

hepc . bull 1

Canada's Hepatitis C News Bulletin

www.hepcbc.ca

NEWS

DENIED TREATMENT

Leonard Hollett, age 45, has been turned down for hepatitis C treatment. So have many of us, for many different reasons. Some of us have been turned down because our enzymes are considered to be too low; others, because of addiction problems; others, because of other health issues.

Mr. Hollett has a different problem. He is in jail for selling drugs. He has been there for the past 4 months, and is scheduled for a hearing later this month to find out if he will be sent to trial. Only after the hearing will he know when he will be released. He is worried that the longer he waits, the less likely he will respond to treatment, and statistically, he has a point. While hepatitis C usually progresses slowly, the chances of responding are better the earlier you are treated, and the younger you are. Hollett believes that, even though he is in jail, he has a right to medical treatment. "This is a right. It's a right to have medical attention the same as in the community."

As most of us know, treatment can take either 6 months or a year, depending on the genotype of his virus.

"There is a 'rigorous' review to decide if inmates with hepatitis C are eligible to receive the complex treatment in the jail with consultation from a physician who specializes in that type of care, or if treatment is more appropriate in the community after they're released," said McGetrick, spokesman for the Ministry of Community Safety and Correctional Services.

A response to a letter from Hollett to the College of Physicians and Surgeons, Ontario, states that the college does not usually intervene in matters regarding institutions, and says, "I understand that since North Bay Jail is a small institution where people are held while awaiting trial or transfer, such a program is not viable because of the nature of hepatitis C treatment which requires larger health care facilities and staff for provision of after care."

Another letter from a nurse advisor suggests he see his health-care co-ordinator to see if an exception can be made, and that they usually do not start treatment on patients in custody, although it can be continued if treatment has already begun before admission to the jail.

Sandra Chu, a senior policy analyst with the Canadian HIV-AIDS Legal Network, worries about the possibility of the disease spreading among the inmates, and states, "As a human rights issue it's important because people in prison have a right to treatment"

Source: <http://nugget.ca/ArticleDisplay.aspx?e=2489444>

DON'T DO THIS AT HOME!

I don't know about you, but this is what has happened to me. My liver enzymes were always just slightly above normal, so I couldn't qualify for treatment here in BC. Thus I can relate to Richard Levesque's plight.

Richard recently told reporters that he drank alcohol for three days straight, even though he was a recovering alcoholic, to get his enzymes up enough (one and a half times 'normal') to fulfill BC Pharmacare's requirements so that they would pay for his Hep C treatment. Unfortunately, in spite of

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World Hepatitis Day Are you number 12?



MAY 19, 2010

WHAT ARE YOU DOING FOR WORLD HEPATITIS DAY?

The 12 Asks:

1. Public recognition of chronic viral hepatitis as an urgent public health issue.
2. The appointment of an individual to lead Government strategy nationally.
3. The development of a patient pathway for screening, diagnosis, referral and treatment.
4. Clear, quantifiable targets for reducing incidence and prevalence.
5. Clear, quantifiable targets for reducing mortality.
6. Clear, quantifiable targets for screening.
7. Effective surveillance and publication of national incidence and prevalence statistics.
8. Commitment to examine cases of best practice internationally.
9. Commitment to work with patient groups in policy design and implementation.
10. Provision of free and anonymous (or confidential) testing.
11. A public awareness campaign that alerts people to the issue and is committed to reducing stigma.
12. Commitment to an ongoing national vaccination programme.

For more information about the World Hepatitis Day campaign contact contact@worldhepatitisalliance.org

To get involved, click here: <http://www.aminumber12.org/GetInvolved.aspx>

To see photos of last year's activities: <http://www.aminumber12.org/Gallery.aspx>

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Please fill out & include a cheque made out to
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HepCBC
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V8W 1J6

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"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/orderform.htm

SUBMISSIONS: The deadline for any
contributions to the *hepc.bull*® is the 15th of each
month. Please contact the editors at
jkling2005@shaw.ca, (250) 595-3892. The editors
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of space.

