



hepc . bull 1

Canada's Hepatitis C News Bulletin

www.hepcbc.ca

NEWS

SHARING INSULIN PENS

On March 20, 2009, the US FDA issued an alert concerning two unnamed hospitals that were using the same insulin cartridges to administer insulin to several patients. (At least they were changing needles.) "Insulin pens are not designed and are not safe for one pen to be used by more than one patient, even if needles are changed..." said Amy Egan, MD, deputy director of safety at the FDA in a press release. More than 2000 people may have been exposed and several have tested positive for Hep C. More testing is necessary to see if they were infected at those hospitals.

Source: www.endocrinetoday.com/view.aspx?rid=38014

SYRINGE SCANDAL

At least 30 out of 1,378 patients from the High Prairie Regional Health Centre, exposed to syringes reused on multiple patients, tested positive in January for bloodborne diseases, indicating an infection rate of around 3%. There is no evidence to link those infections and the reused syringes, but it was common for the hospital to reuse the syringes. Deb Guerette, speaking for Peace Country, says 3% is the normal rate of infection in the community, but the incidence rates published for infectious diseases in Alberta is only 0.5%.

In March, a provincial assessment found the risk of contracting diseases by reusing the syringes was very low, since the syringes never touched the patients, and were only used to give medication through IV lines.

Sources: www.calgaryherald.com/Health/Syringe+scandal+could+wake+call/1196579/story.html
www.calgaryherald.com/Syringe+reuse+poses+risk+Albertan+patients+provinced+says/1406274/story.html

SCOPE WASHER BREAKDOWN

On March 30, an employee at Carbonear General Hospital in Newfoundland discov-

ered that a scope washer was only dispensing half as much disinfectant as required. The alarm system didn't work either. It is thought that the scopes weren't properly disinfected for as long as 17 months, but health authorities assured the public that the transmission risk was "extremely low," since the scopes are also cleaned manually. 2900 patients underwent scopes during that time. No patients are being notified.

"Things like this happen," said Fay Matthews, one of the officers at Eastern Health. New equipment is being sought.

Source: http://ca.news.yahoo.com/s/capress/090416/health/health_nl_scope_breakdown_1

MEN AND TREATMENT

A study presented in November 2008 showed results from questionnaires about sexual satisfaction given 6 times over a 72-week period to over 400 HCV-positive men taking 48-weeks of treatment.

Before therapy, it was reported that 37% had less desire, 26% had erectile problems, 21% had ejaculatory problems and 44% were not satisfied with their sex life. During therapy, it was reported that 53% had less desire, 39% had erectile problems, 31% had ejaculatory problems and 54% were not satisfied with their sex life, which isn't surprising if you've ever been on treatment. Most results returned to pre-treatment levels

after 72 weeks. To compare, a 1999 survey done at U of Chicago reported 30% of non-HCV-positive men complaining of sexual dysfunction, and a Portuguese study in June 2008, adjusted for age, showed erectile dysfunction to be just over 48 percent—close to what was reported in the Hep C study. The Hep C study did not take age into account.

Levels of testosterone levels fall with age. However, a person must feel well and confident, with mental and physical energy and ability to focus for sexual arousal to occur. Therapy can interfere with these things. Those who talk to their doctors may find solutions. If you get rid of the virus, you should eventually feel better and recover your sex drive.

Source: www.hepatitis-central.com/mt/archives/2009/03/male_sexual_fun.html

WERE YOU UNABLE TO START TREATMENT FOR HEPATITIS C BECAUSE OF LOW PLATELETS?

We are conducting a clinical research trial with a platelet building investigational medication. Once required levels of platelets are achieved, subjects are started on the pegylated interferon medication of the physician's choice. At that point the subject receives either placebo platelet builder or the active medication. There is no cost to participate and all medications and study visits are provided at no cost. If you are interested please call

PerCuro Clinical Research Ltd.
250-382-6270

INSIDE THIS ISSUE:

News	1
PerCuro Research Trial	1
Spring Fling / What about Hair / HepCBC	3
Something You Can Do / WHD 2009	4
PegCARE / PegAssist	5
EFT / Recipe	6
Traceback Tips / Workshops / Compensation	7
Coming Up	8

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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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

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.

