



# hepc . bull

## Canada's Hepatitis C News Bulletin

www.hepcbc.ca

### ANITA RODDICK

(October 23, 1962 – September 10, 2007)



It was with great sadness that I learned that Anita Roddick, founder of The Body Shop, had died from a major brain hemorrhage.

Anita had developed hepatitis C in 1971 from infected blood given to her during the birth of her youngest daughter, Sam, but only found out about it two years ago.

I was using The Body Shop products way back in 1986 when "green" was new, and I still use them today. I worked in the retail store, and I got to know and understand her corporate philosophy of social and environmental change and how she altered the way the corporate world viewed these. She was a world leader and was always pushing the envelope, asking why or why not.

Anita was ahead of her time on many issues and often led the way. Many years ago I put Anita on my list of people I admire most. She has left a legacy behind her and paved the road for others to take on the lead. Anita lived a full life, was a remarkable role model and will be greatly missed.

By Karen Hodson, BA, EFT-ADV  
EFT PRACTITIONER

### LIVER CANCER SCREENING

Generally, those of us with hepatitis C get screened every 6 to 12 months with a blood test called AFP (alpha-fetoprotein test) and a liver ultrasound (US), especially if we have cirrhosis. Do we need a CT or MRI test, as well?

Those tests haven't been shown to reduce the risk of dying from HCC (liver cancer), but the AFP and US are recommended by the American Association for the Study of Liver Diseases if you have HCV. It is good to discuss this with your doctor. Tell her about your symptoms. She should examine you.

An **AFP test** checks for proteins produced by some cancers. The test isn't perfect. Some cancers don't produce AFP. Results sometimes come back elevated in cases of non-cancerous tumours.

**US** is painless, fast, non-invasive and inexpensive. CT and MRI scans, on the other hand, are expensive.

A **liver biopsy** is generally recommended for people with hepatitis C. It is done with a fine needle. By using ultrasound, the radiologist picks a section of the liver to examine.

A **CT scan** uses X-rays, and may use a contrast dye. It can provide more exact information than the US. You are receiving more radiation than an X-ray, and there can be allergic reactions to the dye. The test may take as long as an hour.

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### TAPPING INTO PEACE WITH EFT

By Karen Hodson, BA, EFT-ADV  
EFT PRACTITIONER

This is 2<sup>nd</sup> part of a series on using EFT (Emotional Freedom Techniques) to create more personal peace in a rapidly changing world.

A friend of mine saw a man coming out of a coffee shop. He took a sip of his coffee. Then he started yelling and threw the coffee. A car that was just driving in to pick up a woman took the full splash, and it narrowly missed her. Apparently they didn't make the right coffee. Mumbling apologies while still very angry, he pulled out \$10 and handed it to her. When she politely declined, he tersely stated, "I'm rich, I can afford it."

When my friend shared this story I commented that this man was "cash rich", but "peace poor". His wallet didn't bring him a genuine sense of peace in that moment. It is a great example where EFT tapping could have been used. A quick round or two of tapping on receiving the "wrong" coffee, could have quickly reduced his anxiety, cleared his mind, and minutes later he could have been enjoying a new cup of coffee.

Here is a sample of what an EFT tapping session could have looked like:

(See [www.pivotpoint4u.com](http://www.pivotpoint4u.com) for tapping points)

**Karate Chop Set-up:** "Even though I am so angry they made the wrong coffee, I deeply and completely love and accept myself. (Repeated 3 times)

**Tapping a phrase on each point:**

(Eyebrow, side of eye, under eye, under nose, chin, collar bone, under arm, top of head):

"I am so angry", "They made me the wrong coffee", "I never get what I want", "This frustration", "Nobody listens to what my needs are", "This coffee anger", "I am so furious", "I feel so angry about what happened".

This sequence is repeated for as many rounds as needed, adding new words or phrases as they come up until a more neutral

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

You may also subscribe on line via PayPal at [www.hepcbc.ca](http://www.hepcbc.ca)

**SUBMISSIONS:** The deadline for any contributions to the *hepc.bull*® is the 15<sup>th</sup> of each month. Please contact the editors at [info@hepcbc.ca](mailto:info@hepcbc.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:

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Victoria BC V8W 1J6

## LETTERS TO THE EDITOR:

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

## FAQ v7.1

Peppermint Patti's FAQ Version 7.1 is now available, and Version 7 is available in Spanish. The English version includes updated Canadian Links and includes the latest treatment information. Place your orders now. Over 125 pages of information for only \$8 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 1997-2007; the FAQ V7.1; the slide presentations developed by Alan Franciscus; and all of HepCBC's pamphlets. The Resource CD costs \$10, including S&H. Please send cheque or money order to the address on the subscription/order form on this page.

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

## REPRINTS

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

## DIAL-A-DIETITIAN

604-732-9191 (Vancouver Area)  
1-800-667-3438 (Toll-free elsewhere in BC)

## PRE-PLANNING YOUR FINAL ARRANGEMENTS?

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



## BE PART OF THE TEAM!

We need people to **summarize articles**. HepCBC needs **telephone buddies**, a **librarian** and 2 people to help with our website. Please contact us at 250-595-3892 or [info@hepcbc.ca](mailto:info@hepcbc.ca)

## CONFERENCES, EVENTS AND WORKSHOPS

**Issues of Substance**  
November 25-28  
Edmonton, AB

For more information please visit: <http://www.issuesofsubstance.ca/IOS/EN/>

## CUPID'S CORNER



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

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

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

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

## Got Hep C? Single? Visit:

<http://forums.delphiforums.com/HepCingles/>  
<http://groups.yahoo.com/group/PS-Hep/>  
<http://groups.yahoo.com/group/HepCingles2>

