

hepc.bull

Canada's Hepatitis C News Bulletin

www.hepcbc.ca

CLF: FIFTH ANNUAL TRIBUTE DINNER

in honour of Dr. John Farley

Dr. John Farley was born in British Guyana, South America. He received his undergraduate degree in Biology (Honours) from the University of Waterloo, Waterloo, Ontario in 1974. He was accepted to study medicine at the University of Lagos, Lagos, Nigeria, West Africa, in 1979, where he obtained his MBBS undergraduate. While studying in Africa, Dr. Farley became very interested in infectious diseases and its profound effect on the human population. He continued his interest in medicine at the University of Alberta in Edmonton, where he obtained his FRCP Internal Medicine/ Infectious Diseases specialty.

Dr. Farley has a distinguished career in medicine and communicable disease control, with various publications on infectious diseases to his credit. In 1987 he accepted the position of Provincial Epidemiologist at the British Columbia Centre for Disease Control (BCCDC) and he spearheaded a campaign to have all grade 6 students in the province vaccinated for hepatitis B. This was the beginning of the Universal Hepatitis B Vaccine Program. Dr. Farley's passion for helping those with infectious diseases lead him to take on the challenge of treating those infected with hepatitis C, as well as HIV/AIDS. He was offered a position with the World Health Organization (WHO) to head a special project on HIV/AIDS in the Caribbean region, and with his epidemiology and medical backgrounds, he was able to assist in controlling infectious diseases in that region. He continued with this challenge at the Ministry of Health, Bureau of HIV/AIDS in Ottawa, where he was the chief of surveillance of HIV/AIDS for Canada. He also worked for Canadian Society for International Health (CSIH), and is currently the Infectious Diseases Consultant in the Pacific Region for Correctional Services Canada.

Dr. Farley has his own private clinics in Vancouver and Abbotsford, where he treats patients with infectious diseases such as hepatitis and HIV. He has done tremendous work helping those in Vancouver's downtown east side and also those within and out-



side the prison system, raising awareness and prevention of hepatitis B and C and coinfection with HIV/AIDS. He is an Associate Director at the LAIR Centre in Vancouver, B.C.

Saturday, November 15, 2008
Sheraton Wall Centre,
1088 Burrard St. Vancouver
Tickets \$150 per person

Please contact Amanda Poch at (604) 707-6430 or apoch@liver.ca for more information or to purchase tickets.

INSIDE THIS ISSUE:

Tribute for Dr. Farley	1
Research	1
HCV Basics	3
Piercing: Cool? / Coping	4
Recipe / PegCARE / PegAssist	5
EFT: Moving Through Crisis	6
AASLD / Compensation	7
Coming Up	8

RESEARCH

AETHLON HEMOPURIFIER

Aethlon Medical announced the completion of a human trial conducted in Delhi, India. The purpose was to evaluate the safety of their Hemopurifier in end-stage renal disease (ESRD) patients on dialysis. The Hemopurifier helps the immune system to fight off infectious disease by filtering viruses and immunosuppressive proteins out of the blood. While doing this study, the researchers noticed changes in viral loads in their ESRD patients with HCV.

Six ESRD patients received a series of three, 4-hour-long Hemopurifier treatments every other day during one week. The treatment was timed so that the Hemopurifier could be used without disrupting dialysis treatment. At the end of the study, the only adverse event was anemia, observed in four treatments, three of which occurred in the same patient. The incidence of anemia did not cause any later health concerns.

In September, Aethlon reported strong viral load reductions in HCV patients who completed the three Hemopurifier treatments. The outcomes of the therapy resulted in viral load reductions in all three patients. The values measured 3 days after the final Hemopurifier treatment showed an average 60% reduction, and at 7 days post treatment, an 82% reduction.

The company hopes to start human studies in the US, as well as a 4-week HCV treatment study that could promote commercialization in India. Discussions are ongoing with possible partners in the European Union.

