

hepc . bull

Canada's Hepatitis C News Bulletin

www.hepcbc.ca

HEP C HALL OF SHAME

DENTIST REUSED NEEDLES

I don't know about you, but when I go to the doctor or dentist, I don't want to have to be worrying about anything like the following. A news item appeared on August 29 of this year about Dr. Stephen Stein in Colorado who was tending to patients while under the effects of painkillers. Before you protest, it gets better. He is being investigated for prescription fraud, and has surrendered his license to practice.

The Board of Dental Examiners says the vicodin and vicoprofen that he used, he actually prescribed for his patients, but he denies this. His patients have been advised to get checked for blood-borne viruses. Three have tested positive so far. An anonymous report triggered the investigation. The report said he would insert drugs leftover from one patient into another syringe. He would then combine them to use on another patient. He denies this, too. He also allegedly picked up drugs at the pharmacy that he ordered for one of his patients.

I'm sure you will be pleased to know that Stein can apply for a new license in 2 years. Luckily, this happened in Colorado, not here in Canada...

Source: <http://denver.cbslocal.com/2012/08/29/reports-says-dentist-who-reused-needles-also-a-drug-addict/> August 29, 2012

PRISON NURSE EXPOSES 103

Nwadiuto Jane Nwaohia, employed with Wexford Health Services at Buckeye state prison, Florida, was suspended on August 27 when health officials found out, a week after the fact, that she may have contaminated their supply of insulin at that facility. Thankfully, a relative of the inmate told local news about the risk. The nurse "violated basic infection-control protocols while administering medication that day." One of the inmates, a diabetic with Hep C, was given insulin as usual and then the needle was inserted into a different vial to use for the same inmate. Then the partially-used vial was placed with other vials in the clinic's refrigerator, and was used on other patients. The nurse was suspended and the vials were destroyed...a week later. The same

nurse has been under investigation since last June for "unsafe practice or substandard care."

Ken Kopczynski, executive director of the Private Corrections Working Group in Tallahassee, Florida, said, "This is a problem with privatization. They are just accepting who Wexford will hire."

The exposed inmates were notified of the problem. They will be tested and given their results. An independent lab will provide the monitoring and testing of those inmates. Some may have been infected earlier.

Source: www.azcentral.com/news/articles/2012/09/04/20120904arizona-inmates-exposed-hepatitis-c-dirty-needle.html

RESEARCH

DACLATASVIR + GS-7977 ± RBV

Reported by Jules Levin
EASL 2012 Barcelona, Spain April 18-22

The first report of the safety and efficacy of a Phase IIa clinical trial of an NS5A inhibitor combined with an NS5B polymerase inhibitor (Daclatasvir + GS-7977),

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BARRY'S TREK

My name is Barry Evans and I am Kibby's father. On Dec 5th 2011, I was lucky enough to receive a whole liver transplant. I had been on the transplant list, waiting for a very long time. It wasn't until I got liver cancer and became critically ill that my name reached the very top.

Kibby, who was already planning to cycle across Canada, decided that organ donation would be a worthy cause to raise awareness for. She and Daman dipped their tires in the Atlantic at Cape Spear on June 2, 2012 and finished their trek on September 11, 2012 at Mile Zero in Victoria. I was able to ride the last 20 kms with them.

Their journey was simply amazing, covering nearly 9000 kms and raising thousands of dollars for Transplant BC as well as signing up many new donors. My journey was equally amazing, spending 3 months in VGH and slowly improving to where I was able to finish the last leg with them.