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

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

## THIS MONTH'S TIPS:

• **HAVE YOU BEEN INFECTED FOR MORE THAN 30 YEARS?**

*ASK YOUR DOCTOR ABOUT AN MRI OR CT SCAN OF YOUR LIVER.*

*(See front page article)*

• **GET YOUR FLU SHOT!!**

## THANKS!!

HepCBC thanks the following institutions and individuals for their generosity: The late John Crooks, A-Channel News, The Ocean, JackFM, Health Canada, the Provincial Employees Community Services Fund, Brad Kane, Chris Foster, Judith Fry, the FitzGerald family, Erik, Irene, S. Segura and the newsletter team: Tanya, Beverly A., Diana Ludgate, Alp, Ernie, and Bruce Lemer. Please patronize the following businesses which have helped us: Top Shelf Bookkeeping, Thrifty Foods, Margison Bros. Printers, The Four Mile Restaurant, Roche Canada (for special support with our newsletter and phone line), Pacific Coast Net, Royal Bank, Schering Canada, Victoria Bridge Centre, the Victoria Conservatory, and the Victoria Symphony. Heartfelt thanks to Blackwell Science for a subscription renewal to *gastrohep.com*

## TANYA'S TIDBITS

by Tanya Frizzle

### HCV DISCRIMINATION

I live my life pretty openly when it comes to HCV. All my close friends know I have it, and I am comfortable telling anybody about it in the right context, meaning I am not out broadcasting my health, but simply comfortable with sharing if needed. However, on occasion there have been instances when somebody has brought HCV up in a negative context, and I become tongue-tied and cannot say a word.

For example, I met a young lady, and within an hour of our meeting, we were talking about her work. She works in a salon and said, "If you ever come into my work, never try on the tester make-up. I am sure it is all Hep C'd out and stuff, from the people who do use the testers." I nodded my head and said nothing. It did not seem the right time to launch into the truth about HCV. However, when I went home that night, I thought about the fact that this is how the HCV myths are continued. I nodded my head and said nothing. I acted like, "Of course you could get Hep C from a lip stick container." I could have said something, and there would be one more person in the world who might not look at people with Hep C as contagious and harmful to themselves. I do realize, though, that there is a time and place for everything. A friend's BBQ or a casual conversation with my neighbour probably is not the best time to educate the world about HCV. I wish I had the answer as to how discrimination and fear of Hep C could be eradicated.

*(Editor: Of course you, the reader, now have the benefit of hindsight. How will you deal with this situation if it happens to you?)*

### DO YOU NEED SOMEBODY TO TALK TO?

Do you need somebody to talk to but are uncomfortable going to a group meeting or session? Not comfortable in chat rooms? If you need a shoulder to cry on, a person to rant to, or somebody to understand, please feel free to e-mail me at [tanyafrizzle@hotmail.com](mailto:tanyafrizzle@hotmail.com). Not only do I live with HCV and have been through failing treatment, I have also lived through my father passing away from HCV. So even if you do not have HCV and are a concerned friend or family member who has questions, feel free to contact me. [tanyafrizzle@hotmail.com](mailto:tanyafrizzle@hotmail.com)



**(TAPPING INTO PEACE—Continued from page 1)**  
feeling is present, and then positive phrases can be included.

#### Tapping a phrase on each point:

"I will consider releasing the anger", "I don't want to let go of my anger", "I choose to release the anger", "It feels so good to let the anger melt away", "I choose to feel calm about what happened", "I will consider forgiving him/her", "I am grateful for this peaceful feeling", "I love feeling so calm".

By telling the truth of what you are truly feeling, such as angry, frustrated, sad, lonely, etc., it allows our "shadow" side to have a voice. When that emotional voice is acknowledged, it often softens or disappears, and with a neutral space, it opens the opportunity for positive feelings. It can also reduce or eliminate that internal sabotage aspect that tends to come up when things don't go right.

It's the same as when someone is angry with you. If you let them tell "their side of the story", without making them wrong, they often open up to more congenial communication. If the person is denied permission to tell their story, the sabotage aspect can thrive and grow.

It often doesn't work by just saying the positive or writing positive affirmations without ever acknowledging the negative because it is not congruent with what you are truly feeling, and they become empty words. It is the same as the guy handing over the \$10 bill—an empty gesture that doesn't resolve the original issue of feeling angry.

Life happens, and no one is immune to having big or small disasters enter into their lives. We are all hit with little incidents throughout our day when things just don't go right. Someone cuts you off in traffic, your coffee is not made right, children arguing, sauce spills on your tie, you are late for work, and a myriad of other "mini disasters" can occur.

EFT will not eliminate these things from happening, but it provides you with an easy to use tool to deal with them when they do show up. If you can short-circuit some of the negative issues, they won't have as big an impact, and this can create a more peaceful feeling inside. Over time and with practice, there will be more peaceful moments that expand into hours and days. It all starts with one moment of peace at a time.

*Karen is an EFT Practitioner in West Vancouver and is offering a reduced fee for EFT sessions to people with hepatitis. You must mention this article and some restrictions apply. Sessions can be over the phone. For more information please call Karen at (604) 913-3060 [pivot-point4u@gmail.com](mailto:pivot-point4u@gmail.com) or visit the website [www.pivotpoint4u.com](http://www.pivotpoint4u.com).*

## CLF TO HONOUR BC'S LIVER TRANSPLANT TEAM

The Canadian Liver Foundation will honour the BC Transplant Society's Liver Transplant Team this year. The Fourth Annual Canadian Liver Foundation Tribute Event will be held November 15, 2007 at the Plaza 500 Hotel & Conference Centre in Vancouver, BC. Tickets for the Tribute Event are on sale now, starting at \$150 each, with tables of ten going for \$3,000.