FAQ version 8.1

Peppermint Patti's **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 Francis; 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 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, Dr. C. D. Mazoff, Lorie FitzGerald, Michael Yoder, Chris Foster, Judith Fry, Ernie, Bruce Lemer, United Way, and the newsletter team: Beverly A., Diana Ludgate, Alp.

Special thanks this month to Thrifty Foods and Shoppers Drug Mart for sponsoring our donation boxes.

Please patronize the following businesses that have helped us: Top Shelf Bookkeeping, Thrifty Foods, Margison Bros. Printers, Roche Canada, VanCity, Schering Canada, Shoppers Drug Mart, and the Victoria Conservatory. 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://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>

HEPCBC

MEMBERSHIP DRIVE SPECIAL LIMITED OFFER

Sign up to be a member of HepCBC before July 1, 2009, and get a FREE 1 year membership.

Fill in form in first column, or contact:

HepCBC
#306-620 View Street
Victoria BC
V8W 1J6
(250) 595-3892
hepcbc@hotmail.com

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.

Spring Fling 
 Friday May 29th 2009
 7PM till Midnight

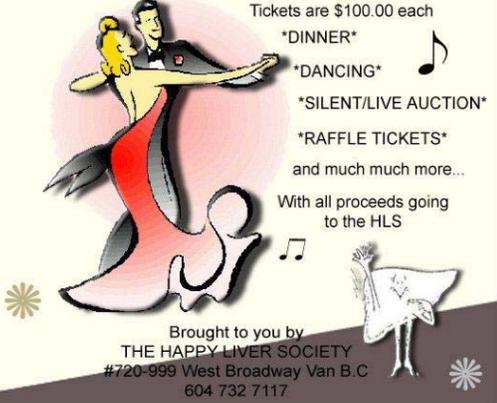
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AVI and HepCBC bring World Hepatitis Day to Victoria

This year, HepCBC has teamed up with AIDS Vancouver Island to bring World Hepatitis Day events to the city of Victoria. Last year, HepCBC participated in the Victoria Day parade which coincided with World Hepatitis Day. HepCBC walked proudly in the parade, garbed in the "Am I Number 12?" campaign T-shirts created by the World Hepatitis Alliance. This year, HepCBC will participate in the Victoria Day Parade again as a precursor to World Hepatitis Day events the following day.

AVI and HepCBC will be hosting an event on the lawns of the Legislative Buildings, where there will be speakers from the hepatitis C community and a ceremony to honour those who are living with hepatitis C. There will be giveaways that feature the "Am I Number 12?" campaign to show solidarity with the World Hepatitis Alliance, as well as the Canadian Society of International Health. Ribbons and other paraphernalia will be given out so people can show their support for the hepatitis C cause. Currently, Philippe Lucas, a city council member and Dr. Farley, an internal medicine specialist and advocate for HCV-infected individuals, plan to speak at the event.

This is the current schedule:

May 18th

Victoria Day Parade: HepCBC will hand out ribbons, information on hepatitis and invitations to World Hepatitis Day the following day.

May 19th

- 10:00 – 12:00: Citywide distribution of pamphlets and ribbons for World Hepatitis Day. Festivities begin at 12:00pm.
- 12:15 – 12:30: Opening remarks and lighting of commemorative candle that will burn for the duration of the event
- 12:35 – 12:50: Philippe Lucas
- 12:55 – 1:15: Dr. Farley
- 1:20 – 1:35: Hepatitis C Community speaker TBD
- 1:40 – 1:50: Moment of silence and closing remarks

We are still in need of volunteers so please contact jessicachan.hepcbc@gmail.com if you are interested in participating in the Victoria Day Parade or any of the World Hepatitis Day events.

**Thank you and see you all at the
 Legislative Buildings on May 19th, 2009!!**

iGive.com

HepCBC is now officially part of iGive.com. You can now shop at www.igive.com and you can donate at the same time. All you have to do is go to the iGive website: www.igive.com. Then you choose the organization you want to support.

iGive works in two ways. If you do your shopping through iGive, a percentage of what you buy goes to HepCBC (or other charity or organization of your choice). If you use the iGive search feature, 2 cents goes to the organization every time you use their search engine. It's that easy! And it's free to register with them. They have over 680 stores, including the ones where you would probably shop anyway, like The Gap, Staples, Best Buy, eBay, Expedia... and all from the comfort of home. No long line-ups!