Source: Oct. 14, 2008 www.marketwatch.com/news/story/aethlon-medical-announces-completion-human/story.aspx?guid=%7B85CDD6AF-8B87-4B8A-B75F-2FE68058E284%7D&dist=hppr

BMS-790052

Research about this drug was presented at the 15th International Symposium on Hepati-

(Continued on page 7)

SUBSCRIPTION/ORDER FORM

Please fill out & include a cheque made out to **HepCBC** - Send to the following address:

HepCBC
#306-620 View Street
Victoria BC
V8W 1J6

Name: _____

Address: _____

City: _____ Prov. ____ PC _____

Home(____) _____ Work(____) _____

Email: _____

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(Doesn't include the *hepc.bull*)

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

Peppermint Patti's FAQ..... \$12.00

Resource CD..... \$10.00

"I enclose a donation of\$ _____
so that others may receive the bulletin."

TOTAL: _____

"I cannot afford to subscribe at this time, but I would like to receive the bulletin."

"I want to volunteer. Please contact me."

"I want to join a support group. Please call."

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

You may also subscribe 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 jking2005@shaw.ca, (250) 595-3892. The editors reserve the right to edit and cut articles in the interest of space.

ADVERTISING: The deadline for placing advertisements in the *hepc.bull* is the 12th of each month. Rates are as follows:

Newsletter Ads: Maximum 4 per issue, if space allows. \$20 for business card size ad, per issue. Payments will be refunded if the ad is not published.

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LETTERS TO THE EDITOR:

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

NEW!! FAQ version 8.!!!

Peppermint Patti's NEW **FAQ Version 8.1** is **NOW AVAILABLE**. Version 8 is available in **FRENCH** and Version 7.1 is available in **SPANISH**. The **ENGLISH** version includes the latest treatment information and research from 2008. 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.

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

REPRINTS

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

DIAL-A-DIETITIAN

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

www.dialadietitian.org

Dietitians of Canada: www.dietitians.ca

THANKS!!

HepCBC thanks the following institutions and individuals for their generosity: The late John Crooks, A-Channel News, The Ocean, JackFM, Health Canada, Community Living Victoria, Provincial Employees Community Services Fund, Pat Winram, Kate Rhodes, Lori FitzGerald, Fatima Jones, Michael Yoder, Chris Foster, Judith Fry, Ernie, Bruce Lemer, United Way, and the newsletter team: Beverly A., Diana Ludgate, Alp.

Please patronize the following businesses that 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, Shoppers Drug Mart, Victoria Bridge Centre, the Victoria Conservatory, and the Victoria Symphony. Heartfelt thanks to Blackwell Science for a subscription renewal to gastrohep.com

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/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>

If you are receiving this newsletter by snail mail and have a computer and/or internet access, please consider switching to our pdf version. All you need is Adobe Acrobat Reader, free at this site:

www.adobe.com/products/acrobat/readstep2.html

Just send your email address to jking@hepcbc.ca and say, "Send me the email version, please," and you, too, can enjoy this newsletter in glorious colour, free of charge.

BE PART OF THE TEAM!

We need people to summarize articles. HepCBC needs telephone buddies, a librarian, people to help translate the FAQ into Spanish and 2 people to help with our website. Please contact us at 250-595-3892 or info@hepcbc.ca

PRE-PLANNING YOUR FINAL ARRANGEMENTS?

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

YouthCO AIDS Society is hosting its annual HCV Youth Symposium in Victoria on November 14th! This is a one-day event, by and for youth. Our goal is to bring together youth who are impacted by hepatitis C, as well as service providers working with youth. Whether you come to learn about the virus and treatment options, to connect with others dealing with the same issues, or to discuss what you think is important, you will find yourself in good company. The day will include skills building and information workshops, as well as fun and inclusive networking opportunities.

Also, if you are working on a project related to youth and HCV, we would love to hear about it, and give you the chance to share your work at the symposium.

To learn more about these exciting opportunities or to inquire about our scholarships for travel and accommodations, please contact Erica at ericah@youthco.org or check out our website www.youthco.org.

YOUTH HEP C NEWSLETTER

Are you a youth looking for an easier read when talking about Hep C? Are you a service provider who works with youth who are impacted by Hep C?