Since this event's inception three years ago, nearly \$150,000 has been raised for the Canadian Liver Foundation. All proceeds will help raise vital funds for research, education and services for people with liver disease. We hope you will join us in celebrating the BC Transplant Society's Liver Transplant Team's achievements and honouring their important contributions to BC's fight against liver disease!

Please call the Canadian Liver Foundation, BC/Yukon Region, at 604-707-6430 for more information or to order your tickets today. E-mail: [amolson@liver.ca](mailto:amolson@liver.ca)

## FRIENDS' CLUB AT BLENZ, VANCOUVER

The Greater Vancouver Support Group holds drop in sessions at Blenz, 3297 Cambie Street, Vancouver (17th Ave and Cambie St.), on the 1<sup>st</sup> and 4<sup>th</sup> Monday monthly from 3 PM to 7 PM. Members of the group will be in Blenz many days of the week, and if you wish to call ahead to see if any members are having coffee, please call Gordon 778-898-7211.



**Hepatitis C - Are you at risk?  
Get tested...**

For more information call:  
**250 595-3892**  
**hep c bc**  
[www.hepcbc.ca](http://www.hepcbc.ca)



## HCV Monoclonal Antibodies or mAb's

**Civacir** - Human antibodies to HCV, produced using XTL's TrimerA mouse system (a mouse genetically altered to carry human tissues for *in vivo* [in a living organism] experiments) have now been used to develop a product called Civacir. Nabi's Civacir is a polyclonal antibody to hepatitis C, developed from antibodies taken from screened HCV+ donors and purified. These antibodies neutralize the hepatitis C virus. The product is being developed to prevent re-infection in transplant patients. Civacir was granted fast track status by the US FDA in 2006. Nabi has partnered with Kedrion to develop and commercialize Civacir in Europe.

In January 2007, a randomized Phase II clinical trial began, treating 20 patients with Civacir vs. 10 patients treated with standard treatment. The data collected will be fibrosis scores, HCV levels, liver enzyme levels, safety and tolerance. Results are expected in the second half of 2008.

(<http://www.nabi.com/pipeline/pipeline.php?id=4>)

**XTL-6865** is a combination of two human monoclonal antibodies, Ab68 and Ab65, artificially produced in the lab by using an immortalized cell line that binds to one unique marker on a virus's surface. The antibodies attack the HCV E2 envelope protein. ([www.xtlbio.com](http://www.xtlbio.com))

XTL has completed Phase I testing of XTL-6865, evaluating the safety and efficacy of the drug, administered intravenously, in 32 HCV-positive patients. Treatments varied from 1 to 5 applications and dosages, from 5 mg to 2400 mg. The maximum dose given was 1200 mg. for 5 consecutive days, which proved to be safe. No important changes in viral load occurred, nor were they expected for such a short period of treatment. The study showed that the antibody bound to the virus and antibodies were formed. The company will seek a partnership with which to develop this drug.

([www.therapeuticsdaily.com/news/article.cfm?content-value=1292110&contenttype=sentryarticle&channelID=31](http://www.therapeuticsdaily.com/news/article.cfm?content-value=1292110&contenttype=sentryarticle&channelID=31) Mar. 29, 2007)

**Bavituximab** (formerly Tarvacin) produced by Peregrine is the first of the anti-phosphatidylserine (anti-PS) monoclonal antibodies that bind to normal parts of a cell that become exposed when infected with a virus, and to the surface of enveloped viruses. It is thought that these antibodies stimulate the immune system to destroy both the virus particles and the infected cells. In preclinical studies, anti-PS antibodies have

shown their ability to bind to many enveloped viruses. Bavituximab showed good signs of antiviral activity in Phase Ia and Phase Ib trials in HCV+ patients, and was well tolerated. The data from the Phase Ib study will be presented at the 58<sup>th</sup> Annual AASLD Meeting in November 2007.

(<http://money.cnn.com/news/newsfeeds/articles/prnewswire/LATU12707082007-1.htm> August 07, 2007)

## Chiron Vaccine

Chiron is developing a genetically engineered HCV vaccine. The company is studying two possible vaccines, including a recombinant vaccine and a second-generation DNA vaccine to induce a cellular immune response. They hope to have one or both vaccines available around 2010, and they may be used in combination with standard treatment to boost immunity.

([www.chironvaccines.com/company/vaccines\\_hepatitis\\_c\\_vaccine.php](http://www.chironvaccines.com/company/vaccines_hepatitis_c_vaccine.php)).

Chiron is providing HCV antigens, and CSL Biotherapies is providing its Isomatrix technology. ISCOM is an immunostimulating complex, intended to improve the immune response induced by vaccines. ISCOM is made from the bark of the Quillaja saponaria molina tree, mixed with lipids. ([www.csl.com.au/](http://www.csl.com.au/))

A Phase II trial, much larger than the initial trials, is taking place at Saint Louis University with 200 patients.

The vaccine has been tested in humans in previous studies, but this time it is being tested with a different adjuvant (a drug to help the body respond better to vaccines). The research is sponsored by the National Institutes of Health and Chiron Corp. ([www.medicalnewstoday.com/articles/42781.php](http://www.medicalnewstoday.com/articles/42781.php))

Chiron hopes that a vaccine will be available by 2010, which may be used either as monotherapy or in combination with other drugs for HCV infection.

(<http://abclocal.go.com/wabc/story?section=health&id=4091978> June 16, 2006)

## Chimigen

The Chimigen HCV vaccine candidate is a dendritic cell-targeted vaccine produced by ViRexx (Edmonton, AB)

([www.genengnews.com/news/bnitem.aspx?name=1124489XSL\\_NEWSML\\_TO\\_NEWSML\\_WEB.xml](http://www.genengnews.com/news/bnitem.aspx?name=1124489XSL_NEWSML_TO_NEWSML_WEB.xml) 12/12/2005)

The company has presented results of the vaccine, showing that it produced HCV antigen-specific T cells. The vaccine uses an insect cell expression system, giving it special immunological characteristics. Researchers hope it may be a possible therapeutic vaccine for treating hepatitis C.

