

hepc.bull

Canada's Hepatitis C News Bulletin

www.hepcbc.ca

THE DRAGON

by Smilin' Sandi

The dragon theme—using the dragon as a metaphor for hepatitis C—is believed to have originated from Jim Shepard from Alaska, webmaster/fellow hepper/artist of the BA Cafe site. Hep C advocates used the dragon on the Web in describing HCV. Jim thought my site was "cool". That was in 1997. He would instruct visitors to his site to come in, sit down, and have a glass of milk and some milk thistle oatmeal cookies.

The dragon (mediaeval version on my site) can sleep for thousands of years, just as the hepatitis C virus can "sleep" undetected without symptoms for 10-30 yrs.

This "stealth" disease is known in the hepatitis online community as "the dragon". The hepatitis C virus is referred to as the "dragon" because of its silent, mysterious nature. It can be a potentially deadly disease. It can hide (sleep) for decades without someone knowing they have it. It is like an internal fire burning, affecting your liver and other body systems and at anytime can cause havoc to one's health.

At that time, over 10 yrs. ago, I didn't connect the dragon theme with drug use, as I had been out of the drug scene since the early 70's. However, I read in 1998 about the term "chasing the dragon", an alternative method to injecting drugs to avoid risks of transmitted viruses.

"Chasing the dragon" (a slang phrase of Cantonese origin from Hong Kong) refers to inhaling the smoke from heated morphine, heroin or opium, which is referred to as a dragon in certain Asian cultures. The term evokes the similarity between the rippling smoke and a dragon's tail." (http://en.wikipedia.org/wiki/Chasing_the_dragon)

Dragon Slayers of the Web Unite! Smilin' Sandi :, Oshawa, ON creativeintensity.com/smking/



NEWS

ORAL HEP C TEST

Schering and OraSure will work together to develop an oral Hep C test. OraSure has already developed the only US FDA-approved HIV test. Schering will promote the test world wide, and will take care of some development costs. OraSure will market and sell the test.

Source: www.schering-plough.com. February 11, 2008

DON'T SUPER-SIZE ME!

Have you ever wondered why your ALT levels went up? Maybe it's because of your visits to your favourite hamburger joint. A Swedish study looked at 18 healthy men to see if ALTs and triglycerides can be affected by foods with a lot of saturated protein. The men ate fast foods for 4 weeks, trying to double their previous calorie intake and increase their weight by 5-15%, and at the same time, they limited their number of steps daily to fewer than 5000. Their average ALT levels increased from 22.1 to 69.3, to say nothing of their weight and inches gained. Their ALT levels returned to normal in a few weeks.

Source:

(Continued on page 3)

VIVIAN ELMS



May 27, 2007

I watched Viv suffer under all the Hep C drugs, and helped her as much as I could physically and emotionally. We were so ecstatic when the drugs worked and she was free from Hep C. Then the cancer hit her. It was so hard to see all she went through. Although I supported her in every way I could, my prayers weren't answered. She did put up a valiant fight and I was so proud of her.

She was a dynamic woman with many careers. Vivian initiated and facilitated the Hep C support group in Nakusp for several years. She was also involved with other groups involved in the struggle of people living and affected with Hepatitis C.

At one time Viv was a truck driver, a flag person, a drug and alcohol counselor, a bookkeeper, and an executive member of the local Legion. She worked tirelessly for the seniors' group, volunteered at the Thrift Store, and was a member of the United Church.

Viv was a very good cook, loved the outdoors, and used to spend hours in the wild, picking edible mushrooms.

Viv was well respected and loved by her community. One would see her out in the community volunteering her services to anyone or anything that might

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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

SUBMISSIONS: The deadline for any contributions to the *hepc.bull*® is the 15th of each month. Please contact the editors at 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 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.

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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.

FAQ version 8!!

Peppermint Patti's **NEW FAQ Version 8** is **NOW AVAILABLE**, and Version 7 is available in Spanish. The English version includes updated Canadian Links and includes the latest treatment information and research. Place your orders now. Over 140 pages of information for only \$12 each. Contact HepCBC at (250) 595-3892 or info@hepcbc.ca

HepCBC Resource CD

The CD contains back issues of the *hepc.bull* from 1997-2007; the FAQ V8; 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.

