about gathering information and making huge changes in lifestyle in service of caring for our one precious body. We learned about staying focused on the things that were most important while the brain is fogged with chemo. We learned about stamina, determination, a strong will, and a heart filled with kindness and appreciation in the midst of difficult treatments. We learned that the treatments could reduce the virus, but not rid our friend of Hep C. We see her life return to thriving under her extra care and the love of family and friends.

We probably all have a friend with Hep C but they may not know it yet. . .

*Ann Jacob, November, 2011, Victoria, BC  
[ann@comacommunication.com](mailto:ann@comacommunication.com)*

## HEP C IN THE NEWS

### ARE YOU TAKING YOUR VITAMIN B12?

You may improve your treatment response by also receiving vitamin B12, thus boosting your body's ability to fight the virus.

In this small Italian study, treatment-naïve patients receiving vitamin B12 along with pegIFN/RBV had better SVR rates. Of 94 patients treated, 32 had GT 1. 5000 micrograms of vitamin B12 was injected once every 4 weeks, with no side-effects. The treatment did not include the new direct-acting antivirals. A larger study is planned, to confirm the results.

*[From one of our informed readers: "Me? I am going to take vitamin D, coffee and B12 next time I get treated. I figure I might have at least an extra 5-10% chance of SVR from coffee, and at least the same for Vitamin D and B12. Maybe that works out to a 15 to 30% added chance of SVR on top of whatever the standard or new treatment can offer*

me."]

Sources: [www.webmd.com/hepatitis/news/20120717/vitamin-b12-may-boost-hep-c-treatment-response](http://www.webmd.com/hepatitis/news/20120717/vitamin-b12-may-boost-hep-c-treatment-response)  
[www.webmd.boots.com/digestive-disorders/news/20120717/vitamin-b-12-jabs-may-help-treat-hepatitis-c](http://www.webmd.boots.com/digestive-disorders/news/20120717/vitamin-b-12-jabs-may-help-treat-hepatitis-c)

### INCIVEK NOW FUNDED IN BC

Incivek, Vertex's first protease inhibitor, is now officially funded by the BC government and federally by NIHB (Non-Insured Health Benefits). This is great news for the Hep C communities of B.C., First Nations, and Inuit. Click for details from B.C. Pharmacare: [www.health.gov.bc.ca/pharmacare/sa/criteria/formsindex.html](http://www.health.gov.bc.ca/pharmacare/sa/criteria/formsindex.html)

Incivek is now covered in Saskatchewan, Quebec, Yukon, British Columbia, NIHB, and by private insurance companies. Approval from the other provinces is still pending. INCIVEK Care toll-free line in Canada: 1-877-574-4298. See page 7 of this issue for more info.

### ROBOTIC TRANSPLANT

History was made on March 2012 in Sicily. The very first liver transplant was performed where part of the live donor's liver was removed only by remotely-controlled robotic arms. The donor—the brother of the recipient—received 5 small incisions plus a larger 9 cm. incision (less than 4 inches). The announcement was made in June, after the brothers were declared healthy. There have been other operations using robots in the US, but the surgeon used his hand inside the body to help the robot. The surgical team hopes new technologies will encourage more live organ donations.

Source: [http://wap.news.bigpond.com/articles/Health/2012/06/26/Italy\\_in\\_first\\_robotic\\_liver\\_procedure\\_765058](http://wap.news.bigpond.com/articles/Health/2012/06/26/Italy_in_first_robotic_liver_procedure_765058)

### JANSSEN AND BMS WORK TOGETHER

Medivir AB and Janssen will collaborate in a Phase II clinical trial combining TMC435 (protease inhibitor) with Bristol-Myers Squibb's daclatasvir (NS5A inhibitor) in about 180 treatment-naïve or null-responder GT 1a and 1b patients. There will be 4 arms, with or without Ribavirin (RBV), for 12 or 24 weeks. Each drug alone is in Phase III trials. IFN will not be used. Up to 35% of subjects will have fibrosis stage 3-4. GT 1a patients will all receive RBV.