Their Facebook page is here:

<http://www.facebook.com/Trekking4Transplants>

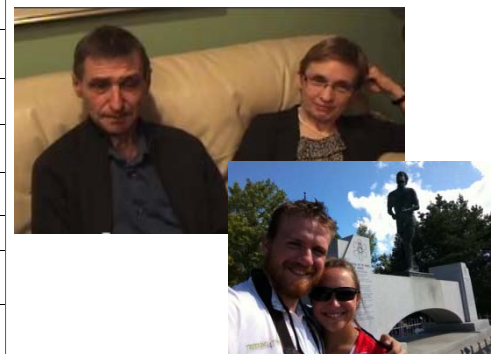
...and a short video is here:

<http://youtu.be/S7WA9rMGcQQ>

Although I remain clear of the HCV, Dr Erb assures me that even though they changed the filter, the water is still dirty.

Barry

[Editor: Barry, Kibby and Daman took part in a journey they called Trekking4Transplants. Barry has been a long-time member of the Hepcan Yahoo! group. We are very proud of him.]



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Please email me a PDF copy, free of charge.

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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:

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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 therapy protocol. The opinions expressed in this newsletter are not necessarily those of the editors, of HepCBC or of any other group.

REPRINTS

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

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(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>
www.hcvanonymous.com/singles.html
www.hepc-match.com/

CHAT: <http://forums.delphiforums.com/hepatitisen1/chat>

TIP OF THE MONTH:

FLU SHOTS


CHECK WITH YOUR DOCTOR
ESPECIALLY IF YOU ARE ON
TREATMENT

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.



(RESEARCH—Continued from page 1)

with or without RBV, taken orally for 24 weeks resulted in an SVR in 100% of GT1 patients and over 90% of GT 2 & 3 patients, regardless of the IL28b allele. The subjects were all treatment-naïve patients. RBV did not affect the response to treatment. No viral rebound or breakthrough was seen during treatment. One GT3 patient suffered breakthrough at week 4 post-treatment, and received rescue therapy with interferon.

Source: www.natap.org/2012/EASL/EASL_24.htm

SVR = CURE?

Researchers at the EASL conference last April seemed to agree that a sustained response to therapy (SVR), which means having undetectable virus 6 months after finishing treatment, should be thought of as a cure. Tests showed that 989 out of 997 patients who achieved SVR were still undetectable in one trial that ran over 8 years. The others were detectable, perhaps due to re-infection. Unfortunately, the trial did not keep “before” samples of blood to be able to compare. In one case, there was a sample that could be compared, and it showed that the patient had been re-infected with a different strain of the virus. Dr. Swain, from the University of Calgary, says, “I tell my patients who have had a sustained virologic remission that they can go home and get on with their lives and not to worry about hepatitis.” But we still have to be careful! Most of our livers are damaged and we can get re-infected.

Source: www.hepcassoc.org/news/article153.html April 2012

SHOULD I WAIT?

Some researchers think that Hep C sufferers who don't have advanced scarring could postpone triple therapy (IFN + RBV + protease inhibitor) to wait for the dream all-oral regimen, which may have a shorter treatment time, and may cure all genotypes. There are many oral drugs in final stages of being tested, and could go to market within 2 years. Many have easier dosing schedules, and fewer side effects, since no interferon is involved. Those with advanced disease have a very good chance to stop the disease now, and avoid further damage to their health. Unfortunately, the protease inhibitors (p.i.'s) in use now only work for genotype 1. There are many pills to take—the p.i.'s and the ribavirin—and of course, the IFN injections each week, for 24 or even 48 weeks. There are some worrisome interactions with statins (to control cholesterol), ACE inhibitors, and many others (Viagra, for one).

The new DDA's (Direct-Acting Antivirals) include protease and NS5A inhibitors (which are in general effective against only one genotype, with a couple of exceptions),

and cyclophilin and nucleoside inhibitors, which can handle all genotypes. There is hope that the competition will cause prices to drop, making treatment attractive to more patients.

More and more, patients are making the decision whether or not to wait. They will be deciding if they should go through the side effects of present treatment, or wait. Some don't have time to wait. They might not survive long enough to see the new drugs approved. Others fear they won't have health insurance in the future. Even so, the sicker patient may think he may not be able to tolerate the side effects of IFN, or has little chance of responding, and may decide to wait. In that case, Andrew Muir, MD, clinical director of hepatology at Duke University, says, “If they do not take treatment, they must get aggressive about liver wellness. That means no alcohol, get in shape and lose weight if needed, and get tight control of your blood sugars if you have diabetes.”