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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.

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THANKS!!

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CUPID'S CORNER

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

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

www.hcvanonymous.com/singles.html

www.hepc-match.com/

www.hepcinglesonline.com/

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

TIP OF THE MONTH:

Think you know a lot about Hep C? Test your knowledge with this fun quiz:

http://www.hcvadvocate.org/quiz/Quiz_2/quiz_2.html

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



the
Godmother Group

Michael Yoder
Consultant
250.386.3458
myoder13@shaw.ca

LIFE AFTER HCV

When I was first told I had hepatitis C, I thought my whole world was turned upside down and given a good shake or two. I thought life would never be the same. And funny enough, it is the same. Not much has really changed. Sure, I go to a few more doctors' appointments now. And I avoid alcohol. Oh, and I make sure my blood does not come into contact with anybody else. However, besides that not much has changed. Treatment was the only thing that rocked my safe little world for over a year. However, it was not as bad as I thought it would be. Now that it is over and I still have HCV, I live day to day and see a light at the end of the tunnel. It is true that I believe myself more tired than I should be and would love to be a morning person. It is also true that I am asymptomatic and therefore feel good in general. I cannot speak for a person with symptoms. However, as an asymptomatic person with HCV life is good. Life will continue to be pretty normal. One day my world may be shaken again with a new treatment, however even I know it will not last forever, and before I know it I will be back to normal life again.



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. Not only do I live with HCV and have been through failing treatment, but 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. *tanyafrizzleSt Patrick@hotmail.com*



(NEWS—Continued from page 1)
http://gastroenterology.jwatch.org/cgi/content/full/2008/214/1?q=etoc_jwastro February 14, 2008

EAT YOUR GRAPEFRUIT



Researchers have found that the flavonoid naringenin, a compound found in grapefruit, may prevent cells infected with HCV from passing the virus on to healthy cells. This could mean the eventual elimination of the virus from the body. Flavonoids, found in fruits and vegetables, are antioxidants. The study, which used human cells in a laboratory, as well as mice, seems to show that HCV binds with cholesterol when it is secreted from liver cells, and can then infect healthy cells, but naringenin stops the binding mechanism. So combining naringenin with lipid-lowering drugs and standard treatment may "reduce or even eliminate HCV" from patients. This could be a treatment for non-responders or for those who cannot take standard treatment.

Source: <http://www.cbc.ca/health/story/2008/02/05/hepatitis-c.html> February 5, 2008

POT PROBLEM



As you may have heard, marijuana can ease side-effects of Hep C treatment, but this study of 204 HCV+ subjects shows it increases your risk of liver scarring (fibrosis) by almost 7 times, if you use it daily. This same study shows that Hep C patients who combined alcohol and marijuana had an even greater risk of fibrosis. Those co-infected with HIV already have faster progression to fibrosis, and it is very important that they stay away from cannabis.

"It is essential that we identify risk factors that can be modified to prevent and/or lessen the progression of HCV to fibrosis, cirrhosis and even liver cancer. These complications of chronic HCV infection will significantly contribute to the overall burden of liver disease in the U.S. and will continue to increase in the next decade," said Dr. Norah Terrault of the University of California, San Francisco.

Source: http://www.upi.com/NewsTrack/Health/2008/01/29/pot_poses_risk_for_those_with_hepatitis_c/9964/ Jan. 29, 2008

LIVER CANCER: EARLIER DETECTION

A new type of proteomic profiling, SELDI-TOF MS, is more accurate than traditional biomarkers in finding liver cancer patients especially in those with small, curable tumours.

Liver cancer has increased greatly in the past decade because of hepatitis C. A side-by-side study was done with both the new test and the standard blood test, AFP (alpha-fetoprotein test) in a group of patients at risk. The problem with the AFP is that there are a few false positives and false negatives, the test is not just for the liver, and it can indicate conditions that are not cancer. In 92 patients (51 with cirrhosis and 41 with liver cancer with large or small tumours), the researchers found 11 protein signatures that could distinguish between cancer and cirrhosis, even in patients with tumours smaller than 2 cm. Sensitivity was 74% and specificity was 88% compared to AFP, which was 73% and 71%, respectively.