Source: [www.prnewswire.com/news-releases/medivir-announces-an-interferon-free-phase-ii-combination-trial-with-tmc435-and-daclatasvir-](http://www.prnewswire.com/news-releases/medivir-announces-an-interferon-free-phase-ii-combination-trial-with-tmc435-and-daclatasvir-)

*(Continued on page 5)*



## 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.*

**(HEP C NEWS—Continued from page 4)**

[to-commence-shortly-160797035.html](http://to-commence-shortly-160797035.html)

### NANOZYMES: THE NEXT STEP?

Scientists in Florida report that an artificial nanoparticle compound can substitute for a silencing mechanism of the body's gene regulatory system called RISC (RNA-induced silencing complex), which causes certain RNA cleavage (split). They have developed a nanozyme for the Hep C virus that can attack its genetic material in a specific way, is hardy, and can be absorbed by liver cancer cells. It hasn't appeared to be toxic to liver cells in cultures or to a mouse bred for Hep C studies, and has been shown to be an effective antiviral in both (more than 99% decrease in viral load), even though it doesn't trigger an IFN response. The researchers hope this discovery will be useful in treating viral infections and cancers.

Source: [www.pnas.org/content/early/2012/07/09/1207766109](http://www.pnas.org/content/early/2012/07/09/1207766109)

### DEAR BABY BOOMER

Do you figure your friends have already been tested? Think again. Almost 3 out of 4 baby boomers (born 1945-1965) haven't been tested or don't know if they have been tested for Hep C. 80% figure they have no risk of

having the disease, according to a new survey by the American Gastroenterological Association (AGA). 83% have never talked to their doctor about it, even though it just



takes a simple blood test to find out, and many can be cured. There is now a campaign in the US to get ALL baby boomers tested.

Please pass this website on to your baby boomer friends and relatives:

[www.IDHepC.org](http://www.IDHepC.org)

Since many boomers were infected decades ago, the number of deaths caused by the disease may increase by 207% between 2000 and 2030. By encouraging your friends and relatives to get tested, YOU can save lives.

## HEP C LIVER WARRIORS MARATHON TEAM NEEDS RUNNERS, WALKERS, VOLUNTEERS, DONATIONS!

Help HepCBC's Liver Warriors team fight HCV stigma, publicize the benefits of exercise for those with liver disease, and raise funds to help HepCBC continue its vital programs! 8k, 23k, and 45k events take place Oct. 7 in Victoria, BC, at the Goodlife Marathon (a Boston Marathon Qualifier!) Seventeen Liver Warriors (nurses, family, liver transplant recipients, HCV+ people) are already registered, but the more of us, the better! If people see how much fun we're having, they might think about hepatitis C a little differently from now on, and maybe consider testing or treatment! If we raise \$25,000, we can reopen our office and re-hire a part-time executive director.

INFORMATION: [http://www.hepcbc.ca/GoodlifeMarathon/INFO\\_20120707.pdf](http://www.hepcbc.ca/GoodlifeMarathon/INFO_20120707.pdf),

DONATE (Tax-deductible): <http://www.hepcbc.ca/GoodlifeMarathon/PLEDGEFORM.pdf>

LIKE US on FB: <http://www.facebook.com/HepcbcLiverWarriors>

REGISTER: <http://runvictoriamarathon.com/events/register.php>

Lose kilos! Make new friends! Do something nice for your liver, heart, brain (and for others)!

CONTACT: Cheryl 250-595-3892, or email her: [marathon.hepcbc@gmail.com](mailto:marathon.hepcbc@gmail.com)



## 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**

## SAFER ARTHRITIS RELIEF

Try easing arthritis pain without resorting to medication...but check with your doctor first to see if you can use heat or cold therapy. It won't hurt your liver. It's not addictive or invasive. Heat therapy relaxes. It brings blood to the area, along with oxygen, sweeping away cellular waste. It can release muscle spasms and increase range of motion. You can use hot packs, heating pads, gel packs or a hot bath. Don't use heat on a red, hot or irritated joint, though!

Try cold therapy to stop inflammation, ease pain and muscle spasms. Use cold packs, a cold bath, ice cubes, or a bag of frozen peas. If your joint is hot and swollen, the cold compress can relieve the inflammation. Don't use it on a cold, stiff joint. Put a towel between your skin and the hot or cold pack, and only for 20 minutes, maximum.