ADVERTISING: The deadline for placing
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Newsletter Ads: Maximum 4 per issue, if space
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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 8.3

Peppermint Patti's **FAQ Version 8.3** 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 2009.
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 1997-2010; the FAQ V8.3;
the slide presentations developed by Alan
Franciscus; and all of HepCBC's pam-
phlets. The Resource CD costs \$10 includ-
ing S&H. Please send cheque or money
order to the address on the subscription/
order form on this page.

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

REPRINTS

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

THANKS!!

HepCBC thanks the following
institutions and individuals for their
generosity: The late John Crooks, A-
Channel News, The Ocean, JackFM,
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, Judy
Klassen, and S. J.

Please patronize the following businesses
that have helped us: Top Shelf
Bookkeeping, Thrifty Foods, Samuel's
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Canada, VanCity, Schering Canada,
Shoppers Drug Mart, and the Victoria
Conservatory. Heartfelt thanks to Blackwell
Science for a subscription renewal to
gastrohep.com.

Special thanks to Thrifty Foods for
putting our donation tins at their tills in
these stores: Greater Victoria: Quadra,
Cloverdale, Hillside Mall, Tuscany,
Broadmead, Fairfield, James Bay, Admirals
Walk, Colwood, Central Saanich, and
Sidney. Lower Mainland: Tsawwassen,
Coquitlam, Port Moody. Also: Salt Spring
and Mill Bay.



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, telephone 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.

TIP OF THE MONTH:



**Make sure your
healthcare
workers follow
standard
safety precautions.**

Speak up!

Got Hep C? Single? Visit:

<http://groups.yahoo.com/group/HepCingles2>

[http://groups.yahoo.com/group/
NewHepSingles/](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](http://forums.delphiforums.com/hepatitiscen1/chat)

DIAL-A-DIETITIAN

(604) 732-9191 or

1 (800) 667-3438

www.dialadietitian.org

Dietitians of Canada: www.dietitians.ca



MEET NEW FRIENDS!

We need experienced **board mem-
bers** to occupy key positions. Also
needed: summarizing, telephone buddies,
translation English to Spanish. Please con-
tact 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.

Hep C Sites on facebook.



FIGHT Against Hepatitis C

<http://bit.ly/cvXCGK>



<http://bit.ly/9Nylw3>



Am I Number 12?

Become a Fan

Wall Info Photos Boxes

<http://bit.ly/b7mdCF>



Transplant Support Group of British Columbia



You can join the Facebook group by putting "Transplant Support Group of British Columbia" in your browser or using this URL: <http://www.facebook.com/group.php?gid=311699175404&ref=share>



twitter

Hey there! **hepcbc** is using Twitter.

Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What's happening? Join today to start receiving **hepcbc's** tweets.

<http://twitter.com/hepcbc>



I have been working on my peer support Wendys Wellness Website and wanted to offer everyone a safe place to get together.

This is the link to my post offering a secure place to blog about Hep C health. I hope to connect with anyone interested in sharing how we cope and manage our health challenges.

Please pass this along to anyone out there who would like a safe place to blog.

<http://wendyswellness.ca/?p=381>

PHYSICIANS FOR PATIENTS



An online physician-mediated support group for patients, families, and friends of those with hepatitis C.

<http://hepatitisc.physiciansforpatients.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

GRILLED SALMON

- 2 lemons, sliced thinly
- 1 lemon cut in wedges (garnish)
- 20-30 sprigs mixed fresh herbs, plus 2 more tablespoons, chopped
- 1 clove garlic
- 1/4 teaspoon salt
- 1 tablespoon mustard
- 1 lb center-cut salmon, skinned



Preheat oven to 450F.

Place 2 layers heavy-duty foil on a baking sheet and place lemon slices in two layers in the center of the foil. Spread herb sprigs over lemons.

Mash garlic with salt forming a paste. Stir in mustard and the chopped herbs. Spread garlic mixture on both sides of salmon and place salmon on the herb sprigs.