Source: http://www.eurekalert.org/pub_releases/2008-01/bidm-pps011108.php January 2008

CURING CIRRHOSIS

The cause of fibrosis, a condition or process which can lead to cirrhosis, was discovered 6 years ago by a research team at UC San Diego, which then developed a way to stop scar tissue from forming in mice, originally with the hope of avoiding scarring in liver or lung disease or from burns.

In this later study, researchers at the school show that they can not only stop fibrosis in mice, but reverse damage already done, by blocking RSK, a protein. When there is an injury such as alcohol-induced cirrhosis, hepatic stellate cells (HSC) are activated, resulting in the production of collagen, which is needed to heal wounds, but can also cause scarring.

The team discovered that the HSC activation is caused by the activation of RSK, which could be a target for a therapy which would block the activation of that protein. They induced cirrhosis in mice with a toxin, and then gave them an RSK-blocking peptide, which stopped the HSC and activated the caspase ("executioner" protein) which successfully killed the cirrhosis-producing cells, but left the normal ones.

Afterwards, the mice given the RSK blocker had little or no fibrosis. The researchers believe there is a correlation to human fibrosis, since biopsies from patients

(Continued on page 4)

THE CHEQUE IS IN THE MAIL...

I was speaking with a client the other day. He advised me that he had submitted his claim documents. He anticipated the first portion of his compensation payment in the next couple of months. He was very excited, of course, and began rattling off a list of items that he wanted to accomplish with his new found wealth. I reminded him that it was necessary to go back and look at the list of "needs" versus "wants" that we had created. I also encouraged him to resist the temptation of making some snap decisions but instead to take the funds and deposit them into a redeemable term deposit. The purpose of this would be to allow for calmer heads to prevail. By depositing these funds into a cashable term deposit it allows for a "cooling off period"—a chance to step back and revisit the "needs" versus "wants" list, and to re-examine the investment strategy.

The opportunity to revisit the investment strategy at this time is critical, given the volatility that has been seen in the investment market recently as well as the low interest rates that are expected to be with us for a while. The current investment market will dictate whether an investment strategy will meet your expectations. I cannot try to begin to understand the frustration many of you have felt going through this process to arrive at this point and then be told to "stop, wait and think," but the important thing to remember is that the decisions that are made today will have long term effects on your financial situation tomorrow. This approach may seem like more waiting for many people, given that there has been so much waiting done up to this point. We don't want to make a mistake, so to take a few days or weeks to make sure the right decisions are made is very important.

For those of you who have submitted your claims and are anticipating compensation cheques in the near future, here are a couple of ideas for the cooling off period:

- Make sure you have a bank account. Deposit the cheque into an account. Don't walk around with it.
- Deposit a small portion of the cheque into a savings account to support yourself during the cooling off period—enough to cover 2 months of expenses.
- Deposit the larger portion of the cheque into a cashable term deposit—something that can be redeemed and invested once the investment strategy has been reviewed and confirmed with your financial planner.

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

(NEWS—Continued from page 3)

with fibrosis showed activated RSK. "Six years ago, we showed a way to prevent or stop the excessive scarring in animal models," said Buck, the team leader. "Our latest finding proves that we can actually reverse the damage."

Source: www.sciencedaily.com/releases/2007/12/071226225538.htm December 27, 2007

DOCTORS REUSED SYRINGES

Dr. E. Jacob Simhaee, an obstetrician/gynecologist in Manhasset reused syringes when he gave 36 of his patients flu shots in the fall, and is sending letters to them, urging them to get tested for blood-borne diseases. He was investigated by the State Department of Health after a complaint was filed. Another doctor there is suspected of having transmitted HCV to 9 patients, and HBV to 13, by reusing syringes three years ago, and the State just let the public know last fall, so this more timely notice is welcome. "We're going to have to look into the prohibition of multiple-use vials or limiting the use of syringes

to single-use syringes," said Senator Kemp Hannon, suggesting legislative action. "[Dr. Simhaee] is a very highly respected doctor who has been cooperating in every way with state and county officials and will continue to do so," said his attorney, Craig Schaum. Dr. Simhaee graduated from Yeshiva University in the Bronx in 1982.