WHAT ABOUT HAIR? Borrowed from the Combo Survival Guide

Cut back on washing. Get a lint roller for your clothes--masking tape works, also. Get a hat, a good haircut, a bald friend. Do not wash it down the shower drain like Lacey did; it clogs it. Do not stick it to the shower wall, gather it up, weigh it, and graph the results like Freyja did. If you have already done this see "[Depression](#)". Get one of those hair catchers for your drain.

NIOXIN NIOXIN NIOXIN NIOXIN!!!!!! I can't say enough about how wonderful this stuff is! My hair has never been fluffier or shinier! It has thinned a bit since starting treatment (I can't guarantee you won't lose it), but you can't tell by looking at it. My hair looks fab! Lacey and Freyja say, "Trishamn's hair looks awesome!" I plan on using this stuff even after treatment is over. It's the best darn shampoo and conditioning system I have ever used, and I've used them all.

Here are the ingredients from the shampoo so that you can see it's not full of scary sounding chemicals: water, aloe vera, extract of burdock, comfrey, quassia, buckthorn, chaparral, cranesbills, rosemary, sage, nettle, horsetail, chamomile, yarrow, jojoba, hydrolyzed wheat protein, tocopherol, wheat amino acids, biotin, niacin; then except for the Nioxin, it reads like regular shampoo (Come on, you don't expect me to type ALL the rest of that in, now, do you?).

The shampoo is about \$12 for a large bottle that has lasted 4 months; the same for the conditioner. They also have a "leave in treat-

(Continued on page 5)

- Please consider registering to be an organ donor.
- Be sure to register your children, as it takes a child to save a child.
- Save lives, possibly even those of your loved ones.
- Here is the link to register: www.transplant.bc.ca .
- If you do not live in BC, please find a way to do this where you live.

There are no prerequisites to registering as a donor. For instance, age does not matter, as they can do skin grafts if you are too old to have suitable organs for transplantation. In the case of a specific medical condition, a recipient with the same medical condition can sometimes be found. For instance Hep C does not damage all organs, and there are people with Hep C not yet facing decompensated liver conditions who may require another organ. This applies to any condition. Basically, the transplant team assesses each organ in order to ensure it is suitable for transplantation. They have the ability to match organs with potential recipients within a variety of medical criteria.

-- Serge Vaillancourt, liver transplant recipient as of Dec 2005

Here is a letter Mr. Vaillancourt emailed to the Law Society of BC on March 25, 2009. It is an excellent example of what one person can do to make a vital change, and of an organization willing to help:

Jeffrey Hoskins, QC,
Tribunal/Legislative Counsel
Michael Lucas, Manager (acting)
Policy & Legal Services
Law Society legal matters and policy development

To Jeffrey Hoskins and/or Michael Lucas:

My name is Serge Vaillancourt. I am inquiring as to the possibility of instituting a policy that would require or direct the legal community in the performance of their duties regarding will preparations, estate planning and family matters, as well as any other legal service you see fit, to at least inquire as to a client's wishes in regard to organ donation. Perhaps an organ donation registration form

could be included in this type of planning, with documents pertaining to any legal matter that could be associated with this undeniably successful life-saving procedure.

I am a fourth year post-transplant liver recipient. I can assure you that, should you choose to have a conversation with me, I will find a way to meet any and all requirements deemed necessary in order to make this happen. I am of the opinion that if there are some legal and or procedural obstacles to get this done, I should be able to get the help I need within this organization.

I understand I am asking a favor and possibly a lot of pro bono work. There is however a distinct and real possibility that with your help, this initiative may result in turning single tragedies into numerous life-saving miracles. And to take it even one step further, someone known to those who participate in this process may very well reap the benefits of our collective efforts.

I look forward to your prompt response, as time lapses equal lost opportunities. I have asked for a return receipt and would very much appreciate a subsequent phone call or response other than just that of a return receipt and a significant time lapse before any action is taken. Thank you for your time. Let's make this happen.

Serge Vaillancourt

Answer received by email March 25, 2009:

Mr. Vaillancourt:

Thank you for your email. I have raised your issue with our Practice Advisor, who is also editor of our Practice Checklists Manual. The Checklists identify a number of issues that lawyers should consider discussing with a client in connection with specific types of retainers. We believe that your suggestion in connection with organ donations is an appropriate item to include in the Practice Checklist for Wills and Estates, and will include it accordingly.

Thank you for taking the time to bring this to our attention.

