

# hepc.bull

## Canada's Hepatitis C News Bulletin

[www.hepcbc.ca](http://www.hepcbc.ca)

### NEWS

#### PEGETRON SHORTAGE: CHECK WITH YOUR PHARMACIST

Beware: A manufacturing defect affecting Pegatron could cause infections at the injection site, so the affected medication is being recalled. There may be a shortage at your pharmacy. Stopping therapy may be more serious than an injection site infection.

If you are on treatment please make sure that you contact your pharmacy, who should obtain the medication directly from the manufacturer and not through the wholesale distribution.

Source: [http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/prof/\\_2010/index-eng.php](http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/prof/_2010/index-eng.php)

#### HCV & YOUR BRAIN

Unfortunately, HCV hasn't been given instructions to stay in the liver. It can take up residence in other parts of our body... like our brain cells. This has been suspected, and now proven by scientists in Alberta.

Any serious damage to the liver can affect the brain when the liver no longer filters out toxins, but this research shows you don't have to have serious liver disease to suffer the effects of the virus residing in your brain. The effects can include memory and concentration problems as well as depression and apathy.

The virus was observed replicating itself in the brain and killing off brain cells.

The researchers suggest that doctors be on the lookout for these problems in all of their HCV+ patients and refer them not only to a liver specialist, but also to a neurologist or psychologist.

People must be aware that by getting treatment, they are not just protecting their livers. In spite of this bad news, this has been affecting us all along, and it is encouraging that researchers are adding to knowledge about the virus and working on a cure.

Source: [www.montrealgazette.com/health/](http://www.montrealgazette.com/health/)

[infect+damage+brain+tissues+Report/3628505/story.html](#)

#### HCV NEEDS A FAT ENZYME

Researchers at Gladstone Institute have discovered that a certain enzyme, DGAT1, is needed for HCV to be able to infect cells. This enzyme is linked to fat stored in the liver. Pharmaceutical companies are already developing DGAT1 inhibitors, and these may be useful as a hepatitis C treatment in the future. These inhibitors are now in clinical trials for obesity problems.

Scientists knew that the life cycle of HCV is like this: The virus produces a protein which makes viral enzymes and proteins for a new virus copy. The RNA and other proteins make new viruses which spread into the blood in search of more cells to infect.

It was thought that this process took place inside the cell, but there are fat droplets where fat is stored in the cells, and DGAT1 helps those droplets to form. The DGAT1 works together with part of the virus's core protein needed to build the new viruses. HCV has trouble multiplying if there is no DGAT1.

Source: [www.newkerala.com/news/world/fullnews-60287.html](http://www.newkerala.com/news/world/fullnews-60287.html) Oct 10, 2010

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#### ALLISON CROWE'S TIDINGS CONCERT

HepCBC is most fortunate to announce Allison Crowe is again performing her popular "Tidings Concert" this year in support of HepCBC and Artemis Place.

Don't miss this year's wonderful, seasonal concert on December 4 at the Fairfield United Church. For tickets, please contact Ana Maria at (250) 595-3892.

Saturday, December 4 ~ 8:00 p.m.  
Fairfield United Church, 1303 Fairfield Road, Victoria

Victoria Tidings: General Admission ~ \$20.00 Advance

Victoria Tidings: Students & Seniors ~ \$15.00 Advance

(Door: \$22/\$17)

[www.allisoncrowe.com](http://www.allisoncrowe.com)

## 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

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City: \_\_\_\_\_ Prov. \_\_\_\_ PC \_\_\_\_\_

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Please email me a PDF copy, free of charge.

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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/orderform.htm](http://www.hepcbc.ca/orderform.htm)

**SUBMISSIONS:** The deadline for any contributions to the *hepc.bull*® is the 15<sup>th</sup> of each month. Please contact the editors at [jkling2005@shaw.ca](mailto:jkling2005@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 12<sup>th</sup> of each month. Rates are as follows:

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

### HOW TO REACH US:

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### 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](mailto: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 pamphlets. The Resource CD costs \$10 including S&H. Please send cheque or money order to the address on the subscription/order form on this page.