Source: www.newsday.com/news/local/nylidoc0116,0,1680682.story Jan 15, 2008

IFN LOWERS RISK OF LYMPHOMA

Many studies have shown a correlation between hepatitis C and malignant lymphoma (Hodgkin's disease and non-Hodgkin's lymphoma [NHL]). Japanese researchers analyzed cases of 501 HCV+ patients who had not received IFN therapy and 2708 patients who did receive IFN treatment. In the first group, the rates of lymphoma were 0.6% at 5 years, 2.3% at 10 years, and 2.6% at 15 years. In the second group, the rates were 0.4%, 1.5%, and 2.6%. Among sustained responders to IFN treatment, there was no incidence of lymphoma.

"Our retrospective study is the first to determine the annual incidence of malignant lymphoma among patients with HCV at 0.23%," the investigators concluded. "Our results indicate that sustained virologic response induced by interferon therapy protects against the development of malignant lymphoma in patients with chronic HCV."

Source: www.hivandhepatitis.com/hep_c/news/2008/012508_c.html Jan 25, 2008

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Financial Planner
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DO YOUR FRIENDS KNOW
Who's at Risk for **HEPATITIS C?**
You May Be Surprised!

Hepatitis C, the "Silent Killer, is a blood-borne liver ailment which can often be treated. It can go undetected for decades while doing irreversible damage and affects people of all ages, races and lifestyles.

Are you at risk? It's a simple blood test!

For more info or support
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595-3892
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EASY ST. PADDY'S DAY BEEF STEW

If you prepare this stew at lunch, you can put it in the oven and let it cook until dinner. It can be left for 4 to 6 hours.

INGREDIENTS:

- 1/4 C. flour with 1 tsp thyme, 1 tsp sage, ground black pepper to taste
- 2 tsp canola oil
- 3/4 lb. lean stewing beef
- 1 large onion, chopped and sautéed
- 8 oz baby carrots
- 8 oz mushrooms, halved
- 28 oz can crushed tomatoes
- 1 Tbs. Worcestershire sauce
- 1/2 C. red wine (the alcohol will cook out)

PREPARATION:

- Preheat oven to 275 degrees.
- Dredge beef in flour mix and brown in a pot.
- Transfer to a plate.
- Add sautéed onions to the pot.
- Add carrots, mushrooms and cook for 2 minutes.
- Return beef to pot, adding canned tomatoes, Worcestershire sauce and red wine.
- Cover and bake for 4-6 hours.

Serves 4-6.

Per Serving: Calories 324, Calories from Fat 68, Total Fat 7.6g (sat 1.8g), Cholesterol 51mg, Sodium 385mg, Carbohydrate 38.7g, Fiber 7.3g, Protein 25.3

Source: <http://lowfatcooking.about.com/od/spatricksday/r/slowbeefstew.htm>

(VIVIAN ELMS—Continued from page 1)

need help.

The community embraced Vivian in her fight with cancer and blessed her with a celebration in April where over a hundred people turned out to wish her well. She felt blessed that so many people came to see her.

With her love for people and her skill on the computer, Viv counseled and had many friends all over the world. Anyone who knew her would remember her beautiful smile and wonderful sense of humor. She also had no problem defending what she believed and stood up for human rights.

It was Viv's wish that everyone know that she had just passed into another place, and she didn't want people to mourn, but to remember her with joy.

(A quote from a close friend)

ENERGY CONSERVATION

Practice the 4 "P's", (Prioritize, Plan, Pace and Posture) to help you use your energy more efficiently and fatigue less easily.

Prioritize – Decide what jobs are urgent, important, can be done later, or perhaps never at all.

Plan – Plan your day: make a list of jobs to be done that day or week. Avoid doing too many heavy jobs on the same day. Plan your day to ensure that it is balanced, including rest and exercise, which will prevent fatigue.

Pace – Know your limitations, stop activities before you become fatigued.