Michael Lucas
Manager, Policy and Legal Service,
Law Society of British Columbia

Take a look at how World Hepatitis Day 2009 is being celebrated around the world. Here are some examples: (You may have to copy and paste each line into your browser.)

THE WORLD:

www.worldhepatitisday.org/

FACEBOOK: www.facebook.com/pages/Am-I-Number-12/15824376185

NEW JERSEY MARATHON:

www.njmarathon.org/

CATIE: www.catie.ca/eng/getinvolved/WorldHepatitisDay-poster.shtml

AUSTRALIA/ASIA:

www.hepatitisc.org.au/documents/09WHDnewsletter01.pdf

PAKISTAN: www.app.com.pk/en/

BANGLADESH: www.liver.org.bd/

BRAZIL: www.hepato.com/

CHINA: www.cfhp.org/

CROATIA: www.hepatos.hr/

GERMANY: www.leberhilfe.org/

ITALY: www.epac.it/

MALI: www.soshepatites.org/

MEXICO: www.fundacioncivitas.org/

NETHERLANDS: www.hepatitis.nl/

PORTUGAL: www.apecf.com.pt/

SWEDEN:

www.hepatitc.nu/



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All you ever wanted to know about Hep C. Latest research!

(HAIR—Continued from page 3)

ment" to keep your hair from falling out. That one is \$34 for a bottle that also lasts about 4 months. They also have a new ultra super system for people that are seriously losing their hair. I bought it in a kit with the shampoo and conditioner for about \$40 (Hey, what price do you put on great hair?). Get it from a salon or order it on the web (type "Nioxin" in and see what you get), or go to www.nioxin.com and read more about it.

If you notice some redness in your scalp area, do not be alarmed. The redness is caused by the capillary dilation. The Nioxin is supposed to increase scalp circulation in addition to removing the dihydrotestosterone residue from your scalp (a factor in male pattern baldness). It's usually the leave-in Bionutrient Treatment that causes the redness, so please be careful with it and don't spill it all over yourself. My hairdresser says that the slight redness is an indication that it is working and goes away after a few weeks (It did for me). If the redness continues or causes welts or anything, stop using the product. You may be allergic to it. Nioxin is usually a well tolerated product.

The Nioxin may take a while to work, so start using it every day at least a month before starting treatment. Most people notice that their hair seems to fall out in cycles, with larger amounts of fall-out about every three months. Keep using it and give it time to work. It may help stave off the next fall-out cycle, or not. Here's hoping!

Please note, Rogaine is not recommended for people on treatment. Minoxidil may cause a drop in blood pressure, and the product may also cause dryness and irritation.

I also sleep on a satin pillow at night; cotton fibers can pull and knot your hair. It also saves your "do" for another day. Do not try to buy your pillow covers from Hecht's (or rather The Hecht Company. They don't have them). Buy them online.

MAY: HEPATITIS C MONTH



WHAT DID YOU OR YOUR GROUP DO TO FIGHT THIS DISEASE?

Please send us your stories!
info@hepcbc.ca

Try not to wash your hair everyday or put in gels or lotions with alcohol in it. It's rough on your hair and you probably want to keep it in your head, not all over your clothes and floor. If your hair becomes stringy and greasy on the second day, use a little talcum powder to absorb the excess oil, or buy some dry shampoo. Don't forget to brush all of it out. When Lacey was in high school, she forgot and still bears the scars from the experience. She still hears those snotty girls taunting her, "Ewww! Look a big clump of dandruff in her hair! Gross!" Hair dryers and curling irons can cause fragile hair to break, contributing to hair thinning. On the bright side—less hair dries much faster!

Hair coloring/perming: Ok, so you have noticed that your hair has become straight as a pin on treatment. Even your eyebrows stand straight out (you are beginning to feel like you are starting to resemble Leonid Breshnev), and you've also developed a case of "llama lashes". Do not get your hair permed! The process of putting your hair into those tiny rollers is very stressful to your hair and actually stretches it. The chemicals for perming and hair coloring also take their toll on your hair during this delicate time. They have shampoo at the drug store now that curls your hair. Use non-alcoholic moose (squirrel works well also) or gel for volume. Aveda and Matrix both have plant-based, semi-permanent hair dyes that work really well. Please ask your hairdresser to order one if they don't have them in stock. Do not be what my hairdresser refers to as a "kitchen magician". Be sure to see a professionally licensed beautician for hair treatments.