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

### REPRINTS

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

## 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, Chris Foster, Judith Fry, United Way, and the newsletter team: Beverly Atlas, Diana Ludgate, Alp, Judy Klassen, and S. J.

Please patronize the following businesses that have helped us: Top Shelf Bookkeeping, Thrifty Foods, Samuel's Restaurant, 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.

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

**Develop a healthful daily routine, especially if you're not working.**

### Got Hep C? Single? Visit:

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

[http://groups.yahoo.com/group/](http://groups.yahoo.com/group/NewHepSingles/)

[NewHepSingles/](http://www.hcvanonymous.com/singles.html)

[www.hcvanonymous.com/singles.html](http://www.hcvanonymous.com/singles.html)

[www.hepc-match.com/](http://www.hepc-match.com/)

[www.hepcmatch.com/](http://www.hepcmatch.com/)

CHAT: [http://forums.delphiforums.com/](http://forums.delphiforums.com/hepatitiscen1/chat)  
[hepatitiscen1/chat](http://forums.delphiforums.com/hepatitiscen1/chat)

## DIAL-A-DIETITIAN

(604) 732-9191 or

1 (800) 667-3438

[www.dialadietitian.org](http://www.dialadietitian.org)

Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)



### MEET NEW FRIENDS!

We need experienced **board members** to occupy key positions. Also needed: summarizing, telephone buddies, translation English to Spanish. Please contact us at (250) 595-3892 or [info@hepcbc.ca](mailto: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>



## Transplant Support Group of British Columbia

You can join the Facebook group by putting "Transplant Support Group of British Columbia" in your browser or by 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 Wendy's 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/>

## STUDY PARTICIPANTS WANTED

### Women's Perspectives are Very Important in Guiding Healthcare.

Study participants (women over 19 who have received a Hepatitis C diagnosis) wanted for a thesis titled:

"Lived Experiences of Women Receiving a Hepatitis C Diagnosis". Tell me about your health experience and living with Hepatitis C.

All information shared is confidential.

Participants must be within a 2-hour drive of Kelowna, and the researcher (Donna) will travel to your town/city to talk with you.

The ethics are approved through the University of Victoria.

Contact Donna RN BScN (Master of Nursing student) for more information at [donnazuk@uvic.ca](mailto:donnazuk@uvic.ca) or 250-870-1902



"At any age, staying strong and flexible helps you do the things you enjoy, and perform day-to-day activities with great ease."

Here, you can find a link to the Move for Life DVD, good eating tips and a series of short "walkabouts," "energy bursts", and lots of great health tips,



[www.facebook.com/?ref=home#!/pages/Hepatitis-C-Trust/107063971566?v=info](http://www.facebook.com/?ref=home#!/pages/Hepatitis-C-Trust/107063971566?v=info)

### The Combo Survival Guide from A to Z

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

## PHYSICIANS FOR PATIENTS



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

<http://hepatitisc.physiciansforpatients.com/>



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

## GLOBAL HEPATITIS C NETWORK IN CANADA



[www.globalhepc.net](http://www.globalhepc.net)

## COMPETITION!

**H**epCBC 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 15<sup>th</sup> 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](mailto:info@hepcbc.ca)



## Sanjiv's Story – Updated September 2010 PART II

[Editor: Part I of Sanjiv's story was published in the October 2008 edition of the *hepc.bull*. You can find it by going to page 1 at <http://hepcbc.ca/bulletin/2008/2008-10.pdf>



*Brief Summary of Part I: Sanjiv is now 50 years old, married, with two children, and has been through two heart bypass surgeries, a contaminated transfusion in 1989, and 5 years of HCV treatment. He was diagnosed in 2005. His eloquent account of those years is an emotional journey mirroring the feelings of many of those who are infected and their families. His courage and determination are evident. We last heard from him when he was in the middle of his third attempt at HCV treatment. Here is the continuation of his story:*

This story is dedicated to everyone who has faced the challenge of chronic, life threatening diseases, their loved ones who support them through the trauma, and the health care professionals who work tirelessly for this cause. Above all, it is dedicated to my tough and loving life partner Kavita, without whom there would be no story.