If so, please e-mail Jacques@youthco.org in order to sign up for the Youth Hep C newsletter. This newsletter will answer questions, connect you with other Hep C positive youth around the province, and give information that is relevant to young people!

DID YOU KNOW?

You might be able to reduce the risk of passing the virus on to your baby by avoiding fetal scalp monitors, and by avoiding long labour after your membranes have ruptured. Ask your doctor.

**TIP OF THE MONTH:
DON'T FORGET
YOUR FLU SHOT!!**

WHAT IS HEPATITIS C?

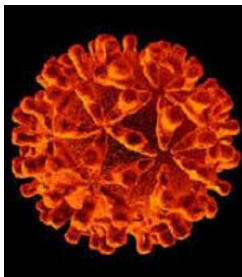
Hepatitis C is a form of hepatitis caused by an RNA virus of the *Flaviviridae* family that targets the liver. HCV accounts for the majority of the hepatitis cases previously referred to as non-A, non-B hepatitis, and is responsible for 150,000 to 250,000 new cases of hepatitis each year.

Those infected with the virus can show symptoms such as fatigue, nausea, loss of appetite, dark urine, and jaundice. If left untreated it can lead to liver failure, liver cancer and death. HCV is also a trigger for a host of autoimmune disorders and various other diseases, such as diabetes, non-Hodgkin's lymphoma, retinal complications and thyroiditis (inflammation of the thyroid gland). According to a recent report by a committee sponsored by the National Institutes of Health, nearly four million individuals in the U.S. are infected with HCV. The report also noted that treatment of the disease with current drugs is disappointing and estimated that the number of U.S. deaths caused by HCV will triple in the next 10-20 years.

In 1987, Michael Houghton and colleagues at Chiron Corporation in California discovered part of the genetic material of HCV using molecular recombinant technology. This discovery allowed the development of tests to detect specific antibodies. The first enzyme immunoassay (EIA) test made available in 1989 employed only a single recombinant protein to detect antibodies and produced a significant proportion of both false positive and false negative results. An antibody test that could be used to increase the safety of the blood supply and of transplantable organs and tissues was available by 1990.

In mid-1995 the hepatitis C virus was seen for the first time ever by scientists with the aid of an electron microscope. It is a linear, single-strand RNA (ribonucleic acid) virus 40-50 nanometers in size.

It is covered with a lipid envelope and is encased with glycoprotein peplomers or "spikes".



WHOM SHOULD I TELL?

If you have hepatitis C, you are under no legal obligation to tell others. However, the law may change. Right now, it is up to you to decide whether to tell anyone of your hepatitis C status. Some people (and unfortunately some health care providers also) may have judgmental attitudes or unnecessarily exaggerated fears of infection. People should carefully consider whom they inform, in the light of possible discrimination. How people might have caught the virus is not important. Those who have the hepatitis C virus are covered by anti-discrimination laws.

Recent cases where patients have been infected by physicians has raised the ethical issue of whether or not infected physicians should be banned from performing invasive procedures. So far nothing has been done in this respect (*Milbank Q 1999;77(4):511-29* *Infected physicians and invasive procedures: national policy and legal reality; Rev Med Virol 2000 Mar;10(2):75-78*) Surgeons who test positive for hepatitis C should be transferred to low risk duties. Surgeons infected with HCV in Germany are allowed to perform surgery with approval of a committee of experts which takes into account the individual situation, such as viral load. (*Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz. 2004 Apr;47(4):369-78.*)

CAN MY FAMILY GET IT?

Household transmission of hepatitis C is rare. It can occur where blood-to-blood contact happens. This could involve a person's blood spills coming into contact with someone's open cut, or to a lesser extent, the sharing of razor blades, toothbrushes and sharp personal grooming aids. It is advisable to wipe up blood spills with paper towels and bleach, and to keep razors and toothbrushes separate from those belonging to other family members. Wiping a surface with isopropyl alcohol and leaving it to air dry will also kill the virus. (*See the FAQ, I.1.7c Cleaning Up Blood Spills*)

A person can not spread the virus through hugging, touching, sneezing, or coughing, or sharing food, dishes, or bathrooms.