If your doctor approves, try an easy water exercise program or chair yoga.

Source: [www.hepatitis-central.com/mt/archives/2010/10/arthritis\\_advic.html](http://www.hepatitis-central.com/mt/archives/2010/10/arthritis_advic.html)

Free chair yoga exercises: <http://yoga.about.com/od/yogasequences/tp/Chair-Yoga-Poses.htm>



# 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](mailto: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](http://www.facebook.com/group.php?gid=311699175404&ref=share)

## HCVEDGE Get the edge on managing your Hepatitis C



### Hepatitis C management made easy.

HCV-Edge is a tool that assists you by managing your Hepatitis C treatments. Find out what HCV-Edge can do for you. [Learn More >](#)

#### 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](http://www.adobe.com/products/acrobat/readstep2.html)

Just send your email address to [info@hepcbc.ca](mailto: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](http://www.accessdata.fda.gov/scripts/medwatch/medwatch-online.htm)

## COMPETITION!

**H**epCBC 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 15<sup>th</sup> 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](mailto: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](http://www.hepcbc.ca)

\*Stats from Public Health Agency of Canada Hepatitis C

THE HEPATITIS C TRUST



[www.facebook.com/?ref=home#!/pages/Hepatitis-C-Trust/107063971566?v=info](http://www.facebook.com/?ref=home#!/pages/Hepatitis-C-Trust/107063971566?v=info)

**COLUMBIA  
GASTROENTEROLOGY  
New Westminster, B.C.  
604-525-0155**

**GLOBAL  
HEPATITIS C  
NETWORK IN  
CANADA**



[www.globalhepc.net](http://www.globalhepc.net)

Move for LIFE!



"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](http://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](http://www.theconferencewebsite.com/conference-info/Viral-Hepatitis-Congress-2012)

8<sup>th</sup> Australasian Viral Hepatitis Conference  
10-12 September 2012  
SkyCity Convention Centre  
Auckland, New Zealand  
[www.hepatitis.org.au/](http://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](http://www.easl.eu/events/easl-special-conference/easl-special-conference-clinical-drug-development-for-hepatitis-c)

2<sup>nd</sup> World Congress on Controversies in the  
Management of Viral Hepatitis (C-Hep)  
18-20 October 2012  
Berlin, Germany  
[www.comtecmed.com/chep/2012/](http://www.comtecmed.com/chep/2012/)  
AASLD - The Liver Meeting 2012  
9-11 November 2012  
Boston, Massachusetts  
[www.aasld.org/lm2012/program/Pages/default.aspx](http://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/](http://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](http://www.lauzonbelanger.qc.ca/cms/index.php?page=108)

Roy Elliot  
Roy Elliott Kim O'Connor LLP.  
[hepc@reko.ca](mailto:hepc@reko.ca) [www.reko.ca/html/hepatitisc.html](http://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](mailto: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](mailto: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](mailto: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](http://www.phac-aspc.gc.ca/hepc/comp-indem_e.html)

### CLAIMS ADMINISTRATOR

#### 1986-1990

Administrator 1-877- 434-0944  
[www.hepc8690.com](http://www.hepc8690.com) [info@hepc8690.com](mailto:info@hepc8690.com)  
[www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf](http://www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf)

#### Pre-86/Post-90

Administrator 1-866-334-3361  
[preposthepc@crawco.ca](mailto:preposthepc@crawco.ca)  
[www.pre86post90settlement.ca](http://www.pre86post90settlement.ca)

**Settlement Agreement:**  
[www.reko.ca/html/hepc\\_settlement.pdf](http://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](mailto:leanne.cunningham@avi.org) 250-830-0787

♦ **Comox Valley** Harm reduction, counselling, advocacy. 355 6<sup>th</sup> St., Courtenay. Contact Sarah