### Third Attempt with HCV therapy – October 2007

Despite another setback I resolved to take my challenges head on. However, I had to do something different compared to my first two attempts; if I did the same thing again how was I to expect a different result? After consulting with the best in October 2007 barely 4 months after my heart surgery, I started double dosage pegylated interferon therapy (2 injections a week). This time I planned to continue therapy for a longer duration of 72 weeks.

For the first 24 weeks I took 200% of regular dose of interferon and 1200 mg of Ribavirin. Then for 12 weeks I tapered it down to 150% of regular interferon dose and 1200 mg of Ribavirin. Thereafter, for approximately 36 weeks I was on the regular dosage of interferon and 1200 mg of Ribavirin. I became virus undetectable by the 6th week. I continued for 72 weeks but somewhere towards the end of the period I was diagnosed as “positive” with detectable levels of HCV virus. Yet another setback!

### Fourth Attempt with HCV therapy – July 2009

Battles are first won in the mind. Despite repeated setbacks my faith in getting rid of the virus permanently remains intact. Translating this into action, I started therapy for the fourth time in July 2009. This time, under guidance from a senior hepatologist I added “Nitazoxanide” to the normal cocktail of Interferon and Ribavirin. Nitazoxanide is an antiviral and has proven to yield higher results when combined with interferon and ribavirin (reference Stealth clinical trial). As I write this, I have completed 55 weeks, and my 48 weeks results indicate that I am virus undetectable. I was virus detectable for 12 weeks after starting but persisted with therapy to become virus “undetectable” around the 24th week. I will continue therapy for 72 weeks. If this attempt isn't successful, my next attempt will occur once the oral protease inhibitor telaprevir becomes available in 2011. Telaprevir promises to be an effective solution for the HCV community.

### The Present Day – August 2010

From everything I know, each person's journey on treatment is personal and will differ from others. I have endured over 280 weekly shots of pegylated interferon and consumed thousands of ribavirin and other capsules in a space of over 5 years (the recommended dose is generally 48) and excessive toxins have been built up in my body during this phase. My body weight is down to 50 kgs from 65 kgs since I started the therapy. HCV therapy (akin to chemotherapy) doesn't just kill the HCV. It affects the healthy cells, too. It attacks my muscles, my skin, my teeth, and the linings of my throat and my stomach, and leaves me vulnerable to infections. The long duration therapy has robbed me of healthy blood cells and has cut down my hemoglobin count. Hemoglobin transports oxygen to the vital areas, and a normal value of hemoglobin for a healthy person is about 16. I am down to 9.8.

My immune system is compromised, and I have what the doctors called “neutropenia,” because my white blood cell count is down to 2800 cells/cu mm, which makes me highly susceptible to infection. I have a high ESR count (a marker for inflammation) and a positive genetic marker “Lipo A” which makes me vulnerable to coronary artery disease. There are other side effects of the therapy that I endure including body aches, nausea, low-grade fever, mood swings, dry skin, dry mouth, tooth decay, skin rashes, malaise, abdominal discomfort, constipation, sleep disturbances, and so on. There are times I don't want to talk, eat or be bothered, i.e., “downtime.” In my strong emotional moments I seek an answer. When will I get an opportunity to rebuild my health?

Living with the ongoing assault of HCV therapy, and having had multiple medical procedures for my medical challenges makes me feel as though I have been run over by a bulldozer and thrown into an abattoir. Moreover, I have the physical scars to show. A number of surgical masterpieces run from various parts of my body to various other parts: a scar that stretches from the left side of my groin to my left ankle, another scar that runs from the right ankle to my right knee, a third scar from left wrist to the elbow. But the real jewels are two deep scars that run down my chest (from the collar to the middle of my chest) which allowed the surgeons to gain access to my heart by cutting open my sternum during the two coronary bypass surgeries. With constant pains, aches and malaise, it seems that I have had the flu for over 5 years. The combined effects of therapy, surgical interventions, and a damaged liver have left me physically depleted. Each attempt at therapy went by slowly at first and then moved into an eventual rhythm.