Cook until the salmon is opaque in the center, (18-24 min).

Cut the salmon into 4 portions. Serve with lemon wedges (discard herb sprigs and lemon slices). Serve with grilled new potatoes tossed in an herb vinaigrette and steamed green beans. 4 servings

Source: www.eatingwell.com/recipes/grilled_salmon_with_mustard_herbs.html

RED LENTIL CURRY

- 2 C red lentils
- 1 lg onion, diced
- 1 T vegetable oil
- 2 T curry paste
- 1 T curry powder
- 1 t. ground turmeric
- 1 t. ground cumin
- 1 t chili powder
- 1 t. salt
- 1 t. white sugar
- 1 t. minced garlic
- 1 t. ginger root, minced
- 1 (14.25 oz) can tomato puree

Wash lentils well in cold water; put them in a pot and cover with water. Simmer, covered, until tender. (Add more water if needed).

While they are cooking, in a large frying pan, fry onions in oil.

While onions are cooking, combine all other ingredients except tomato puree in a mixing bowl. Mix well. Combine cooked lentils and the curry mixture. Cook over high heat 1-2 min, stirring constantly.

Add tomato puree and reduce heat. Simmer until the lentils are tender. Mix drained lentils and curry. Serve immediately.

Yield 8 servings

Source: <http://allrecipes.com/Recipe/Red-Lentil-Curry/Detail.aspx>

Many patients with chronic hepatitis do not experience symptoms they blame on hepatitis. On the other hand, others complain of excessive fatigue, weakness, and a reduced capacity for exercise.

Since liver damage may occur even in asymptomatic cases (no patient complaints), it is important to perform a biopsy and determine whether there is ongoing liver damage. As chronic hepatitis progresses, damage to liver cells may impair liver function. A biopsy of the damaged liver indicates the degree of cellular necrosis (death of liver cells), inflammation (cellular infiltration and swelling), and scarring (scar tissue beginning to replace functioning liver cells). - "Understanding Chronic Hepatitis" - Schering - 10/92 INH-001/17098403

WHAT IS A LIVER BIOPSY?

A liver biopsy is a diagnostic procedure used to obtain a small amount of liver tissue, which can be examined under a microscope to help identify the cause or stage of liver disease.

The most common way a liver sample is obtained is by inserting a needle into the liver for a fraction of a second. This can be done in the hospital with a local anesthetic, and the patient may be sent home within 3-6 hours if there are no complications.

The physician determines the best site, depth, and angle of the needle puncture by physical examination or ultrasound. The skin and area under the skin is anaesthetized, and a needle is passed quickly into and out of the liver. Approximately half of individuals have no pain afterwards, while the other half will experience brief localized pain that may spread to the right shoulder.

Some persons, however, have had to be hospitalized afterwards due to extreme pain, shock or puncture of another organ. Many patients have commented that taking ativan, a tranquilizer, before the procedure helped reduce the pain, since this drug will relax the internal muscles and prevent spasms.

Patients are monitored for one to several hours after a biopsy to make sure serious bleeding has not occurred. Some patients occasionally have a sudden drop in blood pressure after a biopsy that is caused by a vagal reflex and not by blood loss; this is caused by sudden irritation of the peritoneal membrane. The characteristics that distinguish this from a bleeding event

are: 1) slow pulse rather than rapid, 2) sweating, and 3) nausea.

WHAT ARE THE DANGERS OF LIVER BIOPSY?

The risk of a liver biopsy is minimal. The primary risk is bleeding from the site of needle entry into the liver, although this occurs in less than 1% of patients. Other possible complications include the puncture of other organs, such as the kidney, lung or colon.

Biopsy, by mistake, of the gallbladder rather than the liver may be associated with leakage of bile into the abdominal cavity, causing peritonitis. Fortunately, the risk of death from liver biopsy is extremely low, ranging from 0.01% to 0.1%.