Source: www.medpagetoday.com/MeetingCoverage/DDW/32849



CURRIED PUMPKIN SOUP

Prep time: 15 min, cooking time: 30 min
Serves 4-6

Ingredients:
1/3 C chopped onion
1 t. minced garlic
1 t. curry powder
2 T butter/margarine
1 C pureed pumpkin (or 1/2 can pumpkin)
1/4 t nutmeg
1/8 t. sugar
1 bay leaf
2 C veggie broth (or chicken broth)
1 1/2 C milk
1 T cornstarch (or other thickening agent)
2 T heavy cream (optional)
chopped chives (decoration)



In large pan cook onion, garlic, & curry in butter or margarine until onion is tender. Add pumpkin, nutmeg, sugar and bay leaf. Stir in broth. Bring to a boil. Simmer 15 min. Remove bay leaf. Stir in 1 cup of the milk. Simmer for a few minutes.

In another bowl, dissolve cornstarch in remaining milk, then add to the pan.

Cook and stir until thickened and bubbly, and then 2 minutes more.

To serve: Swirl the cream on top, and garnish with chives. Can be frozen, after it cools, for up to 3 months.

LEON'S STORY

I am part of a Hep C group in Vancouver. I would like to volunteer in some way. I was hesitant to get involved previously because I have had a little too much to contend with over the past few years. However, it seems that out of pure necessity, I want to find something to replace the deadheading that I've had to do. As that old saying goes, “You can only get as much out of life as you put in.” I have wanted to put an article together for the newsletter.

I believe I may have contracted Hep C around 1994 from a roommate who had been diagnosed with it while rooming at my place. Some friends of friends dropped him off at my place and asked me to house him temporarily. I caught him using my razors a number of times. However, it is speculation that I caught it from him. But the Hep C symptoms started right after he moved out. I knew that Hep C was transmitted this way and finally gave him the boot over it. He had more than likely contracted it when he was in Vietnam. In those days they inoculated the soldiers in line-ups, using the same inoculation gun. I do have an older sub-type of the genotype 2 family. It goes back all the way to the '60s and early '70s. So from what I gather, it may be possible that I've had it all along. It is quite likely that I've had Hep C since the '70s and I didn't know it. For example, I didn't have any reason to suspect that it was Hep C that was causing the sore muscles and joint problems. Actually, bloating was the first symptom I noticed in 1994. I now know that these are some of the ways that it affects me. Moreover, no major health problems ever surfaced—only symptoms.

Now that I'm a Hep C “specialist”, I understand that I have always had some sort of Hep C symptoms to contend with. The stomach bloating, chronic fatigue and skin rashes were the first symptoms, and then in 1997, I started having problems with my knees. I blamed it on my driving job, which I had to give up in 2000, believing that the problems were caused by the job.

I wasn't diagnosed until 2008. Dr. V. at the North Addiction Clinic (excessive alcohol intake) realized that I might have Hep C and tested me for it. At that time I was hobbling around in a lot of pain and my

(Continued on page 4)

(Leon's Story — Continued from page 3)

family doctor sent me to an arthritis specialist who ascertained it might be my related to my liver. I've since discovered that my family doctor knows little about Hep C and its symptoms. I've been with him since 1992. I seriously injured my back at the time, and I went to him because he was close to where I lived. The fact is that he has never seen me in a fully-recovered state, which is a tad bit unusual, especially after so many years.

Had I stayed on at the Seymour Medical Clinic, the Hep C would have been discovered around that time, too. I was aware my doctor, Dr. W., suspected I had something because he said I had an overactive immune system. He was always sending me for lab tests. I thought that this was related to the rheumatic fever I was diagnosed with at 13. (Maybe it was Hep C from a dentist's poor work habits.) I started seeing Dr. W. when I was in my twenties and he was, in my view, scientifically inclined.