Posture – Maintain good posture and practice good body mechanics, which prevent stress on joints and allow muscles to work more efficiently. Change position frequently and avoid repetitive activities.

Source: Mary Gamel, Physiotherapist, Chronic Pain Day Program, St. Paul's Hospital

MAY IS HEPATITIS C MONTH



MAY 19th IS WORLD HEPATITIS DAY

PLAN NOW!!

The newly formed Hepatitis C Association of Canada, as its first official project, is compiling a free listing of the various events in North America celebrating May Hepatitis C Month, and May 19th, World Hepatitis Day. The events will be published in an e-newsletter, to be sent out to participants and anyone else interested on the 1st and 15th of each month, from February 1 through June 1, 2008.

Please let us know about YOUR group's plans:

Contact jkings@hepcbc.ca as soon as possible.

Take a look at this brochure:

[http://krhis.kdhe.state.ks.us/olrh/Notices.nsf/bf25ab0f47ba5d-d785256499006b15a4/7121441eb7702855862573c5006515f4/\\$FILE/Dec2007.pdf](http://krhis.kdhe.state.ks.us/olrh/Notices.nsf/bf25ab0f47ba5d-d785256499006b15a4/7121441eb7702855862573c5006515f4/$FILE/Dec2007.pdf)

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 lower the percentage 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 15th 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

Using EFT to Short Circuit the Jealousy/Judgment Cycle

This is the 7th segment of a series on using EFT (Emotional Freedom Techniques) to create more personal peace in a rapidly changing world.

I just parked my car when, three stalls down from me, the big black SUV pulled in. The owner is a fairly handsome guy and other than a few brief greetings, I know nothing about him. I noticed a woman step out of the passenger side—beautiful, tall, blonde, and of course skinny. Figures. Then I caught myself. What an awful thing to say.

I didn't know anything about this person, yet in a flash second, I had judged and condemned her as one of those arrogant, "perfect" women, and a stream of negative stuff came bubbling up. I didn't consider for a moment that she could possibly be a really nice person. I went straight to the instant, juicy, jealousy feeling, and following close behind was harsh judgment. Hmm. That was interesting.

How often do we feel jealous and judge in that split second? There are lots of things that could trigger emotions, such as others having the perceived "perfect" life, great family, job, home or body. It can be their qualities that you admire—beauty, grace, strength. The emotions trigger the thoughts: I am jealous because "they" have it, and I judge them because I don't have it, and I want it.

Have you ever thought that because you have hepatitis C, there must be "something wrong" with you? It can become an excuse to judge others because they are healthy and can make plans for their life, and you can't or won't.

You may not even be conscious of your judgments, but they can creep into your life and grate away at your self esteem, reinforcing a feeling of failure. Each time a jealous or judging thought is created, another brick is added. Soon, enough bricks have piled up to become a wall, and it stops you from being, doing and having what you want.

EFT is a great tool to help short-circuit the jealousy and judgment cycle. With a few rounds of tapping, you will have a better understanding of what the jealousy and judgment triggered and what the true underlying emotions and beliefs are. Then you can choose to replace those beliefs that are no longer working for you with something more positive that will work for you.

Here is what an EFT tapping session on jealousy and judgment could be like:

(See www.pivotpoint4u.com for tapping points and a full description of how EFT works)

Tap the Karate Chop (side of the hand), the Set-up phrase (repeated up to 3 times), then the tapping phrase sequence (eyebrow, side of eye, under eye, under nose, chin, collar bone, under arm, top of head) is repeated for as many rounds as needed, adding new words or phrases as they come up, until a more balanced feeling is present. Once neutralized, go on to the next set-up and tapping phrase.

Karate Chop Set-up:

"Even though I get so jealous and I judge others and I don't like that part of me, I deeply and profoundly love and accept myself anyway."

Tapping a phrase on each point:

I judge others; I judge myself even more; I am so jealous of all that they have; I don't have any of those good things in my life; They have it all because they are healthy; I can't have any because I have hepatitis C; I don't deserve to have those great things in life; I'm not worth it; All this judgment and jealousy.