A biopsy should not be done if: 1) you have taken aspirin in the last 5-7 days, 2) the hemoglobin is below 9-10 grams/dl, 3) the platelets are below 50,000-60,000, or 4) the prothrombin time INR is above 1.4. Those with bleeding disorders such as hemophilia, which can be temporarily corrected with transfused clotting factors, can safely have a biopsy, or they may be able to have a transjugular biopsy.

WILL IT HURT?

Most doctors will not do percutaneous needle liver biopsies under anesthesia. This is because the liver is directly under the diaphragm and moves as you breathe. When the needle is inserted through the skin and body wall, the liver must not be moving or else there is danger of a laceration. To keep the liver from moving, the patient has to stop breathing momentarily. Doctors prefer to have you alert and able to follow directions, but if you are very anxious, you may want to ask for a sedative to help you relax.

The injections of local anesthetic, and the actual puncture of the liver capsule, itself can be a little painful for some people, but it only takes a second and is over very quickly. Other people feel no pain at all, and don't realize it's happened until the doctor tells them they're finished.

Occasionally there will be a small to moderate amount of pain afterwards. If you find that you are uncomfortable, your doctor will generally prescribe a light painkiller immediately after the biopsy. The pain may be far away from the biopsy site, possibly in the pit of your stomach or typically in the right shoulder. Be aware that some doctors are hesitant to give pain killers to those with hepatitis C. It is advisable to discuss this matter with your doctor before hand to avoid unnecessary discomfort.

The liver itself has no pain-sensing nerve fibres, but a small amount of blood in the abdominal cavity or up under the diaphragm can be irritating and painful. Very occasionally, small adhesions (scar tissue) may form at or near the biopsy site, and can cause a chronic pain that persists near the liver area after the biopsy.

(NEWS —Continued from page 1)

the three-day binge, his enzyme levels were still not high enough to qualify.

BC's Pharmacare only pays for treatment if a patient's application is approved by a government-appointed committee. The application has to show evidence (high liver enzymes, biopsy results, etc.) of liver damage. Also, the patient must be alcohol and drug-free, and have not received prior treatment. Around 20% of patients who apply are rejected, but many don't even apply because they don't meet the prerequisites. Ontario has similar rules. If you are lucky enough to live in Alberta, however, your treatment is paid for as long as a doctor prescribes it. In case you were wondering, there are no such restrictions for other infectious diseases such as HIV or TB.

HepCBC's own Fran Falconer, a well-known hepatitis C support nurse, says she has run across this problem among her patients and warns of the danger of using alcohol for those infected with HCV. "For the liver, drinking [alcohol] is like putting grease on a flame. It's like fertilizer to the hepatitis C virus."

Dr. Brian Conway, infectious disease specialist in Vancouver, says many of his patients approach him with questions about dangerous substances they want to take to make their enzymes higher. Dr. Conway insists that this can be very harmful to your health and can even kill you.

"Perhaps if the doctors have real evidence of patients actually doing this, it would be important to let the Ministry know so we can get a handle on it," the health minister said. "Maybe there is something out there that we need to understand more." (Dear Mr. Minister, if you are reading this, please count me. I confess. I had two drinks the night before one of my lab tests, in hopes of qualifying for treatment. I almost never drink. The worst part is that it didn't work. My treatment was finally approved in BC when I submitted a biopsy report showing stage II fibrosis and inflammation.)

(Continued on page 5)



WHY SUPPORT IS SO IMPORTANT

Now that I am in the throes of treatment, I can tell you all absolutely that support is one of the most, if not the most important component of undergoing hepatitis C treatment. Please, if you are thinking about going on Interferon/Ribavirin, consider putting a support system in place first. If you are even half as sick as I have found myself to be, you simply cannot do this alone.

Everything changes: where you go, what you do, who you see, how you drive, sexual habits, your own personality, everything. You see, the reason I can say this is not only from my own experience, but my partner and I have recently started up a support group, and from that, we have received a lot of feedback.

We have a few sets of members on treatment and their spouses/and/or caregivers who all attend. It is no easier a task to be the caregiver, than it is to be ill. Let me take this opportunity to stress here again that not everyone becomes really sick; everybody seems to handle these medications differently.