(<http://cnrp.ccnmatthews.com/client/virexx/>

[release.jsp?actionFor=581279](http://www.virexx.com/pressroom/pressroom/release.jsp?actionFor=581279))

In May of 2007, ViRexx announced that it will collaborate with the National Research Council, Canada's National Institute for Nanotechnology (NINT) and Defence Research and Development Canada, Suffield (DRDC Suffield). Researchers at NINT will do preclinical studies of the Chimigen HCV prophylactic and therapeutic vaccine candidate.

([www.bioalberta.com/news\\_details.asp?ID=69](http://www.bioalberta.com/news_details.asp?ID=69))

## VIDO Vaccine

Researchers at the University of Saskatchewan hope they have found a vaccine for hepatitis C that will also help those already infected (therapeutic vaccine). To make the vaccine, researchers took dendritic cells (key immune cells) from mice, exposed them to one of the most common proteins occurring in all HCV genotypes, and treated the cells with an immune stimulator. They hope that by returning the activated cells, they can "teach" the original cells to activate an immune response. Researchers used another virus in the mice to simulate HCV. (*The StarPhoenix*, Jan 11, 2006)

Construction began in June 2007 for InterVac, the International Vaccine Centre at the University of Saskatchewan, next door to VIDO (Vaccine and Infectious Disease Organization). This will be the largest vaccine research centre in Canada.

([http://announcements.usask.ca/news/archive/2007/06/sodturning\\_cele.html](http://announcements.usask.ca/news/archive/2007/06/sodturning_cele.html))

VIDO's Hep C project will develop a DNA-based regime, using the HCV non-structural protein-3 (NS3) as a target, and dendritic cell-based vaccines, studying how HCV affects the immune system. Tests in mice with a DNA vaccine have improved immune responses, and the NS3 protein vaccine is inducing strong antibody responses.

([www.vido.org/research/vaccine\\_dev/hepatitis.php](http://www.vido.org/research/vaccine_dev/hepatitis.php))

## Toray Vaccine

Toray Industries (Japan) has confirmed for the first time in the world that inactivated HCV particles produced by a new culture system may be useful in developing an HCV vaccine. Experiments done in infected mice showed that their virus was suppressed, as it was in human liver cells, when they were injected with serum obtained from those mice. The company will now try to develop their product for industrial production. The drug is expected to prevent new infections and to cure patients already infected.

([www.hepatitis-central.com/mt/archives/2007/09/future\\_hcv\\_medi.html](http://www.hepatitis-central.com/mt/archives/2007/09/future_hcv_medi.html) 28 August 2007)

## WILLS, ENDURING POWERS OF ATTORNEY, REPRESENTATION AGREEMENTS – WHY YOU NEED THEM

When you have serious health issues to consider, it's important to be prepared for the future, to make sure that your wishes are followed under any circumstances. That's where estate planning comes in. Estate planning is an important element in financial planning, the main points being:

- ♦ Creating a will to put your affairs in order for your loved ones;
- ♦ Keeping your will up to date;
- ♦ Creating an enduring power of attorney to appoint someone to manage your financial and legal matters, if you are unable to do so yourself;
- ♦ Creating a representation agreement to appoint someone as your medical decision maker.

All these documents should be prepared with the expertise and guidance from your lawyer or notary. Costs for legal fees will vary, depending on the complexity of your situation. To get you started, here's a bit of background on each document, and what's involved.

### Will

Your will is a legal document that takes effect upon your death. It gives instructions about how your affairs are to be handled after your death, and directs how your possessions are to be divided among the beneficiaries that you name. There are also some legal requirements in preparing your will—for example, the will must be dated, and signed by two witnesses. Your will serves various functions, including:

- ♦ Appointing your Executor (the person who looks after your affairs after your death);
- ♦ Appointing a guardian for any of your children under 19 years of age;
- ♦ Selecting family, friends, or charities who will inherit your assets;
- ♦ Ensuring your beneficiaries receive their inheritances in manner and at an age that is appropriate;
- ♦ Avoiding provincial laws which determine who will receive the estate if you die without a will;
- ♦ Permitting your estate to take advantage of potential tax savings;
- ♦ Reducing the costs of administering your estate.

### Enduring Power of Attorney

A power of attorney is a document giving another person the authority to conduct your financial affairs. This authority must be granted before your mental capacity is weak-

ened due to age, disease or other factors. You must be of the age of majority and mentally competent to create an enduring power of attorney. It can be exercised during any subsequent mental infirmity on your part, or when you no longer feel capable of adequately managing your finances.

### Representation Agreement

In BC, you can make a representation agreement to appoint a medical/health care/personal care representative to make decisions for you, including:

- ♦ Requesting or refusing medical treatment;
- ♦ Assisting to find appropriate living accommodations;

When appointing a representative who makes these major decisions for you, you should take special care, including:

- ♦ Making sure the person you appoint knows your wishes;
- ♦ Making sure they share the same values as you. Do not appoint someone if your wishes are likely to conflict with their own personal beliefs.

You can register the agreement, so hospitals can search to see if a representative is appointed. Without a representation agreement, the law lets a temporary decision maker, such as your available closest next of kin, make decisions for you, often in the form of a "Living Will".

For more information on estate planning or information about trust lawyers/notaries, contact:

**John B. Meyer**  
*Manager, Estates & Trusts*  
T 604-877-7618

**Linda Dear**  
*Senior Trust Officer, Estates & Trusts*  
T 604.877-8288

**Vancity Centre**  
183 Terminal Avenue  
Vancouver, BC V6A 4G2



## PegCARE

PegCARE is a reimbursement program to help people who don't have third party coverage pay for their Pharmacare deductible for hepatitis C treatment. It is pro-rated, so the less someone's net family income is, the more help they get. Basically, if someone's net family income is less than \$30,000, they will get 100% reimbursement. The more they make, the less of a percent is reimbursed, up to a max of \$100,000 income.