The good news I've heard is that when this is over, many people get their hair back thicker and fuller than it was before starting treatment.

Please feel free to link to our site and make copies of the guide for distribution to your local support group, but don't just take it without giving us some credit. We worked our #?%! off on this thing!

Source: *The Combo Survival Guide* [Editor: A must-read for anyone going through treatment, or considering it.]

*The Combo Survival Guide
from A to Z*

<http://www.hepcsurvivalguide.org/comboguide.htm>

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

EFT TAPPING FOR RELEASING SABOTAGING BELIEFS

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.

There are many things in my life that I have control over. There are also a lot of things that I can't control, other than how I act or react to the situation. In our daily routines, things will occur that throw us, and our trust, off balance. When the big trust issues hit, it can be overwhelming and sometimes very scary.

I trust that the morning alarm clock will go off because I have control over turning on the switch. However, I don't have any control over the power going out and my clock radio not turning on at the time I had set it for. To wake up shocked at the late time and still trust that my day will run smoothly, can be difficult.

It's interesting that something simple like the alarm not working can send an entire day cascading into a domino effect of going from bad to worse. When things don't go as planned, that's when it is critical to have trust. What if, despite starting out being late, you could arrive at work in a neutral or even calm space? What if you could release the things that are holding you back and move into trusting again?

I need to trust that I am doing my best even when faced with difficult challenges. It may not be the way I want it to be or how I planned it, but despite the sudden change in plans, in this moment I am all right. Dealing with bigger life issues such as a divorce, losing a job, or a loved one dying can be absolutely devastating, but if you practice with the little issues, the big ones are easier to handle.

With EFT tapping you can return to that feeling of trust. By stopping in that moment of panic and tapping on all the upset feelings that come up such as what you could have, should have and probably will have to do—you can change your day. Once the truth is stated and that energy released, then there is an opening of space for a new feeling. It creates a space of trusting. You trust that, despite lots of evidence to the contrary, you will get through this and be okay.

The EFT tapping creates a foundation of acknowledging my truth: "Here I am right now, and this is how I feel." Then by introducing the "potential" phrases of new options and choices, blended safely with your true feelings, a bridge of trust is built to get you to the other side. Once you feel neutral and the emotional charges are re-

leased, then you can establish a new foundation of peace based on trust.

Here is what an EFT tapping session on steps toward Building Trust 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, liver point), and repeat 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 don't know how to trust, I deeply and completely love and accept myself."

Tapping a phrase on each point:

I don't know how to trust; I won't allow myself to be weak; All these untrusting beliefs; I have been hurt too many times; I can't let go; It's just too painful; How can I trust when I got hurt so badly?; I feel so weighed down; I can't trust (him/her); It's not going to work.

Karate Chop Set-up:

"Even though it's too scary to be open and vulnerable to trust, I deeply and profoundly love and trust myself anyway."

Tapping a phrase on each point:

All these vulnerable beliefs; It's scary to be open and exposed; But what if I could trust just a bit more?; I don't want to let go; Who would believe me?; What if I can open up and trust?; I can't trust; I can be trusted; I don't deserve trust; I choose to trust.

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:

It feels so good to let this trust in; I love this feeling of freedom; All this gentleness; I trust that I can trust; I love this feeling of serenity; I choose trusting thoughts; I create a graceful feeling of peace within me; I release all those old untrusting beliefs; I am grateful for this serene feeling; I choose to trust in myself.

With EFT tapping you release your fears and move to a new place of trust and when you trust, you allow things to come to you.

In that space of allowing, you are not searching for something but instead trusting that in the right moment things will shift and synchronicity will happen. With an open hand and an open heart, you are now at a place to receive the abundance of the universe—joy, love, prosperity, and peace.

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

GRILLED CORN SALAD

Ingredients:

4 ears of corn, or 2 ½ cups frozen corn
1 large red bell pepper
1 zucchini, sliced in half lengthwise
½ cup diced red onion
½ cup chopped cilantro
1 serrano chili pepper, seeded and minced (optional)
1 teaspoon ground cumin
¼ cup crumbly salty cheese like feta (optional)
2 tbsp olive oil
1 tbsp cooking oil
2 tbsp cider vinegar or lime juice
Salt and pepper to taste



Method:

Over high heat, grill the corn in cooking oil until browned. Lay the zucchini strips and bell peppers in an oiled pan and heat until they begin to blister. Remove all vegetables to cool, and remove the skin from the pepper. Chop zucchini and pepper into smaller pieces.