I work to ensure that I get out of the house each day and follow a healthy disciplined routine. My work (I own and manage a financial services company in India) has required major adjustments since my diagnosis with HCV. The treatment causes me to be tired and not able to deal with the typical long hours and the day-to-day operational issues of managing a successful consulting business.

I begin each day with a morning walk. In addition I practice yoga and meditation. I also have a masseuse who helps me relax. I eat a simple, low fat diet. My daily routine

*(Continued on page 5)*

(SANJIV—Continued from page 4)

including my occupation is invaluable in helping me deal with the treatment side effects. A 25-minute meditation routine each morning helps me accept my circumstances and face each day with a level of zest, hope and joy! Staying involved with a routine of healthy habits, family and work helps me tremendously.

### Hope and Support

As I reflect on my life, I believe that I am “truly blessed” in that I have been saved every time before disaster has struck. At age 30, I was diagnosed and treated for heart disease before I became the victim of a fatal heart attack, the probability of which was very high. Then again, while going through the HCV therapy, I was diagnosed with the need for a repeat heart surgery and was operated upon before irreversible damage occurred and left me not strong enough to participate in the HCV therapy. Moreover, when I was diagnosed with HCV in 2005 my prognosis would have been disastrous if I was discovered to be co-infected with HBV and HIV or if HCC (liver cancer) had set in my liver.

I consider myself very fortunate that today I am in a position to be hopeful and able to participate and gain from my journey. I believe that I am “blessed” and have a fantastic support system comprised of my lovely life partner Kavita (a medical doctor by profession), my parents, my two boys, Rohan and Raghav (see photo) and many friends. I have learned the attributes of a positive attitude from my father, the virtues of believing in God and spirituality from my mother, and the commitment to serve from my life partner, Kavita.



## LOW FAT SPLIT-PEA SOUP

Ingredients:

- 4 C of water
- 3 carrots
- 1 bag pre-cooked green split peas
- 3 celery stalks
- 1 C of low sodium chicken broth
- 100 g low fat bacon bits
- 1 t salt

Mix the ingredients above in a cooking pot, and simmer till veggies and peas are tender.

(If you can't find pre-cooked peas, boil half a kilo in 6 C water for about 6 hours. Let them cool and freeze.)

Serves 8. 1g fat, 147 Cal/Serving

Source: [www.delicious-low-fat-recipes.com](http://www.delicious-low-fat-recipes.com)

## HEP C AND ME: THE INCREDIBLE JOURNEY!

by Petra Hoffmann



I had no idea what I was going to write about this month, so I just plunked myself here right now, in front of the old laptop. And here I am, and I have to say that the only thing that comes to mind is the almost unbearable plight I have had since my hepatitis C diagnosis. I have now completed treatment, and it has been 2 ½ months. I am just beginning to get some of my old energy back in spurts. The meds are still coming out of my teeth and my pores, and sometimes I feel as though I have just done the shot. But that is not what I wish to discuss today.

Since diagnosis, I have become involved with Hep C awareness. I have done volunteer work, and was the driving force behind World Hepatitis Day in Surrey, which even got us the mayor's proclamation. It was a difficult venture to say the least. I felt very much alone, since no one really wanted to help me do the work, or help me to market the event, which in the end was completely downplayed. The long and short of it is that it kept me sane and going throughout my treatment, since I was pretty much quarantined, because my blood counts were for the most part in critical state. I was always faced with the possibility of being pulled off of treatment, and finally my dose was cut, and I was able to continue.

Now, as I stated, I have done a ton of volunteer work, and also helped to facilitate a support group in Vancouver, which was much needed.

Now what it is that I am getting to is again, the stigma of this horrible epidemic disease. It has cost me my career as a realtor, both in that I could no longer work, but also because I am so public, having documented my treatment on YouTube, and the real estate community now knows my secret. A funny thing happened one day when I was making invitation calls for the support group. A realtor with whom I had worked quite closely answered the call, and it was his wife who had Hep C. His

only worry was that someone might find out, and he seemed almost angry that I now knew about his wife. I never did get a call back.