The patients must be signed up for Fair Pharmacare to qualify, and they also need to provide a copy of their last year's T4 form to show income level.

Each treating physician and hepatitis support nurse has these forms available to them. There is a toll free number that can be called if there are any questions or if help is needed. It's only a single page, a simple form to fill out.

PegCARE: 1-800-603-2754

## 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 any 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.

## COMPETITION!

HepCBC is looking for writers for the next issue of the *hepc.bull*, and is willing to pay \$50.00 for a featured article. The article should be original, consist of 500 to 800 words, and of course, 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 the disease, or a call for action. Submissions should be in by the 15<sup>th</sup> of next month, *stating interest in 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)

(SCREENING—Continued from page 1)

An **MRI** uses a magnetic field and radio waves. A contrast dye may be used, as well. The test takes from 15 to 60 minutes. The results are very detailed, and the newer machines can even show the bile ducts, arteries and veins.

Liver cancer usually takes 3 or 4 decades or more to develop, and not everyone gets it. The patient usually has cirrhosis, but not always. HCC is more common in men, in those co-infected with hepatitis B, and in those over 60. Diabetes and aflatoxins (mould sometimes found on peanuts, corn, soybeans, etc.) can be a factor. Some liver cancers can be treated, and sometimes transplantation can be used, if the tumour is found early. Risk factors, besides having HCV, include smoking and drinking. Stage I liver cancer is a small tumour, confined to one lobe of the liver and can be removed.

What can you do to prevent it? Studies show less liver cancer in those who have received HCV treatment. Avoid toxins. Get your Hep A and B vaccines.

Source: [www.mayoclinic.com/health/liver-cancer/DS00399/DSECTION=5](http://www.mayoclinic.com/health/liver-cancer/DS00399/DSECTION=5)

## COFFEE & HCC

A good review of articles and studies about coffee and liver cancer appears in the August 2007 issue of *Hepatology*. These articles, found through a Medline search, have appeared in the news in the past few years. The review pooled the results of 10 studies and found a 41% reduction of HCC among coffee consumers, both in countries with heavy consumption and in countries with light coffee-drinking habits.

Researchers think some of the chemicals in coffee may block the cancer. It may be that caffeine and antioxidants protect the liver. On the other hand, it may be that coffee slows liver disease progression. The coffee theory has not been proven. There is a lot of evidence, but as they say, more trials are needed.

Alan Franciscus of the HCV Advocate suggests that we not go out and OD on coffee. Investigate the risks and weigh them against the benefits. We don't know how much the individuals drank. We don't know how strong the coffee was, or how it was prepared, or if it was taken with food, or if it was used with artificial sweeteners or cream. We don't know if those drinking the coffee actually drank less because of their diagnosis of cirrhosis.

[Editor: I've begun drinking a 1/2 cup each morning...just in case.]

[www.hcvadvocate.org/news/newsLetter/2007/advocate0907.html#1](http://www.hcvadvocate.org/news/newsLetter/2007/advocate0907.html#1)

## THE LAST PIECE OF THE PUZZLE

This month I will discuss the idea of bringing all the financial information together. By this time in the financial planning process, you have probably met with the planner 2 or 3 times, have laid out statements for different accounts, identified what are “needs” and “wants”, have determined whether you are conservative or aggressive in your investment style, and what expectations you have for the portfolio, growth or income.

What I have found with many clients is that they have a variety of accounts scattered at different institutions, and they are unsure of how they are managed and what investment strategy is being employed. I often use the analogy that each investment is like an oar in a row boat. If all the oars are working at the same pace, in the same direction, then the row boat moves forward. If on the other hand, some oars (investments) are working really hard while others are not, then the boat simply goes in circles and makes no progress at all.

This process of synthesis brings all the pieces together to ensure that, once a plan is developed, it is put into action. To allow the plan to work effectively may mean consolidating investments into one holding to ensure that all the oars are moving in the right direction at the appropriate pace. In my experience, investments and accounts that are scattered are difficult to manage, and there is no simple way to ensure that they are all following the financial game plan. Once a plan is created, if it is not followed, then both the individual and the portfolio may suffer. The portfolio may not grow as expected. There may be a loss of income or possibly greater exposure to risk—all things that the plan would take into consideration. In addition, the plan needs to be reviewed annually to adjust the investments and ensure all of the oars are still working effectively, moving things forward.

Next month I will present an example of a portfolio solution that can be used to help generate a monthly income. For many, the ability to support themselves once they receive their compensation payments is an important consideration.

If you have questions and wish to discuss your current situation or would like the name of a local BMO Financial Planner, please contact me directly by email at [ross.charlesworth@bmo.com](mailto:ross.charlesworth@bmo.com) or by phone at 604-665-7187.

Ross Charlesworth BA CFP  
Financial Planner  
Investment and Retirement Planning  
BMO Financial Group

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## HEPATITIS C CONFERENCE OCTOBER 19 – 21, 2007 Coast Inn of the North Prince George, BC

**Speakers:** Catherine Bayliss, Executive Director, Positive Living North; Steve Lorenz, Positive Living North; Phyllis Wood, AIDS Vancouver Island; Ros Salvador, BC Public Interest Advocacy Centre; Wendy Mackay; Alex Sherstobitoff, ANKORS; Dr. John Farley; Stephen Smith.