So you want to get your ears...or something else...pierced. First, stop and ask yourself who will do the piercing:

1. You, all by yourself
2. Your friend (That's what I did, and oh yes, it got infected.)
3. A store
4. A tattoo-piercing establishment
5. A doctor

First of all, remember that it is NOT cool to get an infection. It could cost you your life.

If you insist on doing your own piercing, use a new needle and boil it. Wash your hands with antibacterial soap. Use gloves. Set the sterilized needle on sterilized gauze. Disinfect the area to be pierced with alcohol or bleach. There is still a chance your body part will get infected, but hopefully it will "just" be with bacteria, and not with a life-threatening virus.



If a friend will be helping you, make sure your friend takes the same precautions.

If you go to a store, often a jewellery store in a mall, that does piercing, usually it will be done with a piercing gun.

The gun is a plastic instrument which forces the earring through the skin without making a hole first. Those guns can't be sterilized. Some of the guns have replaceable cartridges. Ask, and make sure they replace that cartridge before they use it on you. Otherwise, you are just asking for trouble (as in hepatitis, HIV, and other blood-borne diseases), from the blood that may have spattered onto or into the gun from the previous clients. Hopefully the person doing the piercing is over 15 and has lots of experience. If you want to see the piercers laugh, ask if they use an autoclave, or how many hours of training they have had.

If you go to a reputable, piercing/tattooing salon, you would probably be dealing with professionals. Ask the salon what kind of sterilization techniques they use *before* you agree to go through with it. Anything that is going to touch you (forceps, receiving tubes, etc.) should be new or baked in an autoclave. They will use a new, packaged needle, rather than a gun, and they will wear gloves. The needle will be sharp, so you won't experience as much pain as with a piercing gun. You won't get free earrings.

You would think that the Centre for Dis-

ease Control would oversee these establishments and shut down the unsafe ones, right? Wrong! Check the piercer's qualifications.

Your safest bet, as far as chances of infection go, should be getting it done by a doctor, if you know a doctor who does piercings. If you find one, please let me know.

Those of you who are past puberty have a greater chance of developing a keloid scar around the hole, so if you or your family members have a history of keloids, you might want to rethink the piercing thing. Keloids can be quite ugly. I guess it depends on the statement you want to make.

There is more of a chance of infection if you pierce mouth, nose or genital parts, for obvious reasons. It is not fun to have the nerves destroyed that give you pleasure, and that is a real risk with some kinds of piercing, so choose the location carefully. Remember that you must not share bodily fluids until everything is well healed. Four to twelve weeks, depending on where the hole is, should do it.

Whichever choice you make, check that you've had your hepatitis and tetanus vaccines and they're up to date. Also, the area should be kept clean for 6 weeks. Watch out for redness, pus or a fever, which are signs of infection. If that happens, go see a doctor. To be safe, please go for a blood test about two months afterwards, to check for blood-borne viruses. If you did get infected, prompt treatment is often more effective than waiting.

Source: http://kidshealth.org/teen/your_body/skin_stuff/body_piercing_safe.html



Dr. Vijai P. Sharma, author and psychologist, believes there are five major "psychological stressors" which those with chronic illness might experience. Psychological stressors are those brought about by our emotions and thoughts.

One stressor is the thought that we are not like we used to be—that we are a burden on others or are useless. The second is that *others* think that we are a burden or don't love us. *They* have changed. The third stressor is that others are doing well, and we are in a downward spiral compared to them. The fourth is feeling a lack of control—that the illness is stronger than we are, and that there is no use in fighting it. The fifth stressor is the actual coping with the changes brought about by the illness, which causes stress, especially if we resent the changes.