You see, I also went on to create a Hep C website, and then realized sometime later that I cannot do anything on it to even help me pay for the site. EBay, for example, turned down an affiliate relationship with me stating this:

“Your business model or stated website does not appear to be one that would attract eBay buyers (the eBay Partner Network does not currently provide commissions for bringing eBay sellers or listings to the site.)”

Now, when one's career goes out the window, one must come up with something else to turn to. I have never had a problem with that one, and after a full year's worth of volunteering, marketing, documenting, and website building for the Hep C cause, I really need to make some money. So, I have gone back to an old hobby, mirror and glass etching. What sucks though, is that I cannot incorporate my Hep C site and my business, because as you and I both know, it would cost me dearly....again. This, folks, makes me angry and frustrated. There is nothing fair or right about it.

I made myself a promise though, going into all of this, and that is that I would not turn my back on you or this disease once I had finished treatment, and was cured (of which I had no doubt). And so I hold out hope that I find a way to financially aid myself, and at the same time be able to do what needs to be done to gain awareness for Hep C. Fingers crossed, maybe I will get a paying position within the Hep C community.

Please come and follow my journey on: <http://www.youtube.com/petrabilities> or email me at: [petrabilities@aol.com](mailto:petrabilities@aol.com)

**If you are receiving this newsletter by snail mail but have 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](http://www.adobe.com/products/acrobat/readstep2.html)**

**Just send your email address to [info@hepcbc.ca](mailto:info@hepcbc.ca) and say, “Send me the email version, please,” and you, too, can enjoy this newsletter in glorious colour, free of charge.**



### 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](http://www.accessdata.fda.gov/scripts/medwatch/medwatch-online.htm)



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## **BEST OF THE UPCOMING FESTIVE SEASON TO ALL!**

**The holiday season gives us time to reflect on activities of the past year, savour our successes, and plan an even better future. Along with our warmest wishes, we would like to share with you some of HepCBC's many achievements and challenges, and request your continued support in 2011.**

For over 10 years, HepCBC has consistently provided crucial support and information to the hepatitis C community. This last year, we've faced drastically reduced funding, forcing us to tighten purse strings and highlight priorities. Because both the hepatitis C and broader communities recognize the high quality of our primarily volunteer-run, client-focused services, we are confident that ways will be found to continue offering them somehow. However, even operating at our current reduced staffing (one part-time office staff, no paid executive), our accountant warns that HepCBC's bank account will be empty within a year or so. Without additional support, we will soon be forced to close our office, suspend hard-copy publishing and mailings, limit services, and become 100% volunteer-run. Here is what we do now:

### **EDUCATION and OUTREACH**

We have continued to publish the *hepc.bull*, Canada's leading hepatitis C newsletter every month since March, 1996. Our website ([www.hepcbc.ca](http://www.hepcbc.ca)), pamphlet series, and FAQ's provide relevant, up-to-date information for people infected or affected by hepatitis C - in both official languages and Spanish. We are working with UVic students to develop a program to inform local teens about hepatitis C risk factors.

### **SUPPORT**

**HepCBC's** Victoria office is our nerve centre, a safe place to meet, and a home to our resource library. We regularly receive requests for information and support from all over North America and beyond, and provide phone, email, or in-person peer support to anyone affected by this disease. Monthly peer support meetings are held in Victoria and the Lower Mainland in a friendly, informative, confidential setting.

### **AWARENESS and PUBLICITY**

**HepCBC** works at local, provincial, federal, and international levels to combat ignorance and stigma about hepatitis C. This year our float even won an award in the Victoria Day parade! Besides cooperating with local agencies, we actively participate in national and international hepatitis C organizations which inform decision-makers about hepatitis C needs, best-practices and current research.

### **ALLISON CROWE'S "TIDINGS CONCERT" - DECEMBER 4, 2010**

**HepCBC** announces the return of Allison Crowe's popular "Tidings Concert" to benefit HepCBC and Artemis Place. Don't miss this exciting seasonal concert on December 4 (8:00 pm) at the Fairfield United Church. For tickets, please contact Ana Maria in our office at 250-595-3892.