**Topics:** Applying for Federal and Provincial Benefits; Human Rights Issues; Benefits of Tai Chi; Harm Reduction: Rural Issues and Strategies; Identifying key priorities for the Council; Provincial Framework; Regional discussion and updates; Hepatitis C Awareness Week

**INFORMATION:  
Tel: 250.883.3118**

## YTTRIUM-90 MICROSPHERES

Liver cancer, or hepatocellular carcinoma (HCC) is one of the possible outcomes of hepatitis C. The average survival time from diagnosis is 6 to 20 months.

Yttrium-90 microspheres contain radioactive yttrium-90, and they are delivered through a tube inserted into a small cut into the groin, which reaches the hepatic artery, allowing radiation to reach an inoperable tumour(s). There is some evidence to show that this treatment may reduce the size of the tumour and increase survival. In some cases the treatment has allowed the patient to receive a transplant.

Generally well tolerated, the treatment has shown some major adverse reactions and even deaths, but these complications have been reduced by careful selection of patients and some delivery adjustments.

Source: [www.cadth.ca/media/pdf/E0038\\_TheraSphere\\_cetap\\_e.pdf](http://www.cadth.ca/media/pdf/E0038_TheraSphere_cetap_e.pdf)



## LOW FAT HALLOWEEN WITCH PUDDING

1 bag of chocolate wafers OR vanilla wafers OR gingersnaps  
1 large box of fat-free/sugar-free instant butterscotch pudding prepared with skim milk  
1 tub of LIGHT whipped topping, thawed  
candy corn & orange sprinkles for decorating (or tinted orange sugar)

To assemble, place a layer of cookies in a large clear bowl (or your favourite serving bowl). Next, add a layer of pudding, then a layer of topping. Next, add a layer of crushed wafers, then a layer of pudding, and top it off with a layer of topping. Sprinkle the top of the Witch Pudding with a few candy corn, tinted sugar or some of the crushed wafers. A few rubber spiders hanging off the rim of the bowl make a 'darling' holiday display.

Source: [www.dietbites.com/article0230.html](http://www.dietbites.com/article0230.html)

## STIGMA: WHAT YOU CAN DO

### Start with yourself

An article at Hepatitis Central suggests that you can do something about the stigma surrounding HCV by examining how you interact with your illness.

Ask yourself: Do you use the label "sick" to refer to yourself? Do you expect to be an outcast? Do you think you deserve this disease? By looking at your feelings of shame, you can try to shift them into pride. Learn how others deal with HCV at support groups. Here are 9 tips:



1. Get accurate information. A diagnosis of HCV is not a death sentence.
2. Visualize a healthy future.
3. Focus on bringing peace and joy into your life, and make it meaningful.
4. Substitute negative thoughts with positive ones, like "I will find a way to live with hepatitis C."
5. Find things for which you can feel grateful.
6. Control what you can, like your attitude and self-talk. Accept what you can't control.
7. Ask yourself what having the virus can teach you .
8. Join a support group, either in person or on line. If you don't have a computer, try the ones at the library. You can find encouragement and hope from others with HCV.
9. Become knowledgeable about HCV and reach out to help others. It will help you as much as it helps them.

See the article: [www.hepatitis-central.com/mt/archives/2007/08/breaking\\_the\\_he.html](http://www.hepatitis-central.com/mt/archives/2007/08/breaking_the_he.html)



## 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/hepc/intro.html](http://www.kleinlyons.com/hepc/intro.html)

David Harvey  
Lauzon Belanger S.E.N.C. (Quebec)  
Toronto, ON  
Phone 416-362-1989; Fax 416-362-6204  
[www.lauzonbelanger.qc.ca](http://www.lauzonbelanger.qc.ca)

Roy Elliot  
Roy Elliott Kim O'Connor LLP.  
hepc@reko.ca www.reko.ca

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

**The Canadian Blood Services, Vancouver, BC**  
1-888-332-5663 (local 3467) or 604-707-3467  
**Lookback Programs, Canada:** 1-800-668-2866  
**Look back Programs, BC:** 1-888-770-4800  
**Canadian Blood Services Lookback/Traceback & Info Line:** 1-888-462-4056  
**Hema-Quebec Lookback/Traceback & Info Line:** 1-888-666-4362  
**Manitoba Traceback:** 1-866-357-0196

**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

**Ontario Compensation:** 1-877-222-4977  
**Quebec Compensation:** 1-888-840-5764  
[http://www.phac-aspc.gc.ca/hepc/comp-indem\\_e.html](http://www.phac-aspc.gc.ca/hepc/comp-indem_e.html)

### 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:** [http://www.reko.ca/html/hepc\\_settleagreement.pdf](http://www.reko.ca/html/hepc_settleagreement.pdf)

### UPDATES

<http://hepccc.blogspot.com/>  
[www.hepccc.ca/](http://www.hepccc.ca/)

## COMING UP IN BC/YUKON:

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

**AIDS Vancouver Island HCV support**

♦ **Campbell River:** Drop in, harm reduction, support, education. Contact: 250-830-0787, leanne.cunningham@avi.org

♦ **Comox Valley** 355 6th St. Courtenay; Contact Phyllis 250-338-7400 phyllis.wood@avi.org Drop in, harm reduction, support, education.

♦ **Nanaimo** Each Mon. 2-4 PM #201-55 Victoria Rd. Contact Anita 250-753-2437 anita.rosewall@avi.org

♦ **Port Hardy** (Sayward, Port McNeil, Alert Bay, Sointula and Woss) 7070 Shorcliffe Ave, Contact Shane, 250-926-3293 shane.thomas@avi.org. Education, mobile harm reduction, and support.

♦ **Victoria** 1601 Blanshard St., 250-384-2366 info@avi.org Harm Reduction.