Since it is unpredictable, and you never know how you will feel one day to the next, it is almost impossible to plan anything, or any event. Many people find it difficult, if not impossible, to work during treatment. All these things taken into account will hopefully give you some idea of what you are about to undergo. I had no idea, nor did my friends and family, and especially, neither did my boyfriend. Through the learning curves of myself and of others whom I have listened to and documented, we hope that this article will give you at least a small "heads up."

Some of the side affects actually keep me out of the kitchen and away from knives, because what happens is that your brain is affected, and you lose your memory and your focus, and often your sense of time. I have learned that if I have to make myself something to eat, for example, to set the timers when using the stove. My eyesight has been affected, also, in that I cannot withstand bright light or sunlight. Be very careful if you have to drive somewhere; get a ride whenever possible. What happens to me is that, aside from being ultra sensitive, I get blurred vision and intense headaches, including 2 and 3 day migraines. That's rough when you find yourself half way to somewhere in the car, for example.

What has been listed here is only the beginning of some of the other possible side effects, and I plan to put together a full list, which I will publish when available. If you have any other questions or want to leave a comment, please feel free to contact me at petrabilities@aol.com. Also, you can follow my own treatment, and gain some added insight on my videos at <http://www.youtube.com/petrabilities>



(NEWS-Continued from page 4)

True, a lot of people are infected, and treatment is expensive, ranging from \$5,628 to \$21,360, but transplants, which cost at least \$55,000, plus the anti-rejection drugs, are even more of a burden on our society, as are loss of work hours and productivity.

ZALBIN (JOULFERON) ONCE A MONTH DOSING

Human Genome Sciences, Inc has announced results through Week 12 of a Phase 2b trial of Zalbin (albinterferon alfa-2b) with ribavirin. The company Novartis is testing 391 people with genotype 2 or 3 who have not been treated before to see if their drug is safe and effective. Treatment is scheduled to last for 24 weeks, followed by a test for the presence of the virus 24 weeks later. Sustained virological response at 12 weeks after ending treatment (SVR12) was 81% for the every-four-weeks dose, compared to 82% for those taking standard treatment. So far the safety of the drug is similar to that of standard treatment.

If the results at the end of the trial show results better than or similar to standard treat-

ment given once a week, the company may do a Phase 3 trial.

Zalbin is a fusion of human albumin and interferon alfa. Albumin occurs in the body naturally and usually stays in the blood for about 19 days, so fused with interferon, it can prolong its half-life. There has been a successful Phase 3 trial with dosing every two weeks.

Source: www.pr-inside.com/human-genome-sciences-announces-interim-r1793976.htm March 2010



ADVERSE EVENTS

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

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

INDIAN SPICE MAY PREVENT LIVER DAMAGE

A bright-yellow spice called curcumin may provide an easy, delicious way to protect your liver. Investigators have noticed that this spice, a major part of the Indian spice called tumeric, used in curry, lessens inflammation and fibrosis in test tubes and in animals. The mice fed curcumin had less liver damage than those fed a normal diet. The spice could provide a strategy to treat or delay fibrosis. The herb *curcuma longa* has been used for centuries in Ayurvedic medicine to relieve gastrointestinal problems. The researchers believe that curcumin may be a natural, well-tolerated alternative to ursodeoxycholic acid, whose long-term effects are unknown.

Source: www.medpagetoday.com/Gastroenterology/GeneralHepatology/19195 March 2010



HEPATITIS C AWARENESS DAY IN MAY 2002

[Editor: This article has been reprinted from the *hepc.bull* May 2002 edition. Some of the groups mentioned no longer exist. Other new groups have begun, doing their part, perhaps in a different way, using other types of talent and creativity. I am including this so you can see part of our history and what we have accomplished. Many of the ideas below are still good, as you will see.]