**TAX-DEDUCTIBLE DONATION:** Your tax-deductible contribution will go directly to hepatitis C education, awareness and support. **Thank you for giving generously.**

I want to help HepCBC!

**Please mail your cheque and the form below to:**

**HepCBC, 306 - 620 View Street, Victoria BC, Canada V8W 1J6**

*HepCBC Hepatitis C Education and Prevention Society is a Registered Canadian Charity: 86800-4979-RR0001*

As a volunteer (we'll forward you information)

Here is my tax-deductible donation of \$30 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ Other \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

## CONFERENCES 2010-2011

### "Hepatitis C Virus" APASL'S 7<sup>th</sup> Single Topic Conference

December 17-18, 2010

Makuhari Messe

Chiba, Japan

Registration now open

[www.k-con.co.jp/apaslstc.html](http://www.k-con.co.jp/apaslstc.html)

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### Enlightening The Future

21<sup>st</sup> Conference of the APASL

(Asian Pacific Association for  
the Study of the Liver)

February 17-20, 2011

Queen Sirikit National Convention Center

Bangkok, Thailand

Early bird registration now open.

[www2.kenes.com/apasl/conference/Pages/](http://www2.kenes.com/apasl/conference/Pages/General_Information.aspx)

[General\\_Information.aspx](http://www2.kenes.com/apasl/conference/Pages/General_Information.aspx)

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### 1st World Congress on Controversies in the Management of Viral Hepatitis (C-Hep)

19-22 May, 2011

Barcelona, Spain

<http://comtecmed.com/chep/2011/>

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### HCV 2011

18<sup>th</sup> International Symposium on  
Hepatitis C Virus and Related Viruses

September 8 - 12, 2011

Sheraton Seattle Hotel & Towers

Seattle, WA

Registration: Opens 1 February, 2011

[www.hcv2011.org/](http://www.hcv2011.org/)



## EPREX ASSISTANCE PROGRAM

Janssen-Ortho Inc, Canada has a program that may provide assistance in obtaining epoetin. It is the Eprex Assistance Program (EPO) 1-877-793-7739

For more info, provincial coverage and forms: <http://profiles.drugcoverage.ca/en/default.asp?DrugID=25>

## 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.

A 24/7 Nursing Hotline and bilingual assistance is available, at no charge. Other services are access to live translation services (150 languages) and injection assistance from registered nurses. Ask your doctor or nurse to enroll you 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.

## NEUPOGEN VICTORY PROGRAM

Amgen has a program for patients who have been prescribed Neupogen. A reimbursement assessment is conducted by a specialist who will help you navigate through your personal or provincial coverage options. Dependant on specific criteria, some patients may be able to obtain Neupogen on a compassionate basis free of charge. Please note that Amgen will only provide Neupogen to patients on a compassionate basis as long as it is prescribed and dosed in accordance with the approved product monograph. This service is accessed through the Victory Program: 1-888-706-4717.

## 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/](http://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](http://www.lauzonbelanger.qc.ca/cms/index.php?page=108)

Roy Elliott

Roy Elliott Kim O'Connor LLP.

hepc@reko.ca [www.reko.ca/html/hepatitisc.html](http://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](mailto: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](http://www.phac-aspc.gc.ca/hepc/comp-indem_e.html)

### CLAIMS ADMINISTRATOR

#### 1986-1990

Administrator 1-877- 434-0944

[www.hepc8690.com](http://www.hepc8690.com) [info@hepc8690.com](mailto:info@hepc8690.com)

[www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf](http://www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf)

#### Pre-86/Post-90

Administrator 1-866-334-3361

[preposthepc@crawco.ca](mailto:preposthepc@crawco.ca)

[www.pre86post90settlement.ca](http://www.pre86post90settlement.ca)

**Settlement Agreement:** [http://www.reko.ca/html/hepc\\_settlement.pdf](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** These 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](mailto:leanne.cunningham@avi.org)

• **Comox Valley Hep C Support group.** Drop in, needle exchange. 355 6<sup>th</sup> St. Courtenay. Contact Sarah 250-338-7400 [sarah.sullivan@avi.org](mailto:sarah.sullivan@avi.org)

• **Nanaimo** Contact Anita 250-753-2437 [anita.rosewall@avi.org](mailto: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](mailto:tom.fenton@avi.org).