Some people cope with chronic illness well. The doctor observed that these people have certain characteristics, and seem to be able to keep a positive attitude as well as a realistic understanding of their disease, and can even keep a sense of humour. One characteristic is a fighting spirit, even if there is no hope of defeating the disease. These people don't fear dying. They just don't give up. Another attitude of the "copers" is that they like themselves, no matter what, even if they have lost their hair or have bloated bellies. People who don't like themselves often don't take care of themselves. A third characteristic these people have is they believe that they are more than just physical beings. Their Faith often bolsters them. Fourth, the "copers" treat their illness as a challenge, and search for solutions and personal growth.

Here are the doctor's tips:

1. Accept your illness.
2. Like yourself as you are today.
3. Get rid of the "Why me?" and get on with solving today's problems.
4. Be responsible for your health and seek all the help you can get.
5. Be an expert on your illness.
6. Be proud of what you can do today, and don't fret over what you can't.

Source: www.mindpub.com/art496.htm



FREE HEALTH WORKSHOPS

WHERE: Abbotsford Exhibition Park
(Legacy Meeting Room)
32470 Haida Drive

WHEN: November 13, 20, and 27, 7-9 PM

Topics include:

Viral Hepatitis – Dr. John Farley
Coping with Chronic Illness – Dr. Canny Bubber (Psychologist)
Fatty Liver Disease – Jamilah Williams.

For more info and to REGISTER contact:
The Canadian Liver Foundation
Tel: 1-800-856-7266
Email: **E-mail:** jwilliams@liver.ca

LIVERight. Learn how.
Visit www.LIVER.ca

RECIPE

AMBER'S DEVILS ON HORSEBACK

INGREDIENTS

1 pound bay or sea scallops, rinsed and drained
1/4 cup lemon juice
2 cloves garlic, minced
lemon pepper to taste



DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C).

Pat scallops dry with paper towels and place in a lightly greased 1 quart casserole dish. Bake scallops in preheated oven for 5 minutes.

In a small bowl, combine lemon juice and garlic. Remove scallops from oven. Spoon lemon/garlic mixture over scallops and sprinkle generously with lemon pepper. Return scallops to oven and bake until firm, about 10 minutes. Serve warm.

Source: <http://allrecipes.com/Recipe/Ambers-Devils-on-Horseback/Detail.aspx>



CD Makes it Easy for People with Hepatitis C to Reduce Stress, Boost Energy with Guided Meditation

The hepCmeditations project has released an audio CD and booklet, Self-Care for Hepatitis C ~ Applied Meditation for a Healthy Liver. These meditations are specifically designed to enhance liver functioning and support healing from hepatitis C.

Many hepatitis C organizations recommend meditation, and people who do meditate find it extremely helpful. Others who recognize its potential benefit may not know how to meditate, or find it difficult to practice regularly.

This CD was created to give people easy access to meditation, with guided imagery specific to meeting the challenges of living with hepatitis C and other liver problems.

"I recommend this CD for people with all types of liver disorders; it makes it easy to do the stress reduction that aids liver health," says Dr. Robert Gish, Medical Director, Liver Disease Management and Transplant Program, California Pacific Medical Center, San Francisco, California.

Visit www.hepCmeditations.org for more information and to listen to a free sample meditation, "7 Minutes for Liver Health."

Contact:

Margo Adair
800-998-6657
Margo@hepCmeditations.org

Robin Roth
415-452-5153
Robin@hepCmeditations.org



PegCARE

PegCARE is a reimbursement program to help people who have been prescribed Pegetron and need assistance with any co-payment they might have, whether through their provincial coverage (i.e., Pharmacare) deductible or their 3rd-party health insurance. It is pro-rated, so the less the family income is, the more help they get. If someone's net family income is less than \$30,000, they will get 100% reimbursement. The income maximum is \$100,000. Patients must be signed up for Fair Pharmacare to qualify, and they need to provide a copy of last year's T4 form.

There is a 24/7 Nursing Hotline and bilingual assistance available, at no charge. Other services are access to live translation services (150 languages) and injection assistance from registered nurses. Patients starting on Pegetron should ask their doctor or nurse to enroll them in PegCARE. It's an easy single-page form to fill out, which they will provide. PegCARE: 1-866-872-5773

PEGASSIST

The PegAssist Reimbursement Assistance Program provides reimbursement coordination assistance for patients who have been prescribed Pegasys or Pegasys RBV. The program will assist in securing funding for patients to ensure that they can start, stay on, and complete their treatment successfully.