**Boundary HCV Support and Education.** Support, education, presentations. Contact Ken 250-442-1280 [ksthomson@direct.ca](mailto:ksthomson@direct.ca)

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

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

**Cowichan Valley Hepatitis C Support** Contact Leah 250-748-3432 r-lattig@shaw.ca

**Cranbrook HeCSC-EK** Phone support. Contact Leslie 250-426-6078, [ldlong@shaw.ca](mailto:ldlong@shaw.ca)

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

♦ **Victoria:** Drop-in/Office/Library, 306-620 View St. Phone support, interviews, info sessions. Contact 250-595-3892

♦ **Fraser Valley:** Support/info 604-597-3881

**Kamloops AIDS Society of Kamloops (ASK)** Living Well HIV/HEPC Peer Support Group, each Thurs. 11-2 PM, 433 Tranquille Rd. Office 250-376-7558 Support/ Referral. [ask@telus.net](mailto:ask@telus.net) 1-800-661-7541 [www.aidskamloops.bc.ca](http://www.aidskamloops.bc.ca)

**Kelowna Hepkop:** Last Sat. monthly, 1-3 PM, Sep-May, Rose Ave. Meeting Room, Kelowna General Hospital. Contact Elaine 250-768-3573, [eriseley@shaw.ca](mailto:eriseley@shaw.ca), Lisa 1-866-637-5144. [ljmorte@shaw.ca](mailto:ljmorte@shaw.ca)

**Kootenay Boundary:** Support & info Contact Brian Reinhard [reiny57@yahoo.ca](mailto:reiny57@yahoo.ca)

**Mid Island Hepatitis C Society** 2<sup>nd</sup> Thurs. monthly, 7 PM, Central Vancouver Island Health Centre 1665 Grant St. Nanaimo. Contact Cindy 250-756-4771 [midislandhepc@hotmail.com](mailto:midislandhepc@hotmail.com)

**Nakusp Support** Contact. Contact Vivian 250-265-0073 [Claire@columbiacable.net](mailto:Claire@columbiacable.net)

**Nelson Hepatitis C Support Group** 1<sup>st</sup> Thurs. monthly 7-8:30 PM. ANKORS Offices, 101 Baker St. Drop-in library M-Th 9-4:30. Contact Alex 1-800-421-2437, 250-505-5506, [info@ankors.bc.ca](mailto:info@ankors.bc.ca) alex@ankors.bc.ca [www.ankors.bc.ca/](http://www.ankors.bc.ca/)

**Mt Waddington Harm Reduction** Each Tues. 10-12 8635 Granville, Pt. Hardy. Contact Dan 250-902-2238 [mtwreduc@hotmail.com](mailto:mtwreduc@hotmail.com)

**New Westminster Support** Contact Dianne Morrissett, 604-525-3790 before 9 PM. [dmorrissett@excite.com](mailto:dmorrissett@excite.com)

**North Island** Contact Sharon Spencer at 949-6735 or Shane Thomas at 949-0432 [shane.thomas@avi.org](mailto:shane.thomas@avi.org)

**Pender Harbour** Contact Myrtle Winchester 604-883-0010 [myrwin@dccnet.com](mailto:myrwin@dccnet.com)

**Powell River Hep C Support** Powell River Community Health, 3<sup>rd</sup> Floor-5000 Joyce Ave. Contact: karen.peel@vch.ca 604-485-3310

**Prince George Hep C Support Group** 2<sup>nd</sup> Tues. monthly, 7-9 PM, Prince George Regional Hospital, Rm. 421. Contact 250-963-9756, [lse250-565-7387](mailto:lse250-565-7387) [ilse.kuepper@northernhealth.ca](mailto:ilse.kuepper@northernhealth.ca)

**Princeton** Contact the Health Unit (Princeton General Hospital) or Brad at 250-295-6510 [CitizenKane@hepcan.ca](mailto:CitizenKane@hepcan.ca)

**Prince Rupert Hep C Support Group** 3<sup>rd</sup> Mon. monthly, 7 PM, boardroom at Northern Health's Public Health Unit. Contact: [hepcprincerupert@citytel.net](mailto:hepcprincerupert@citytel.net)

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

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

**Smithers: Positive Living North West** 2<sup>nd</sup> Wed monthly, 12 PM, 3862 Broadway Ave. Contact 1-866-877-0042 or Doreen 250-847-2132, [aws@telus.net](mailto:aws@telus.net)

**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.org](http://vandu.org) [www.vandu.org](http://www.vandu.org)

**Vancouver:** Pre/post liver transplant support Contact Gordon Kerr [sd.gk@shaw.ca](mailto:sd.gk@shaw.ca)

**Vancouver Hepatitis C Support Group 7-9 PM:**

2<sup>nd</sup> Thurs. monthly, 1199 Main St. near Sky Train -Terminal & Main,

3<sup>rd</sup> Wed. monthly, VGH, Lauener Room, LP2809, near Sassafras Cafe, Jim Pattison Pavilion, South.

4<sup>th</sup> Wed. monthly, St Paul's Hospital, meeting room across from gift shop. Contact Gordon 778-898-7211, [ohmygodyes@canada.com](mailto:ohmygodyes@canada.com)

**YouthCO AIDS Society HepCATS** #205-1104 Hornby St., Vancouver 604-688-1441 or 1-877-YOUTHCO [www.youthco.org](http://www.youthco.org) Program Coordinator: Stephanie Grant [stephanieg@youthco.org](mailto:stephanieg@youthco.org) Support Program Coordinator: Brandy Svendsen [brandys@youthco.org](mailto:brandys@youthco.org)

**Vernon HeCSC HEPLIFE** 2<sup>nd</sup> & 4<sup>th</sup> Wed. monthly, 10 AM-1 PM, The People Place, 3402-27<sup>th</sup> Ave. Contact 250-542-3092, [hepsc@hepc.vernon.bc.ca](mailto:hepsc@hepc.vernon.bc.ca)

**Whitehorse, Yukon—Blood Ties Four Directions** Contact: 867-633-2437 [bloodties@klondiker.com](mailto:bloodties@klondiker.com)