• **Victoria Access Health Centre**, drop in, disability applications, peer training. Support group each Mon, 1:15 PM, 713 Johnson St., 3rd floor, 250-384-2366 [Hermione.jeffervis@avi.org](mailto:Hermione.jeffervis@avi.org)

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

**Burnaby HCV Support** Contact Beverly at 604-435-3717 [batlas@telus.net](mailto:batlas@telus.net)

**Castlegar** Contact Robin 250-365-6137 [eor@shaw.ca](mailto:eor@shaw.ca)

**Courtenay HCV Peer Support and Education.** Contact Del 250-703-0231 [dggrimstad@shaw.ca](mailto:dggrimstad@shaw.ca)

**Cowichan Valley HCV Support** Contact Leah 250-748-3432 [r-lattig@shaw.ca](mailto:r-lattig@shaw.ca)

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

• **Victoria Peer Support:** 4<sup>th</sup> 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:** 3<sup>rd</sup> Wed monthly 7PM, N. Surrey Rec Centre Meeting room 10275-135th St Info: 604-576-2022, [petrabilities@aol.com](mailto:petrabilities@aol.com).

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

**Kamloops Hep C support group**, 2<sup>nd</sup> and 4<sup>th</sup> 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, [eriselev@shaw.ca](mailto:eriselev@shaw.ca), Lisa 1-866-637-5144. [ljmortell@shaw.ca](mailto:ljmortell@shaw.ca)

**Mid Island Hepatitis C Society** 2<sup>nd</sup> Thurs. monthly, 7 PM (Location to be arranged.) Contact [midislandhepc@hotmail.com](mailto:midislandhepc@hotmail.com)

**Nanaimo Hepatitis C Treatment Peer Support Group** 1<sup>st</sup> & 3<sup>rd</sup> Thurs. monthly 4-5 PM, AVI Health Centre, #216-55 Victoria Rd, Nanaimo. Contact Fran 250-740-6942. [hepctxpeersupport@hotmail.com](mailto:hepctxpeersupport@hotmail.com)

**Nelson Hepatitis C Support Group** 1<sup>st</sup> Thurs. every 2<sup>nd</sup> 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](mailto:information@ankors.bc.ca) alex@ankors.bc.ca [www.ankors.bc.ca/](http://www.ankors.bc.ca/)

**New Westminster "C" Support Group** Each Fri 10 AM. Nurse. Refreshments. Contact: Daniel 604-562-5170., [mail@purposesociety.org](mailto:mail@purposesociety.org)

**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](mailto:myrwin@dccnet.com)

**Powell River Hepatology Service** Powell River Community Health, 3<sup>rd</sup> Floor-5000 Joyce Ave. Contact Melinda Melinda.herceg@vch.ca 604-485-3310

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

**Prince Rupert Hep C Support** Contact: Dolly 250-627-7942 [hepcprincerupert@citytel.net](mailto:hepcprincerupert@citytel.net)

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

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

**Sunshine Coast-Sechelt Healthy Livers Support Group** Information/resources, contact Catriona 604-886-5613 [catriona.hardwick@vch.ca](mailto:catriona.hardwick@vch.ca) or Brent, 604-740-9042 [brent.fitzsimmons@vch.ca](mailto:brent.fitzsimmons@vch.ca)

**Surrey Positive Haven Hep C group** 2<sup>nd</sup> & 4<sup>th</sup> Thurs monthly 1 PM. 10697 135A St. Contact Sam 604-589-8678.