In the Month of May 2002, Groups and individuals from across Canada, from British Columbia to Newfoundland, and around the world, are invited to participate in a Hepatitis C Awareness Day event in their own community. You might want to start one of your own or help out with one. For instance IDU's (Intravenous Drug Users) might want to do a "Clean Fit Day", or a support group predominated by "shut-ins" and persons with cirrhosis might advocate awareness through fax and letter writing campaigns to local politicians and the Media. Groups and individuals with strong roots in schools and churches might want to schedule Hepatitis C Awareness information seminars or workshops as part of regular classes or community activities. You are encouraged to do what you can to raise Awareness. The community where you live will dictate the type of awareness event needed for your unique community needs.

This year, we at HepCURE, like other groups and individuals, will approach our City Halls (City Councils) to proclaim May 1st as Hepatitis C Awareness Day for the 3rd year in a row. It is a very handy way to do a Press Release Event at a City Hall or another high profile community location. A Press Release at City Hall or at a Community Centre, with the cooperation of the newspapers and T.V. will allow you to invite the people of your community to your Hepatitis Awareness Day event, whatever that be, a tree planting, letter writing campaign, Clean Fit Day or Candlelight Ceremony.

May 1st is the preferred day but might not be available to every community. Last May 20th in Manitoba, in partnership with the Hepatitis C Society (HECSC) Manitoba, we held a Sunday Hepatitis C Awareness day event on the steps of the Manitoba Legislature. HepCURE and the Hepatitis Foundation of Quebec were in Montreal at the 1st National Conference on Hepatitis C and led the May 1st Ceremony

with Groups and Individuals from across Canada.

Whether we do our Awareness Day Event May 1st or on another day close to the beginning of May, the important thing is that we all do our parts for hepatitis C Awareness. The idea is just to do something for Hepatitis C Awareness. HepCURE is encouraging as many groups as possible to do proclamations and Candlelight Ceremonies and we support all awareness activities. Do some brainstorming and come up with some neat ideas. Let us know the particulars of your event and we will list them on a May 1st Events site. Have Fun! And get the Word Out!

1998 Rally, Victoria, BC



Parliament Buildings

Night Sweats

I'm a little too round
 Could stand to loose a few pounds
 Baggy sweats and slippers my attire
 I used to be a black haired beauty with big dark eyes
 With points all my own sitting up high
 Way up firm and high

Past menopause where the moods got heavy
 Me with Hep C, working on my memory
 Working on meds without any clues
 Working on my night sweats blues
 In the night time
 In the cold, wet, twilight time

I awoke last night to the sound of thunder
 How far off I sat and wondered
 Started humming a song from 1962
 Had enough of cold beds too
 Strange thing about those night sweats
 Wondering if they're ever going to end
 Night Sweats.....

*Lyrics hummed out loud to Bob Seger's
 "Night Moves"*

A York 2010



We hope to see YOU at the next meeting. Remember: Family, friends and caregivers are always welcome.

HepCBC Peer Support

**Wednesday April 21, 2010
 7:15 – 8:45pm**

**North Surrey Recreation Centre,
 Meeting Room, 10275 - 135th St, Surrey
 SkyTrain: Surrey Central**

RSVP: 604-576-2022, jking2005@shaw.ca
 or Petra at 778-855-6074

**Tuesday April 27, 2010
 7-8:30pm**

**Victoria Health Unit
 1947 Cook St, Victoria
 Across the street from Royal Athletic
 Park**

RSVP: 250-595-3892

COMPETITION!

HepCBC needs writers for the *hepc.bull*, and will pay \$50.00 for a featured article. The article should be original, 500 to 800 words, and be about hepatitis C. It may be, for example, about the author's experience with hepatitis C, a study (with references) on some aspect of Hep C, or a call for action. Submissions must be in by the 15th of next month, *stating interest in receiving the bonus*. If there is more than one submission chosen, the editors reserve the right to print both, or leave one for a future edition. info@hepcbc.ca



Are you in British Columbia? Are you 16 years old or older? Do you have a BC Care Card? If so, you can now get your lab test results online at a secure internet site at www.myehealth.ca