PegAssist Reimbursement Specialists are available (Monday to Friday, 10 AM- 6 PM EST) by calling: 1-877-PEGASYS or 1-877-734-2797. Patients can also obtain a program enrollment form from their nurse/physician to gain access to the program.

The program provides financial aid to qualified patients, alleviating 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

MOVING THROUGH CRISIS WITH THE EFT EMOTIONAL SURVIVAL KIT

By Karen Hodson, BA, EFT-ADV EFT Practitioner

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

The news has been filled with doom and gloom: recession, depression, bank failures, job loss, retirement savings disappearing, etc. For many, dealing with having hepatitis C is challenging enough, and this just adds to the pain. The more bad news one hears, the more depressing it becomes and all that worrying about “what if...” can easily spiral into an emotional disaster.

You can't personally do anything about the global financial crisis, but you do have power over how you react to your own personal crisis. If worry and fear grabs hold of you, it creates a domino effect and quickly becomes a major catastrophe.

The consequences of being in a personal crisis can be dramatic with symptoms such as tightness of the gut resulting in poor digestion and/or ulcers. Aches and pains are increased with shoulder tension, headaches or migraines. You can lose sleep and then not function properly and/or be a very grouchy person. If depression sets in you can become lethargic with no motivation. It could be a loss of appetite or the opposite with bingeing on your choice “stuffing”—alcohol, drugs, food, etc. All of these are coping mechanisms to deal with the emotional triggers and to try to stop the pain.

EFT is a great tool to use in a crisis and should be standard fare for all survival kits. It is portable and can be used in the moment when the crisis first hits, as well as dealing with the emotional aftermath.

With a round or two of EFT, it can help to take the edge of panic off. Once the emotions are acknowledged, you begin to feel more relaxed and stable. With more EFT tapping, it's easier to reach that place of peace—the centre of the storm. It does not take away the “crisis storm”, but it does allow you to see it from a calmer perspective while the chaos continues around you.

From that peaceful space, appropriate action can be taken. It's a lot different than acting impulsively on emotional “what if's” that may not actually happen. I find that with EFT tapping, the crisis tends to be less dramatic and it doesn't last as long.

Here is what an EFT tapping session on moving through personal crisis 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 (top of head, eyebrow, side of eye, under eye, under nose, chin, collar bone, under arm) 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 onto the next set-up and tapping phrase.

Karate Chop Set-up:

“Even though I am in a total panic about my future (finances, career, health, etc) and I don't know how I am going to survive, I deeply and profoundly love and accept myself.”

Tapping a phrase on each point:

I am so scared, so much of my savings have been lost; What am I going to do? The world's systems are failing and I'm the one suffering; All these destructive worries, what if I lose everything? All these financial fears; I feel so helpless; The future feels hopeless.

Karate Chop Set-up:

“Even though I have lost so much of what I have spent years building up and my future looks so bleak, I deeply and completely love and accept myself anyway.”

Tapping a phrase on each point:

I'm so afraid; I have lost so much; What if I can still have my dreams? I can't possibly have my dreams now; All these financial fears; I am caught in this failing system; What if this turns out to be something positive? I'm losing everything; I choose optimistic thoughts.

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 Positive Phrase on each point:

I choose to feel empowered; I release this victim feeling; I trust in a positive outcome; It feels so good to let this peaceful feeling in; I love all this joy inside of me; I release these destructive thoughts; I choose to be filled with happiness; I allow compassion to flood my body; It feels wonderful to be filled with bliss; I am so grateful for this peaceful feeling.

Although joyful bliss all the time would be nice, we know that in reality there will

always be some form of crisis happening in our lives. It provides opportunities to learn and to grow. It can be a minor crisis of a burnt dish just when dinner guests are arriving or a major crisis of the loss of a loved one or financial stability disappearing.