[sarah.sullivan@avi.org](mailto:sarah.sullivan@avi.org) 250-338-7400

♦ **Nanaimo** Meetings 4<sup>th</sup> Tues monthly 1<sup>st</sup> 15 pm 201-55 Victoria Rd **EXCEPT JUNE-AUG.** Contact Anita for details. 250-753-2437 [anital.rosewall@avi.org](mailto:anital.rosewall@avi.org)

♦ **Port Hardy** (Port McNeil, Alert Bay, Port Hardy, Sayward, Shointula and Woss) Drop-in kitchen. 7070 Shoncliffe Rd. Contact Tom, 250-949-0432 [tom.fenton@avi.org](mailto: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](mailto:Hermione.jeffers@avi.org)

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

[ksthomson@direct.ca](mailto:ksthomson@direct.ca)

**Burnaby HCV Support** Contact Beverly 604-435-3717 [batlas@ielus.net](mailto:batlas@ielus.net)

**Castlegar** Contact Robin 250-365-6137 [eor@shaw.ca](mailto:eor@shaw.ca)

**Comox Valley Positive Wellness North Island Treatment/Pre & Post-treatment Support Group** 2<sup>nd</sup> & 4<sup>th</sup> Wed., 615-10th St, Courtenay. Lunch. Contact Cheryl [Cheryl.taylor@viha.ca](mailto:Cheryl.taylor@viha.ca) 250-331-8524.

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

**Courtenay HCV Peer Support and Education.** Contact Del 250-703-0231 [dgrimstad@shaw.ca](mailto:dgrimstad@shaw.ca)

**Cowichan Valley HCV Support** Contact Leah 250-748-3432 [r-lattig@shaw.ca](mailto:r-lattig@shaw.ca)

**HepCBC** [info@hepcbc.ca](mailto:info@hepcbc.ca), [www.hepcbc.ca](http://www.hepcbc.ca)

♦ **Victoria Peer Support:** 4<sup>th</sup> 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](mailto:info@askwellness.ca) 250-376-7558 1-800-661-7541 ext 232 or Merritt health housing and counseling 250-315-0098. [www.askwellness.ca](http://www.askwellness.ca)

**Kamloops** Hep C support group, 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:eriseley@shaw.ca), Lisa 1-866-637-5144 [ljmortell@shaw.ca](mailto:ljmortell@shaw.ca)

**Mid Island Hepatitis C Society** Contact [midislandhepc@hotmail.com](mailto:midislandhepc@hotmail.com)

**Nanaimo Hepatitis C Treatment Support** AVI Health Centre, #216-55 Victoria Rd. Contact Fran 250-740-6942.

[hepctxpeersupport@hotmail.com](mailto:hepctxpeersupport@hotmail.com)

**Nelson** Info & support for prevention, testing, treatment and living well with hepatitis C. Contact Laura 1-800-421-2437, 250-505-5506, [ankorshepc@ankors.bc.ca](mailto:ankorshepc@ankors.bc.ca)

**New Westminster Stride "HepC"** Support Group each Fri 10 AM **except** 4<sup>th</sup> Fri. of the month. Nurse Practitioner, refreshments. Contact: Stride Workers 604-526-2522, [mail@purposesociety.org](mailto:mail@purposesociety.org)

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

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

♦ **Campbell River:** 2<sup>nd</sup> Tues monthly 1PM Drop-in, Salvation Army Light-house. (nurse)

**Penticton & District Community Resources Society, Harm Reduction Program,** 330 Ellis Street, Penticton. Contact: 250-488-1376 or 250-492-5814

**Positive Haven** Info, harm reduction, support, drop in, clinic. 10697 135A St. **Surrey.** Contact Monika 604-589-9004.

**Powell River Hepatology Service** Powell River Community Health, 3<sup>rd</sup> Floor-5000 Joyce Ave. Contact Melinda [Melinda.herceg@vch.ca](mailto:Melinda.herceg@vch.ca) 604-485-3310

**Prince George Hep C Support** Contact Ilse [ilse.kuepper@northernhealth.ca](mailto:ilse.kuepper@northernhealth.ca)

**Prince Rupert Hep C Support** Contact: Dolly 250-627-7942

[hepcprincerupert@citytel.net](mailto: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](mailto:wendy@wendyswellness.ca) [www.wendyswellness.ca](http://www.wendyswellness.ca)

**Slocan Valley Support Group** Contact Ken 250-355-2732, [ken.forsythe@gmail.com](mailto:ken.forsythe@gmail.com)

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

**VANDU** The **Vancouver** Area Network of Drug Users. 380 E Hastings St. M-F 10-4 Contact 604-683-6061 [vandu@vandu.org](mailto:vandu@vandu.org) [www.vandu.org](http://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](mailto:pvanbo@gmail.com) Tel. 250-309-1358.