Karate Chop Set-up:

"Even though I am disappointed in myself for being so jealous and judgmental, I deeply and completely love and accept myself."

Tapping a phrase on each point:

This disappointment; I am so cruel when I judge; I must be a bad person; Nobody understands; I hate this ugly jealous part; This hepatitis C stops me from having a healthy life; Why did this happen to me?; I must have done something wrong to deserve this; I am open to releasing this judgmental feeling.

These sequences can be repeated for as many rounds as needed. Once a more neutral feeling is present, the following positive phrases can be introduced until it feels complete.

Tapping a phrase on each point:

I choose to release my need to be jealous; It feels so good to let my hard judgments melt away; I will consider releasing this disappointment in myself; I am doing the best that I can; I choose to feel calm; I am willing to let go of my sabotaging patterns; I am grateful for this joyful feeling; I am allowing the feeling of peace to flow into every cell in my body; My entire body is flooded with joy and compassion.

Is anyone perfect? Absolutely not. From our limited perspective we can be jealous

and make judgments that a person has the "perfect" life. However, until we truly know their story it is just an illusion. The story underneath may be completely different such as the couple that appears to have it all may not be able to have a baby. The beautiful house and car may hide a massive unmanageable debt. The successful corporate climber may have a crumbling family life. The reality may be very different, perhaps less dramatic, but often far from the original perception.

EFT helps us to see that the grass is not always greener on the other side of the fence, and to help make our side greener we just need to add the fertilizer of compassion. Using EFT tapping can help us to short circuit the damaging effects of jealousy and judgment and move to a neutral place. It is here where your truth can be spoken and where there is truth, there is an opportunity for compassion and healing.

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, some restrictions apply and sessions can be over the phone. Karen would love to hear from you, please e-mail any comments or feedback. For more information: (604) 913-3060

pivotpoint4u@gmail.com or www.pivotpoint4u.com.

JOIN HepCBC for an educational presentation with Anna Wren, Registered Dietician Nutrition and Liver Health

Anna Wren will present nutritional strategies to help people cope with the side effects of Hepatitis C (HCV) itself and HCV treatment. Learn how food can have a positive impact on liver health.

Date: Thursday, March 27

Time: 7:00 pm

Place: Woodward Room, Begbie Building
Royal Jubilee Hospital
2101 Richmond Avenue, Victoria, BC

The presentation is free of cost and open to anyone concerned with nutrition and Hepatitis C, including patients, caregivers, friends and family. For more information, please call HepCBC at 250.595.3892 or e-mail info@hepcbc.ca.

Anna Wren is a Registered Dietitian who completed her degree at UBC and did her practicum in Victoria with Vancouver Island Health Authority. Anna works in the outpatient nutrition department at the Royal Jubilee Hospital. She has experience working with clients who have liver problems and is familiar with the nutritional challenges that HCV can create. She also has experience leading group sessions on a variety of nutrition-related topics.

**HEPATITIS C IS A SILENT EPIDEMIC
SILENCE KEEPS HEPATITIS C ALIVE
BREAK THE SILENCE AND WIN**



CONTEST

First Prize in each category \$500.00
Second Prize in each category \$300.00
Third Prize in each category \$200.00
Runner-up Prizes to be announced

We are asking you to

Create a POSTER, VIDEO
or 60 second RADIO or TV ad
to address awareness, education
and prevention of HEPATITIS C.

Do your own research:
What is Hepatitis C?

How can you contract Hepatitis C?
How can you prevent others from contracting
Hepatitis C?

The contest is open to all ages. Enter as a group or as an individual. Enter often.
Entries will be divided in to four categories:
(1) Elementary Schools (2) Secondary Schools (3) College and University (4) Others
Entries will be judged on the accuracy of the information and how effective your message is.
Your submission must be original.

Contest ends May 15, 2008 Winners to be announced May 24, 2008
Entry forms available at participating schools, The Sudbury and District Health Unit, or e-mail
hepc.support@persona.ca.

Contact information:
Monique Goudreau 705-671-4507 or Ernie Zivny 705-522-5156

All entries will remain the property of The Circle C Support Group (Sudbury) and will be used in a variety of ways for future awareness, education and prevention programs.