Regardless of the level of crisis, how we deal with it in the moment and beyond, will determine if our lives have more moments of joyful bliss or worry and fear. If EFT is part of your emotional crisis survival kit, you will move through the crisis and be back in your place of personal power rather than wallowing in emotional pain. I invite you to choose bliss!

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.



There is NO vaccine for hepatitis C!

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



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

For more info or support

hepcbc

Call HepCBC

595-3892

www.hepcbc.ca

*Stats from Public Health Agency of Canada Hepatitis C

ITMN-191



Intermune will present 4 abstracts about ITMN-191, an NS3 protease inhibitor, at the AASLD Conference which starts October 31. The drug, combined with Pegasys and Copegus, is now in phase I clinical trials, and is about to advance to phase II. Results are expected in late 2008. The abstracts are available at www.aasld.org. The trials, using treatment-naïve subjects as well as non-responders, show the product to be safe and effective, and some of the *in-vitro* trials combine the protease inhibitor with two different polymerase inhibitors (R7128 and R1626). Those results show potential benefit from targeting the virus with both. The combination seems to suppress drug-resistant mutations. [It's good to see a possible alternative for those who can't tolerate interferon!]

The Phase Ia single-dose of ITMN-191 alone in healthy volunteers proved it to be safe, with mild side-effects at the highest tested dose. The drug was most effective at the highest dose. The drug was more effective when combined with food. The Phase Ib trial was with ITMN-191 alone, in ascending doses over 14 days in genotype 1 naïve patients. Again, the drug was proven safe, with a few temporary side effects. Effectiveness was comparable to other antiviral compounds. There was one branch of the trial which gave the drug to non-responder genotype 1 patients, which resulted in an average 2.5 log₁₀ drop in viral load.

Source : <http://natap.org/>

TMC435350 PHASE IIa

Medivir will present 3 posters at the AASLD Meeting in San Francisco, October 31-November 4. Their product TMC435350, a protease inhibitor, developed together with Tibotec, was used in several different trials with HCV-infected subjects with different genotypes, sometimes combined with standard treatment. Different doses were used. Some of the reports included tests done on non-infected volunteers in earlier trials. The results will be reported at the AASLD meeting. "Based on these clinical and non-clinical studies, we are confident that TMC435350 has the potential to become a valuable addition to available therapy, providing an efficacious treatment with once-daily dosing," reported the President of Medivir. The most common side effects included headache, nausea and diarrhea.

Source : <http://natap.org/> 24 Sep 08

ANA598

Anadys Pharmaceuticals announced preliminary results of their Phase I clinical trial of ANA598, a non-nucleoside polymerase inhibitor, given orally as a single doses to healthy volunteers, fasting or after a meal, in doses beginning with 400 mg, with the highest dose reached of 2000 mg. One arm took 800 mg twice, 12 hours apart. All doses were well tolerated, with no serious side effects. The absorption of the drug improved when taken after eating. The Phase Ib trial will include 30 HCV+, genotype 1, treatment naïve subjects, and will start later this year in the US. ANA598 has been shown to work well together with IFN-alpha, and it is active against mutant viruses that result from many other antivirals now in development. The company is hoping to begin Phase II studies in 2009.

Source: <http://www.aasld.org> Sept. 24 2008

(RESEARCH—Continued from page 1)

tis C Virus & Related Viruses, Oct. 5-9, 2008, in San Antonio, Texas. Initial results in patients will be presented at the AASLD conference later this month. The hepatitis C virus has a protein with many functions necessary for the virus to be able to replicate, called the virus-encoded non-structural protein 5A (NS5A). Researchers have been looking for a substance that can target that area of the virus and have found a small molecule inhibitor they call the most powerful anti-HCV substance reported at this time for genotypes 1a and 1b. It seems to be equally powerful against genotype 2a and shows effectiveness against 3a, 4a and 5a. In small human trials, the lab results matched the live results, and clearly show the potential of BMS-790052 as a treatment for HCV infection.