Things have been going better for me lately. I've been waiting for over a year and a half for the new drugs. Back in April 2010 Dr. R. advised me not to rush into anything, and told me it would take a few years for the new drugs to be approved. Previously, I was a non-responder on the 6-month PegInterferon/Ribavirin (I have genotype 2). I cleared the virus during third month, but it returned 3 months after finishing treatment.

I'm into my 7th week of a 16-week clinical trial sponsored by Gilead Labs in California. I believe I am one of the luckiest people on the planet. I'm one of the lucky 60 people in North America selected for this particular trial. I believe there are a total of 6 people from Vancouver. The trial drug, GS-7977, is currently being tested on genotypes 2 and 3. My health has improved somewhat since taking this new Hep C treatment. As pointed out by my nurse, it has immediate results, with few or no side effects. Leslie was my nurse throughout my former attempt in 2009. I believe that I cleared the virus this time within the first 2 weeks.

Now my stomach has completely stabilized. In addition, the pain and sore muscles have almost disappeared. I actually walked 6 kilometres the other day and didn't develop any noticeable pain afterwards. I usually need a recovery period after doing something like this, but I needed only a ½-hour rest. As many of you are probably aware, it's confusing that those infected *can* exert themselves, but they need a recovery period

afterwards. So I'm very optimistic that the virus is now extinct.

It seems that several of us are on similar trials. I know that there is a new one for genotype 1, a 26-week program. I met a woman at the clinic who was on that trial. I spoke with her about it, but didn't ask if it was GS-7977. The trial I'm on, fortunately, includes ribavirin, so I do have some nagging exhaustion at times. Nevertheless, it's an extra component to help guarantee an SVR. Our time may have arrived after all. Are these the miracle drugs that people have been waiting for? Hopefully, we will all be responders.

*My Regards,
Leon A.*

WHAT'S AN AFLATOXIN?

Aflatoxins are produced by moulds often found on nuts and grains stored in humid conditions. They can cause cancer, and the liver is the organ usually affected. Even if you can't see or taste the mould, there could be enough to affect your health, especially if it's in a peanut sauce or a pack of mixed nuts. We with Hep C should avoid these toxins. How? We can avoid nuts (or dried legumes like peanuts), or we can choose high quality products, and avoid those from countries with poor food storage and inspection. Always pick nuts that look, smell and taste good, and don't have mould on the shell. Don't buy packages with nuts of strange color, shape or size. That's a sign of poor quality control. Nuts are best stored in the fridge once you get them home.

Source: The Hep C Review, Ed40, March 2003, Nuts and aflatoxins, by Helen Taylor



WHD OSHAWA

On July 28th, which is designated as World Hepatitis Day, the Oshawa Community Health Centre's Liver Health and Hepatitis C Team hosted a free public event at Memorial Park. Made possible through the financial support of Merck, the event aimed to bring awareness about hepatitis C and to encourage people to get tested. The afternoon was also filled with loads of activities for kids, face painting, a mouth watering BBQ, and of course, lots of information. Many of the OCHC's community partners, including the AIDS Committee of Durham Region as well as the John Howard Society Durham Region, were also present.

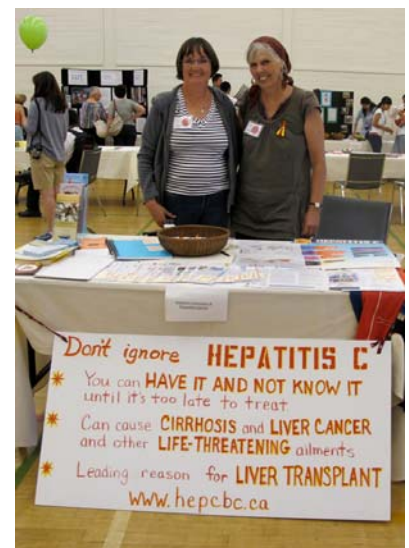
HepCBC at THE HEALTH FAIR

HepCBC's Information Table at the Multicultural Food & Health Fair

The Victoria Immigrant and Refugee Centre Society (VIRCS) held a large "Multicultural Food & Health Fair" at Victoria's CDI College on Sept. 15, 2012. HepCBC was invited to have an information table at the fair. We had the privilege of speaking to many recent immigrants to Canada and of hearing their inspiring stories.