Place corn, pepper, zucchini, red onion, cilantro, serrano (if using) into a large bowl. Add the cumin, olive oil, vinegar or lime juice, and crumbly cheese (if using). Mix gently. Salt and pepper to taste.

Serve cold or at room temperature. Serves 4.

TIP OF THE MONTH

If you are about to get IV meds, insist the staff use a new needle and new vial. Make sure the tubing comes straight out of the package. Watch the process. We have a responsibility to the patients who follow us, and we don't want more diseases.

I have just read a couple of articles in the hepc.bull, and I would like to give you some information regarding claims that cannot proceed because of the lack of evidence.

In some cases there are ways around this problem. For instance the hospital might not have your hospital records, but if you go to the records department and ask for your records and they say they don't have them, ask them to write you a letter saying that their records have been destroyed. They cannot do this without looking into it. They may not have the actual records of the operation, but they will have a record that they



have been destroyed. Otherwise they could not write you a letter saying that they have been destroyed. They would just say there is no record. I know this because that's how I got the letter from VGH.

The first three times I went there, I got the bum's rush. They gave me the letter that said there were no records. I went back after Crawford said, "Too bad. So sad." That just gave me the determination to get to the bottom of this.

I finally saw a lady who didn't roll her eyes because she had too much to do already, and she looked into it. She told me that my name was not coming up, and said, "Sorry, Ms. Stark." I reminded her that in 1975 I was "Korinne Hamm," and that's what the file was under.

The lady in the office was shocked at the lack of professionalism of her co-worker. "Korinne Hamm" was searched and bingo! My records popped up, so I received my letter, and off to fight another dragon at Seymour Medical Clinic. There, I was told to talk to Records, so I did.

The lady in charge also said it would take too long to dig them out of storage, and that they could not do it, as the site was different from the clinic. So, I saw Dr. B. and he said, "Oh, really?," and three days later I had the hospital report that said I had lost 2 litres of blood.

Crawford was still not impressed. There is no record of transfusion.

I asked them, "What do you think a person's survival rate would be, lacking that much blood?". They said that wasn't the point—that I needed a specialist to tell them that.

I would have needed to have a transfusion, so I went back to Dr. B., who said, "Oh, really?," and told me he was a specialist in that field in 1975 and I would definitely have had to receive blood.

Finally, after stressing myself out to the point of exhaustion, they accepted my claim, and when I spoke to the lady at Crawford, she said, "You sure are thorough." I told her it wasn't as if I could have been anything else.

I guess the moral of my story is that you should never think that people ever want to do more work than they have to, so if it is important to you, be thorough.

Any physician who did your kind of surgery can give you a letter stating that a transfusion would have been part of the surgery. In some cases, they do bloodless surgery, now. So the doctor would have to defer to the old way of doing it.



VGH and UBC hospitals both keep blood records. They are completely different from hospital records. You would probably need a doctor like Dr. Erb, who is my idea of the greatest kind of doctor, to request them. That is something you could ask Dr. Erb about.

—Korinne Stark

HEP C WORKSHOPS

HEP DART 2009: Frontiers in Viral Hepatitis

6-10 December 2009 - Kohala Coast, Big Island, Hawaii <http://hepdart.com>

5th International HIV and Hepatitis Co-infection workshop

4-6 June 2009 - Lisbon, Portugal
[virology-education.com/index.cfm/t/5th International HIV and Hepatitis Coinfection workshop/vid/4F1F5D72-E309-EE61-77D184FE76C3EEF8](http://virology-education.com/index.cfm/t/5th%20International%20HIV%20and%20Hepatitis%20Coinfection%20workshop/vid/4F1F5D72-E309-EE61-77D184FE76C3EEF8)

4th International Workshop on Hepatitis C, resistance and New Compounds

25-26 June 2009, Boston, MA
More information available soon
www.virology-education.com/index.cfm/t/Workshops/vid/9E7DF720-C09F-296A-61AF086697A2263C

4th International Workshop on Clinical Pharmacology of Hepatitis Therapy

27 June 2009, Boston, MA
More information available soon
www.virology-education.com/index.cfm/t/Workshops/vid/9E7DF720-C09F-296A-61AF086697A2263C