**VANDU** The Vancouver Area Network of Drug Users. 380 E Hastings St. M-F 10-4 Contact 604-683-6061 [vandu@vandu.org](mailto:vandu@vandu.org) [www.vandu.org](http://www.vandu.org)

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

**Vancouver Hepatitis C Support Group** 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 Contact Peter, [pvanbo@gmail.com](mailto:pvanbo@gmail.com) 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, 1<sup>st</sup> floor, Vancouver 604-688-1441 or 1-877-YOUTHCO [www.youthco.org](http://www.youthco.org) Support program manager: Sasha Bennett [sashab@youthco.org](mailto:sashab@youthco.org)

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

## OTHER PROVINCES:

### ONTARIO:

**Barrie Hepatitis Support** Contact Jeanie for info/appointment [jeanievilleneuve@hotmail.com](mailto:jeanievilleneuve@hotmail.com)

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

**Hamilton Hepatitis C Support Group** 1<sup>st</sup> 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](mailto: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](mailto: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](mailto:hars@kingston.net), [www.hars.ca](http://www.hars.ca)

**Kitchener Area Chapter** 3<sup>rd</sup> 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](mailto:waterlooregionhepcsupport@gmail.com)

**London Hepatitis Peer Support Group** 1<sup>st</sup> Tues monthly 7PM, 186 King St, London, ON. For those infected as well as affected by Hep C. Contact: Nicole NElliott@aidslondon.com, (519) 434-1601 ext. 260, Toll Free: 1.866.920.1601, [aidslondon.com](mailto:aidslondon.com)

**Niagara Falls Hep C Support Group** Contact Rhonda 905-295-4260, [kehl@talkwireless.ca](mailto:kehl@talkwireless.ca)

**Owen Sound** Info and support. Contact Debby Minielly [dminielly@publichealthgreybruce.on.ca](mailto:dminielly@publichealthgreybruce.on.ca) 1-800-263-3456 Ext. 1257, 519-376-9420, Ext. 1257, [www.publichealthgreybruce.on.ca/](http://www.publichealthgreybruce.on.ca/)

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

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

**Sudbury Circle C Support Group** 1<sup>st</sup> Tues. monthly. Contact Ernie 705-522-5156, [hepc.support@persona.ca](mailto: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](http://www.liver.ca). Contact Billie 416-491-3353, [bptonkonjak@liver.ca](mailto: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](mailto:undun@sympatico.ca)

**York Region Hepatitis C Education Group** 3<sup>rd</sup> Wed. monthly, 7:30 PM, York Region Health Services, 4261 Hwy 7 East, B6-9, Unionville. Contact 905-940-1333, 1-800-361-5653 [info@hepcyorkregion.org](mailto:info@hepcyorkregion.org) [www.hepcyorkregion.org](http://www.hepcyorkregion.org)

### QUEBEC:

**Quebec City Region** Contact Renée Daurio 418-836-2307 [reneeaurio@hotmail.com](mailto:reneeaurio@hotmail.com)

### ATLANTIC PROVINCES:

**Hepatitis Outreach Society of NS.** Info and support line for the entire province. Call 1-800-521-0572, 902-420-1767 [info@hepatitisoutreach.com](mailto:info@hepatitisoutreach.com). [www.hepatitisoutreach.com](http://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 [wbatas@telus.net](mailto:wbatas@telus.net) [www.wbatas.ca](http://www.wbatas.ca)

**Manitoba Hepatitis C Support Community Inc.** Each 2<sup>nd</sup> & last Tues. monthly, 7 PM, 595 Broadway Ave. Everyone welcome. Contact Kirk 204-772-8925 [info@mbhepc.org](mailto:info@mbhepc.org) [www.mbhepc.org](http://www.mbhepc.org)

**Medicine Hat, AB Hep C Support Group** 1<sup>st</sup> & 3<sup>rd</sup> Wed. monthly, 6:30 PM, HIV/AIDS Network of S.E. AB Association, 550 Allowance Ave. Contact 403-527-7099 [bettyc2@hivnetwork.ca](mailto:bettyc2@hivnetwork.ca)

If you have a Canadian HCV support group to list here, please send details to [info@hepcbc.ca](mailto:info@hepcbc.ca) by the 15<sup>th</sup> of the month. It's free!