## OTHER PROVINCES:

### ONTARIO:

**Barrie Hepatitis Support** Contact: Jeanie [info/appointment](mailto:info/appointment) [hepcsupportbarrie@rogers.com](mailto:hepcsupportbarrie@rogers.com)

"Choices" Peer Support Group for those co-infected with HCV/HIV. Survivor trauma, addictions. Every 2<sup>nd</sup> Wed 5-7 PM, AIDS Committee of Ottawa, 251 Bank St, 7th Floor. Contact: Colleen Price 613-563-0851 [coinfection@sympatico.ca](mailto:coinfection@sympatico.ca) [www.aco-cso.ca/supportgroups.htm](http://www.aco-cso.ca/supportgroups.htm)

**Durham Hepatitis C Support Group** 2<sup>nd</sup> Thurs. monthly, 7-9 PM, St. Mark's United Church, 201 Centre St. South, Whitby. Contact: [smking@rogers.com](mailto:smking@rogers.com) <http://creativeintensity.com/smking/> <http://health.groups.yahoo.com/group/CANHepC/>

**Hamilton Hepatitis C Network** Support Group 4<sup>th</sup> Thurs. monthly 6-7:45 PM. Hamilton Urban Core Community Health Centre—Ask reception for the room. Contact Shannon Lane 905-522-1148 ext 312. [hepc@sprc.hamilton.on.ca](mailto:hepc@sprc.hamilton.on.ca) [hamiltonhepc.net](http://hamiltonhepc.net)

**Hepatitis C Network of Windsor & Essex County** Last Thurs. monthly, 7 PM, 1078 Goyeau Street (across from Hotel Deui Hospital). Contact 519-967-0490, [amonkman@hepcnetwork.net](mailto:amonkman@hepcnetwork.net), [www.hepcnetwork.net](http://www.hepcnetwork.net)

**Kingston Hep C Info HIV/AIDS** Regional Service. Contact 613-545-3698, [hars@kingston.net](mailto:hars@kingston.net), [www.hars.ca](http://www.hars.ca).

**Kitchener Area Chapter** 3<sup>rd</sup> Wed. monthly, 7:30 PM, Zehrs Community Room, Laurentian Power Centre, 750 Ottawa St. S., Kitchener. Contact: Bob 519-886-5706 [bc.cats-sens@rogers.com](mailto:bc.cats-sens@rogers.com) or Mavis 519-743-1922 [elroy222@rogers.com](mailto:elroy222@rogers.com)

**Niagara Falls Hep C Support Group** Contact Rhonda 905-295-4260, [hepcnf@becon.org](mailto:hepcnf@becon.org)

**Owen Sound** Contact Debby Minielly, 1-800-263-3456, 376-9420, Ext. 257, [www.publichealthgreybruce.on.ca/dminielly@publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca/dminielly@publichealthgreybruce.on.ca)

**Peel Region** (Brampton, Mississauga, Caledon) Contact 905-799-7700 [healthlinepeel@peelregion.ca](mailto:healthlinepeel@peelregion.ca)

**St. Catharines** Contact Joe 905-682-6194 [jcolangelo3@coseco.ca](mailto:jcolangelo3@coseco.ca)

**Sudbury Circle C Support Group** No meetings in the summer. Contact Ernie [hepc.support@persona.ca](mailto:hepc.support@persona.ca) 705-522-5156.

**Toronto CLF** 1<sup>st</sup> Mon. monthly 7:30 PM, North York Civic Centre, 5100 Yonge Street, Committee Rm #2. Contact Gina 416-491-3353, [glip-ton@liver.ca](mailto:glip-ton@liver.ca)

**Thunder Bay Hep C support.** Contact Janet Adams 807-345-1516 (or

for 807 area only 1-800-488-5840) [hepcthunderbay@yahoo.ca](mailto:hepcthunderbay@yahoo.ca)

**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, 1-800-461-2135. [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:

**Saint John & Area:** Information and Support. Contact Allan Kerr 506-633-4817 [kerrs@nbnet.nb.ca](mailto:kerrs@nbnet.nb.ca)

**Cape Breton Island, NS** The Hepatitis Outreach Society Support Group 2<sup>nd</sup> Tues. monthly 150 Bentinck Street, Sydney, NS. 7-9 PM. Call 1-800-521-0572, 902-733-2486 [info@hepatitisoutreachsociety.com](mailto:info@hepatitisoutreachsociety.com).

### PRAIRIE PROVINCES:

**Regina, Saskatchewan HepC SK** Contact Doug 306-545-1628 [hepc-regina@accesscomm.ca](mailto:hepc-regina@accesscomm.ca) <http://nonprofits.accesscomm.ca/hepc-regina/>

**HeCSC Edmonton** Contact Jackie Neufeld 780-939-3379.

**Wood Buffalo HIV & AIDS Society** #002-9908 Franklin Ave, Fort McMurray, AB Contact 780-743-9200 [wbbas@telus.net](mailto:wbbas@telus.net) [www.wbbas.ca](http://www.wbbas.ca)

**Manitoba Hepatitis C Support Community Inc.** Each Tues. 7 PM, United Church, Crossways-in-Common, 222 Furby St., side door, Main Floor. Look for signs) Last Tues. monthly: Speaker Meeting. Everyone is welcome. Contact Kirk: 204-772-8925 [info@mbhepc.org](mailto:info@mbhepc.org) [www.mbhepc.org](http://www.mbhepc.org)

**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.



### Victoria & Area S.O.L.I.D.

Society of Living Intravenous Drug Users, Wed. (except welfare week) 7-9 PM, 1947 Cook St, Support, info, & referrals Contact: [momma@vcn.bc.ca](mailto:momma@vcn.bc.ca)