Many of them either had hepatitis C or were interested in getting tested after they saw our maps showing that the countries they'd come from had very high rates of infection. We also tackled the problem of "stigma" by reminding them of the huge number of young children and others in their countries who were infected with hepatitis C by mass immunizations with re-used needles and other unsafe medical practices which spanned several decades.

We also discovered there is a lot of misinformation about the differences between hepatitis A, B, and C within this population; in particular the transmission/prevention methods, and whether an immunization or a cure is available. Participants were often surprised to hear about some of the treatments now available or going through clinical trials. VIRCS is interested in providing HepCBC with interpretation in several possible languages if we provide information sessions aimed at particular immigrant groups. Thank you VIRCS for a wonderful fair!



HepCBC's information booth at Victoria Immigrant & Refugee Centre Society's "Multicultural Food & Health Fair" on Sept. 15, 2012

HepCBC's 2012 AGM

On Sept. 20, 2012, HepCBC had its AGM, beginning with a forum about current and upcoming treatments, the clinical trial process, and treatment side-effects. Hepatology and Clinical Research nurses Carolyn Klassen (RN, BScN) from LAIR Centre in Vancouver and Hayley McPhail (RN, BScN) from Percuro Clinic in Victoria joined forces with four HCV+ individuals to compare their varied experiences, then answer audience questions. Thank you so much, Carolyn, Hayley, and friends for such a thoughtful discussion!

The forum was followed by approval of agenda, 2011 minutes, the financial statement, and the President's report. HepCBC can have five to eleven Board members. The 2012-2013 Board of Directors now consists of Stephen Farmer, Shawna Farmer, Coralie, Joan King, and a new Director, Wally Mutch. Several other people have indicated an interest in joining the Board either later this year or at the 2013 AGM. HepCBC is delighted to welcome new volunteers and Board Members.

The next AGM will be held on Tuesday, Sept. 17, 2013. To vote, you must become a member of HepCBC at least one month in advance of the meeting. Membership costs \$10 per year (join online through www.hepcbc.ca). Potential Board members must apply for a (free) Police Check, sign a Confidentiality Oath, and are also asked to submit a personal summary of the training and experiences they would bring to the Board.

YOGA AT AVI, VICTORIA



Ahhh! A laid back, gentle class for people who have chronic health conditions. Every Tuesday, 10:30 am at Bayanihan Hall, 1709 Blanshard St., Victoria, BC.

Julia Breese is returning to teach us. (<http://garudayoga.ca/>) Wheelchair accessible. Free. More info: 250-384-2366 ext 2270



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 re-open our office and re-hire a part-time executive director.

INFORMATION:

<http://hepcbc.ca/marathons-walks/>

DONATE (Tax-deductible):

<http://hepcbc.ca/wp-content/uploads/2012/07/PLEDGEFORM.pdf>

LIKE US on FB: www.facebook.com/HepcLiverWarriors

[HepcLiverWarriors](http://www.facebook.com/HepcLiverWarriors)

REGISTER:

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

SEE US ON YOUTUBE:

www.youtube.com/watch?v=urHqTrNl3Ho

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



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 the patient's HCV status, treatment and any other issues of concern.