GL60667 (NVP-LDI133)

Genelabs Technologies' GL60667 (NVP-LDI133), is a potent non-nucleoside inhibitor of the HCV NS5B polymerase. The company presented three of their non-nucleoside HCV polymerase inhibitors at the 15th International Symposium on Hepatitis C Virus and Related Viruses, showing studies done in conjunction with Novartis researchers. The studies described the new site 1 inhibitors. The drug candidates they presented are just three of many they are studying.

Source: www.marketwatch.com/news/story/genelabs-technologies-announces-presentation-data/story.aspx?guid=%7BA046460A-E4A2-4C13-B48E-7A2427B1301E%7D&dist=hppr Oct 09, 2008

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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

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www.hepc8690.com info@hepc8690.com

www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf

Pre-86/Post-90

Administrator 1-866-334-3361

preposthepc@crowco.ca

www.pre86post90settlement.ca

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

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 Sarah 250-338-7400 sarah.sullivan@avi.org Drop in, harm reduction, support, education.

♦ **Nanaimo** Info: Contact Anita 250-753-2437 anita.rosewall@avi.org

♦ **Port Hardy** (Port McNeil, Alert Bay, Port Hardy, Sayward, Sointula and Woss) 7070 Shorncliffe Rd, Contact Tom, 250-949-0432 tom.fenton@avi.org. Education, harm reduction, support, drop-in kitchen.

♦ **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 dggrimstad@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. ljmorte@shaw.ca

Mid Island Hepatitis C Society 2nd Thurs. monthly, 7 PM, (Location to be arranged.) Contact midislandhepc@hotmail.com

Nanaimo Hepatitis C Treatment Peer Support Group Meetings 1st & 3rd Thurs. Monthly 4-5 PM, AVI Health Centre, #216-55 Victoria Rd, Nanaimo. Contact Fran 250-740-6942. hepctxpeer-support@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 Morrissett, 604-525-3790 before 9 PM. dmorrissett@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: Rosemary rosemary.moran@vch.ca 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 Contact: Dolly 250-627-7942 hepcprince-rupert@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 Lucy 1-866-877-0042

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:

3rd Wed. monthly, VGH, Lauener Room, LP2809, near Sassafra Cafe, Jim Pattison Pavilion, South. Contact Gordon 778-898-7211, ggcoburn@canada.com to confirm, or if you want to talk or meet for coffee.

YouthCO AIDS Society HepCATS NEW ADDRESS: 900 Helmcken St, 1st floor, 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

Sandi's Crusade Against Hepatitis C/ Durham Hepatitis C Support Group Contact Sandi: smking@rogers.com www.creativeintensity.com/smking/ <http://health.groups.yahoo.com/group/CANHepC/>

Hamilton Hepatitis C Support Group 1st Thurs. monthly, 6-7 PM, Hamilton Urban Core Community Health Centre, 71 Rebecca St, Hamilton. Contact Maciej Kowalski, Health Promoter 905-522-3233 mkowalski@hucchc.com

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 Fall Hep C info series starts **Sept 30 2008, 4 Tues eves in a row.** Contact Debby Minielly, 1-800-263-3456 Ext. 1257, 519-376-9420, Ext. 1257, 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 Oct. through June, 7:30 PM, North York Civic Centre, 5100 Yonge Street. More info: www.liver.ca. Contact Billie 416-491-3353, bpotkonjak@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 undun@sympatico.ca

York Region Hepatitis C Education Group 3rd Wed. monthly, 7:30 PM, York Region Health Services, 4261 Hwy 7 East, B6-9, Unionville. Contact 905-940-1333, 1-800-361-5653 info@hepcyorkregion.org www.hepcyorkregion.org

QUEBEC:

Quebec City Region Contact Renée Daurio 418-836-2307

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 hep-c.regina@accesscomm.ca <http://nonprofits.accesscomm.ca/hep-c.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 wbbhas@telus.net www.wbbhas.ca

Manitoba Hepatitis C Support Community Inc. Each 2nd & last Tues. monthly, 7 PM, United Church, Crossways-in-Common, 222 Furby St., side door, Main Floor. Look for signs. 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 bettyc2@hivnetwork.ca

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

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