LAW FIRMS

1986-1990

Bruce Lemer/Grant Kovacs Norell
Vancouver, BC
Phone: 1-604-609-6699
Fax: 1-604-609-6688

Pre-1986/ Post-1990

Klein Lyons
Vancouver, BC 1-604-874-7171,
1-800-468-4466, Fax 1-604-874-7180
www.kleinlyons.com/class/settled/hepc/

David Harvey
Lauzon Belanger S.E.N.C. (Quebec)
Toronto, ON
Phone 416-362-1989; Fax 416-362-6204
www.lauzonbelanger.qc.ca/cms/index.php?page=108

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

Kolthammer Batchelor & Laidlaw LLP
#208, 11062 - 156 Street,
Edmonton, AB T5P-4M8
Tel: 780-489-5003 Fax: 780-486-2107
kkoltham@telusplanet.net

Other:

William Dermody/Dempster, Dermody, Riley & Buntain
Hamilton, ON L8N 3Z1 1-905-572-6688

LOOKBACK/TRACEBACK

Canadian Blood Services Lookback/Traceback & Info Line: 1-888-462-4056

Lookback Programs, Canada: 1-800-668-2866

Canadian Blood Services, Vancouver, BC
1-888-332-5663 (local 3467) or 604-707-3467

Lookback Programs, BC: 1-888-770-4800

Hema-Quebec Lookback/Traceback & Info Line:
1-888-666-4362

Manitoba Traceback: 1-866-357-0196

Canadian Blood Services, Ontario

1-800-701-7803 ext 4480 (Irene)

Irene.dines@Blood.ca

RCMP Blood Probe Task Force TIPS Hotline

1-888-530-1111 or 1-905-953-7388

Mon-Fri 7 AM-10 PM EST

345 Harry Walker Parkway, South Newmarket, ON L3Y 8P6 Fax: 1-905-953-7747

CLASS ACTION/COMPENSATION

Class Action Suit Hotline: 1-800-229-5323 ext. 8296

Health Canada Compensation Line: 1-888-780-1111

Red Cross Compensation pre-86/post-90 Registration: 1-888-840-5764

Ontario Compensation: 1-877-222-4977

Quebec Compensation: 1-888-840-5764

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

CLAIMS ADMINISTRATOR

1986-1990

Administrator 1-877- 434-0944
www.hepc8690.com info@hepc8690.com
www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf

Pre-86/Post-90

Administrator 1-866-334-3361
preposthepc@crowco.ca
www.pre86post90settlement.ca
Settlement Agreement: http://www.reko.ca/html/hepc_settlementagreement.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. **1371 C - Cedar St.** 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 604-576-2022

Kamloops AIDS Society of Kamloops (ASK Wellness Centre) HIV/HEPC Peer Support Group each Thurs. 11-2 PM, 433 Tranquille Rd. 250-376-7558 Support/ Referral. info@askwellness.ca 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. ljmortell@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. hepcpeer-support@hotmail.com

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

Nelson Hepatitis C Support Group 1st Thurs. every 2nd month, afternoons. ANKORS Offices, 101 Baker St. Drop-in library M-Th 9-4:30. Contact Alex or Karen 1-800-421-2437, 250-505-5506, information@ankors.bc.ca

alex@ankors.bc.ca www.ankors.bc.ca/

New Westminster Support Contact Diane Morrissette, 604-525-3790 before 9 PM. dmorrissette@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 Contact the Prince George group, please.

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 Contact 604-454-1347 or 778-898-7211, or call 604-522-1714 (Shelley), 604-454-1347 (Terry), if you would like to talk or meet for coffee.

YouthCO AIDS Society HepCATS 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 for 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 elroyem222@rogers.com

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

Owen Sound Info and support. 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.com

St. Catharines Contact Joe 905-682-6194 icolangelo3@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 reneeaurio@hotmail.com

ATLANTIC PROVINCES:

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:

Edmonton Contact: Jackie Neufeld 780-939-3379.

Wood Buffalo HIV & AIDS Society #002-9908 Franklin Ave, Fort McMurray, AB Contact 780-743-9200 wbhas@telus.net www.wbhas.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.

REPORT ADVERSE EVENTS

Report problems with medical products, including product use errors, product quality problems, and serious adverse events.

www.accessdata.fda.gov/scripts/medwatch/medwatch-online.htm