You must have had a lab test within the last 10 days at a LifeLabs or BC Biomedical laboratory centre in order to register. Have your Care Card number ready. You must use the mailing address that your lab has. Tel. 1-888-522-7758



CONFERENCES 2010

The International Liver Congress 2010

45th Annual Meeting of the EASL
14-18 April 2010
Vienna, Austria
www.easl.eu/liver-congress

Australasian Viral Hepatitis Conference 2010

6 - 8 September 2010
Sebel Albert Park
Melbourne, Victoria, Australia
Tel: +61 2 8204 0770
Fax: + 61 2 9212 4670
Email: info@hepatitis.org.au

Hepatitis 2010 Viral Hepatitis World Congress

13-14 September 2010
St Hilda's College, Oxford, UK
Hepatitis2010/Home.htm
Registration deadline: 5 August 2010
Contact: Dr M Sohail
Tel: +44 (0)1865 275743
Email: HepatitisOxford@gmail.com
www.libpubmedia.co.uk/Conferences/

The Liver Meeting 2010

AASLD's 61st Annual Meeting
29 October -2 November 2010
John B. Hynes Convention Center
Boston, Massachusetts
Registration: Mid-July
www.aasld.org/thelivermeeting/



If you are receiving this newsletter by snail mail but 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 info@hepcbc.ca and say, "Send me the email version, please," and you, too, can enjoy this newsletter in glorious colour, free of charge.

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.

J. Lemmon

Contact:

hcvresearch@rogers.com

Experienced in medical
and legal research
Assistance with HCV compensation claims and appeals
High success rate
Low payment rate
References are available

COMPENSATION

LAW FIRMS

1986-1990

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



Pre-1986/ Post-1990

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

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

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

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

Other:

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

LOOKBACK/TRACEBACK

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

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

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

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

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

Manitoba Traceback: 1-866-357-0196

Canadian Blood Services, Ontario
1-800-701-7803 ext 4480 (Irene)
Irene.dines@Blood.ca

RCMP Blood Probe Task Force TIPS Hotline
1-888-530-1111 or 1-905-953-7388
Mon-Fri 7 AM-10 PM EST
345 Harry Walker Parkway, South Newmarket, ON L3Y 8P6
Fax: 1-905-953-7747

CLASS ACTION/ COMPENSATION

Class Action Suit Hotline: 1-800-229-5323 ext. 8296
Health Canada Compensation Line: 1-888-780-1111
Red Cross Compensation pre-86/post-90 Registration: 1-888-840-5764 HepatitisC@kpmg.ca

Ontario Compensation: 1-877-222-4977
Quebec Compensation: 1-888-840-5764
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@crawco.ca
www.pre86post90settlement.ca

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

COMING UP IN BC/YUKON:

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

AIDS Vancouver Island The following groups provide HCV info, harm reduction, support, education and more:

• **Campbell River:** Drop in, 1371 C - Cedar St. Contact 250-830-0787 leanne.cunningham@avi.org

• **Comox Valley** Drop in, needle exchange. 355 6th St. Courtenay. Contact Sarah 250-338-7400 sarah.sullivan@avi.org

• **Nanaimo** Contact Anita 250-753-2437 anita.rosewall@avi.org

• **Port Hardy** (Port McNeil, Alert Bay, Port Hardy, Sayward, Sointula and Woss) Drop-in kitchen. 7070 Shorncliffe Rd. Contact Tom, 250-949-0432 tom.fenton@avi.org.

• **Victoria** Access Health Centre, drop in, disability applications. 713 Johnson St., 3rd floor, 250-384-2366 Hermione.jeffers@avi.org

Boundary HCV Support and Education Contact Ken 250-442-1280 ksthompson@direct.ca

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

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 HCV Support Contact Leah 250-748-3432 r-lattig@shaw.ca

HepCBC info@hepcbc.ca, www.hepcbc.ca

• **Victoria** Peer Support: 4th Tues. monthly 7-8:30 PM, Victoria Health Unit, 1947 Cook St. Drop-in/Office/Library, 306-620 View St. Contact 250-595-3892 Phone support 9AM-10PM. 250-595-3891

• **Fraser Valley** Peer Support: 3rd Wed monthly 7PM, N. Surrey Rec Centre Meeting room 10275-135th St Info: 604-576-2022, petrabilities@aol.com.