**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](mailto:stewartc@youthco.org), Briony [brionym@youthco.org](mailto:brionym@youthco.org) [www.youthco.org](http://www.youthco.org)

**Whitehorse, Yukon—Blood Ties Four Directions**

Contact 867-633-2437 Toll free: 1-877-333-2437 [bloodties@klondiker.com](mailto:bloodties@klondiker.com)



## OTHER PROVINCES

### ONTARIO:

**Barrie Hepatitis Support** Contact Jeanie for info/appointment [jeanievilleneuve@hotmail.com](mailto:jeanievilleneuve@hotmail.com)

**Sandi's Crusade Against Hepatitis C/ Durham Hepatitis C Support Group** Contact Sandi: [smking@rogers.com](mailto:smking@rogers.com) [www.creativeintensity.com/](http://www.creativeintensity.com/) [smking/](mailto:smking/)

**Hamilton Hepatitis C Support Group** 1<sup>st</sup> 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](mailto: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](mailto:hepccommcoord@gmail.com), [www.aidsnorthbay.com](http://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](mailto: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](http://www.hars.ca) [hars@kingston.net](mailto:hars@kingston.net)

**Kitchener Area Support** 3<sup>rd</sup> 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](mailto: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](http://hivaidconnection.com)

**Oshawa Community Health Centre Hepatitis C Team** 115 Grassmere Ave. Social worker, outreach worker, coordinator, nurse. Hep C Support Group meetings—1<sup>st</sup> Wed monthly, 6 PM, 79 McMillan St. [www.ochc.ca](http://www.ochc.ca) Contact 1-855-808-6242

**Owen Sound** Info, support. Contact Debby Minielly [dminielly@publichealthgreybruce.on.ca](mailto:dminielly@publichealthgreybruce.on.ca) 1-800-263-3456 Ext. 1257, 519-376-9420, Ext. 1257, [www.publichealthgreybruce.on.ca/](http://www.publichealthgreybruce.on.ca/)

**Peel Region** (Brampton, Mississauga, Caledon) 905-799-7700

[healthlinepeel@peelregion.ca](http://healthlinepeel@peelregion.ca)

**St. Catharines** Contact Joe 905-682-6194

**Sudbury Circle C Support Group** 1<sup>st</sup> Tues. monthly. Contact Ernie 705-522-5156,

[hepc.support@persona.ca](mailto:hepc.support@persona.ca) or Monique 705-691-4507.

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

[bpotkonjak@liver.ca](mailto:bpotkonjak@liver.ca) [www.liver.ca](http://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](mailto:undun@sympatico.ca)

**York Region Hepatitis C Education Group** 3<sup>rd</sup> 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](mailto:info@hepcyorkregion.org)

[www.hepcyorkregion.org](http://www.hepcyorkregion.org)

### QUEBEC:

**Quebec City Region** Contact Renée Daurio 418-836-2307

[reneeaurio@hotmail.com](mailto: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](mailto:info@hepatitisoutreach.com)

[www.hepatitisoutreach.com](http://www.hepatitisoutreach.com)

### PRAIRIE PROVINCES:

**Manitoba Hepatitis C** phone and email support and outreach. Info Line: 1-204-779-6464 or contact Kirk at [info@mbhepc.org](mailto:info@mbhepc.org). Direct line: 1-204-389-5814

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

[bettyc2@hivnetwork.ca](mailto:bettyc2@hivnetwork.ca)



**If you have a Canadian HCV support group to list here, please send details to [info@hepcbc.ca](mailto:info@hepcbc.ca) by the 15<sup>th</sup> of the month. It's free!**