Photo by Perron Photography (Lively On.)

LIVERPALOOZA!

Whoever said drinking wasn't good for the liver hasn't been to Liverpalooza! All proceeds benefit the Canadian Liver Foundation.

Amanda Poch nearly lost her life to liver disease in 2006. On March 29, 2006, she was given the gift of life and received a life saving liver transplant only 6 hours away from not being here today. Now that she has been given another chance at life, she dedicates her time and efforts to the Canadian Liver Foundation to help those who are suffering with liver disease.

Tickets are only \$20 and all funds raised are donated to the Canadian Liver Foundation. There is a great DJ, free food, cheap booze, silent auction and more!

Last year, almost \$5,000 was raised and this year with your help and attendance, the 2nd Annual Liverpalooza will be an even better success.

Contact Amanda to purchase your tickets at 778-233-3956 or amandalee_97@hotmail.com
** Tickets will not be sold at the door.

Funds raised will go towards funding the Canadian Liver Foundation's various programs such as their Toll-Free Helpline, Nationwide Mail-Out Service and the Living with Liver Disease Workshops.



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

David Harvey
Lauzon Belanger S.E.N.C. (Quebec)
Toronto, ON
Phone 416-362-1989; Fax 416-362-6204
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

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

Ontario Compensation: 1-877-222-4977

Quebec Compensation: 1-888-840-5764

http://www.phac-aspc.gc.ca/hepc/comp-indem_e.html

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@crawlco.ca
www.pre86post90settlement.ca
Settlement Agreement: http://www.reko.ca/html/hepc_settleagreement.pdf

To all MPs, MLAs and Senators:

I am suffering from hepatitis C as a result of a blood transfusion. I am writing to urge all MPs, MLAs and Senators to include funding for hepatitis C in their Fiscal Year 2009 fiscal allocation requests.

The Circle C Support Group is a non-profit, self-supporting group that gives aid to people infected with or affected by hepatitis C. We are in need of funding to carry on this vital service, as do other hepatitis C support groups in Canada. It seems that if other health-related agencies need money, it is always there, but we with hepatitis C still remain the forgotten ones.

We are now in the process of running an awareness and prevention program as a contest in our local area. Hepatitis C does not discriminate. We are all at risk. This contest is asking people of all ages to create a poster, video or a 60-second TV or radio ad to address awareness, education and prevention relating to hepatitis C. As Ontario has over 110,000 cases of hepatitis C (Sudbury alone has over 2,200 cases of hepatitis C) and it is estimated that there are approximately 35,000 people living with hepatitis C and don't know it in Ontario, we feel a vital, urgent need to stop the Silent Epidemic (hepatitis C.) This is why we are calling the contest, "Break the Silence and Win".

There are between 300,000 and 450,000 Canadians impacted by hepatitis C and there is inadequate, dedicated federal funding to properly deal with this disease. It is insufficient to provide only the most basic public health services such as education, counselling, testing, or medical management.

I will be following up with you in the near future to discuss this request. In the meantime, feel free to contact me with questions.

Thank you again for consideration of my request.

Ernie Zivny, Sudbury, Ontario

[From the Editor: Please feel free to use the poster or the letter.
Contact Ernie at (705) 522-5156, hepc.support@persona.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** Info: 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

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-l-attig@shaw.ca

Cranbrook HeCSC-EK Phone support. Contact Leslie 250-426-6078, ldlong@shaw.ca

HepCBC info@hepcbc.ca, 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 1-800-661-7541 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, Lisa 1-866-637-5144, ljmor-tell@shaw.ca

Mid Island Hepatitis C Society 2nd Thurs. monthly, 7 PM, Central Vancouver Island Health Centre 1665 Grant St. Nanaimo. Contact Cindy 250-756-4771 midislandhepc@hotmail.com

Mt Waddington Harm Reduction Each Tues. 10-12 8635 Granville, Pt. Hardy. Contact Dan 250-902-2238 mtwreduc@hotmail.com