This type of professional support is imperative now that standard of 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

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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



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- 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

Hepatitis C Research and News

hepatitiscresearchandnewsupdates.blogspot.com/

<http://www.patient-experience.com/index.php/hepatitis-c-a-blog-about-the-signs-and-symptoms-of-hep-c/>



Hepatitis C – a blog about the signs and symptoms of Hep C » The Patient Experience www.patient-experience.com

Welcome to our latest informational blog about Hepatitis C (or Hep C as it is often called).

Pacific Hepatitis C Network

www.pacifichepc.org



HCV ADVOCATE
www.hcvadvocate.org

www.facebook.com/hcvadvocate.hcsp

HEP C TELECONFERENCES

Tuesdays 7- 9 PM CST. Speakers. Q&A session. Chat. Free and confidential.

More info: <http://www.hepcmo.org>

COLUMBIA GASTROENTEROLOGY
New Westminster, B.C.
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

MERCKCARE

COMPENSATION

2nd World Congress on Controversies in the Management of Viral Hepatitis (C-Hep)
18-20 October 2012 Berlin, Germany
www.comtecmed.com/chep/2012/

AASLD - The Liver Meeting 2012
9-11 November 2012 Boston, Massachusetts
www.aasld.org/lm2012/program/Pages/default.aspx

The 22nd World Congress of the International Association of Surgeons, Gastroenterologists and Oncologists (IASGO 2012)

5-8 December 2012 Bangkok, Thailand
www.apaslconference.org/

Asian Pacific Digestive Week 2012 Congress
8 December 2012 Bangkok, Thailand
www.apdw2012.org

The 6th Paris Hepatitis Conference (PHC)
14-15 January 2013
Palais des Congrès de Paris
Paris, France
www.colloquium.eu/site/-/Homepage,2334-

Canadian Digestive Diseases Week (CDDW) and Annual Canadian Association for the Study of the Liver (CASL) Winter Meeting
1-4 March 2013 Victoria, BC
www.cag-acg.org/annual-conference-cddw

23rd Conference APASL (Asia Pacific Assoc. for the Study of the Liver)
7-10 March 2013 Singapore
www.apaslconference.org/

21st Annual Conference of Indian National Association for Study of the Liver
22-24 March 2013
HICC, Near Hitec City, Hyderabad, India
www.inasl.org.in/indexhome.php?do=menu2&lmid=17



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.)

MERCKCARE is a reimbursement program to help people who have been prescribed Pegatron 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 include access to live translation services (150 languages) and injection assistance from registered nurses. Ask your doctor or nurse to enroll you in MERCKCARE. It's an easy single-page form to fill out, which they will provide. MERCKCARE: 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.

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 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

ksthompson@direct.ca

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

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

Comox Valley Positive Wellness North Island Treatment/Pre & Post-treatment Support Group 2nd & 4th Wed., 615-10th St, Courtenay. Lunch. Contact Cheryl 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

Courtenay HCV Peer Support and Education. Contact Del 250-703-0231 dgrimstad@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 & 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 mid-islandhepc@hotmail.com

Nanaimo Hepatitis C Treatment Support Contact Fran 250-740-6942. hepcpxpeersupport@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

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@purposestudies.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)

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.

Positive Living Fraser Valley (Abbotsford) Hep C support Drop-in centre: Unit #1 2712 Clearbrook Rd., M-F 10:30 AM-4:30PM. Info, support worker, rides to appointments in surrounding areas. Contact 604-854-1101 or hepcsupport@plfv.org

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

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

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.

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

Whitehorse, Yukon—Blood Ties Four Directions Contact 867-633-2437 1-877-333-2437 bloodties@klondiker.com

OTHER PROVINCES

ONTARIO:

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

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 mikow-alski@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, hivaidsconnection.com

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

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.

bpot-konjak@liver.cawww.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 phone and email support and outreach. Info Line: 1-204-779-6464 or contact Kirk at info@mbhepc.org. Direct line: 1-204-389-5814

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

To list Canadian groups here, please send details to info@hepcbc.ca by the 15th of the month. It's free!