Kamloops ASK Wellness Centre. Chronic illness health navigation/support. info@askwellness.ca 250-376-7558 1-800-661-7541 ext 232 www.askwellness.ca or Merritt health housing and counseling 250-315-0098.

Kamloops Hep C support group, 2nd and 4th Wed monthly, 10-1 PM, Interior Indian Friendship Society, 125 Palm St. Kamloops. Contact Cherri 250-376-1296 Fax 250-376-2275

Kelowna Hepkop: Last Sat. monthly, 1-3 PM, Sep-May, Rose Ave. Meeting Room, Kelowna General Hospital. Contact Elaine 250-768-3573, eriselex@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 1st & 3rd Thurs. monthly 4-5 PM, AVI Health Centre, #216-55 Victoria Rd, Nanaimo. Contact Fran 250-740-6942. hepctxpeersupport@hotmail.com

Nelson Hepatitis C Support Group 1st Thurs. every 2nd month, afternoons. ANKORS, 101 Baker St. 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 604-525-3790 before 9 PM. dmorrissettie@excite.com

North Island Liver Service Viral Hepatitis Information, support, treatment, Fanny Bay North to Pt Hardy, Vancouver Island. 1-877-215-7005

Pender Harbour Contact Myrtle 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 Ilse 250-565-7387 ilse.kuepper@northernhealth.ca

Prince Rupert Hep C Support Contact: Dolly 250-627-7942 hepcprinc 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

Sunshine Coast-Sechelt Healthy Livers Support Group Information/resources, contact Catriona 604-886-5613 ca-triona.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), to talk or meet for coffee.

Vernon telephone buddy, M-F 10-6 Call Peter, Tel. 250-309-1358.

Victoria CoolAid Peer Support each Wed 10-11:30 AM, 713 Johnson St. Support for all stages of treatment (deciding, during, after). Contact Carolyn cshowler@coolaid.org

YouthCO AIDS Society 900 Helmcken St, 1st floor, Vancouver 604-688-1441 or 1-877-YOUTHCO www.youthco.org Support program manager: Sasha Bennett sshah@youthco.org

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, 1-800-565-2209 hars@kingston.net, www.hars.ca

Kitchener Area Chapter 3rd Wed. monthly, 7:30 PM, Waterloo Menonite Brethren Church, 245 Lexington Rd. Waterloo. Contact Bob 519-886-5706, Mavis 519-743-1922 or waterlooregionhepcsupport@gmail.com

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

Owen Sound Info and support. Contact Debby Minielly dminielly@publichealthgreybruce.on.ca 1-800-263-3456 Ext. 1257, 519-376-9420, Ext. 1257, www.publichealthgreybruce.on.ca/

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

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 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, bptonkonjak@liver.ca

Thunder Bay Hep C support. Contact Sarah Tycholiz 807-345-1516 (or for 807 area only 1-800-488-5840)

Unified Networkers of Drug Users Nationally undun@sympatico.ca

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

QUEBEC:

Quebec City Region Contact Renée Daurio 418-836-2307 reneeaurio@hotmail.com

ATLANTIC PROVINCES:

Halifax, NS Hepatitis Outreach Society. Info and support line for the entire province. Call 1-800-521-0572, 902-420-1767 info@hepatitisoutreach.com. www.hepatitisoutreach.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 wbbhas@telus.net www.wbbhas.ca

Manitoba Hepatitis C Support Community Inc. Each 2nd & last Tues. monthly, 7 PM, LOCATION CHANGE – Effective March 9, 2010: 595 Broadway Ave. Everyone 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. It's free!

TIP OF THE MONTH:

Going for a biopsy? Ask your doctor to prescribe Ativan (a tranquilizer). You may not be able to get it at the hospital anymore.