Nakusp Support Contact. Contact Vivian 250-265-0073 Claire@columbiacable.net

Nelson Hepatitis C Support Group 1st 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, information@ankors.bc.ca, alex@ankors.bc.ca, www.ankors.bc.ca/

New Westminster Support Contact Dianne Monrissette, 604-525-3790 before 9 PM, dmmonrissette@excite.com

North Island Liver Service - Viral Hepatitis Information, support and treatment, serving

Fanny Bay North to Pt Hardy, Vancouver Island. Toll free 1-877-215-7005

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

Powell River Hep C Support Powell River Community Health, 3rd Floor-5000 Joyce Ave. Contact: karen.peel@vchca 604-485-3310

Prince George Hep C Support Group 2nd Tues. monthly, 7-9 PM, Prince George Regional Hospital, Rm. 421. Contact 250-963-9756, ilse.250-565-7387 ilse.kuepper@northernhealth.ca

Princeton Contact the Health Unit (Princeton General Hospital) (250) 295-4442 or Beverly at (250) 499-8877 batlas@telus.net

Prince Rupert Hep C Support Group 3rd Mon. monthly, 7-8:30 PM, boardroom at Northern Health's Public Health Unit. Contact: hepcprincerupert@citytel.net

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

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

Smithers: Positive Living North West 2nd Wed monthly, 12 PM, 3862 Broadway Ave. Contact 1-866-877-0042 or Doreen 250-847-2132, aws@telus.net

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@vandu.org www.vandu.org

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

Vancouver Hepatitis C Support Group 7-9 PM:
 2nd Thurs. monthly, 1199 Main St. near Sky Train -Terminal & Main,
 3rd Wed. monthly, VGH, Lauener Room, LP2809, near Sassafras Cafe, Jim Pattison Pavilion, South.

4th Wed. monthly, St Paul's Hospital, meeting room across from gift shop. Drop-in sessions at Blenz have been suspended. Contact Gordon 778-898-7211, ohmygodyes@canada.com if you want to talk or meet for coffee.

YouthCO AIDS Society HepCATS #205-1104 Homby St., Vancouver 604-688-1441 or 1-877-YOUTHCO www.youthco.org Support program manager: Renaud Boulet renaudb@youthco.org

Vernon HeCSC HEPLIFE 2nd & 4th Wed. monthly, 10 AM-1 PM, The People Place, 3402-27th Ave. Contact 250-542-3092, hecsc@hepc.vernon.bc.ca

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

OTHER PROVINCES:

ONTARIO:

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

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

Durham Hepatitis C Support Group 2nd Thurs. monthly, 7-9 PM, St. Mark's United Church, 201 Centre St. South, Whitby. Contact Sandi smking@rogers.com 905-576-1445 <http://creativeintensity.com/smking/>

Hamilton Hepatitis C Support Contact Zsuzsi Trim, Public Health Nurse, Infectious Diseases Program 905-546-2063 ztrim@hamilton.ca

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

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

Kitchener Area Chapter 3rd 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 or Mavis 519-743-1922 elroy222@rogers.com

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

Owen Sound Contact Debby Minielly, 1-800-263-3456, 376-9420, Ext. 257, dminielly@publichealthgreybruce.on.ca www.publichealthgreybruce.on.ca/

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

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

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

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

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

for 807 area only 1-800-488-5840)

Unified Networkers of Drug Users Nationally un-dun@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

ATLANTIC PROVINCES:

Saint John & Area: Information and Support. Contact Allan Kerr 506-633-4817 kerrs@nbnet.nb.ca

Cape Breton Island, NS The Hepatitis Outreach Society Support Group 2nd Tues. monthly 150 Bentinck Street, Sydney, NS. 7-9 PM. Call 1-800-521-0572, 902-733-2486 info@hepatitisoutreachsociety.com.

PRAIRIE PROVINCES:

Regina, Saskatchewan HepC SK Contact Doug 306-545-1628 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 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 www.mbhepc.org

Medicine Hat, AB Hep C Support Group 1st & 3rd Wed. monthly, 6:30 PM, HIV/AIDS Network of S.E. AB Association, 550 Allowance Ave. Contact 403-527-7099 betty2@hivnetwork.ca



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



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