



*March, 1996*

**FROM THE MEMBERSHIP DESK  
by Jim Lodge**

By way of an introduction, my name is Jim Lodge, and I am Co-Chairperson and membership Chair of the Victoria Chapter of HeCSS.

Through recent publicity, the Support Group has grown to such an extent, the few founding members have become inundated with requests for help and support, and need help themselves.

We are indebted to the persons volunteering at our first appeal at the last meeting, but we need to continue our appeal to ensure a smooth running and strong support group.

The greatest need just now is for persons willing to take over a portion of our ever growing telephone list. This entails confirming by phone, meeting dates and times, together with any forthcoming special meetings, and of course offering some support to members, at the same time. If you can see your way clear to help, please phone me, Jim Lodge, 386-8227, or Priscilla Udall-Ekman at 652-6499. Thank you in anticipation for realising the need, and caring enough to offer support to others.

Anyone wishing to become a member, the minimum dues are \$15.00 per year and application forms are available at each meeting or on request. Benefits through the National Office include an Income Tax Receipt, membership through November each year, plus the National News Letter.

**Other areas needing help:**

Library	Ingrid Brundin	920-5708
	Joan Diemecke	479-5290
Fund-raising	Ryta Tracy	475-1860
Publicity	David Smith	658-4991
Minute Taker for Afternoon Meetings	Rae Supeene	478-1974
Meeting Suggestion/Question Box	Jim Lodge	386-8227

Thank you once again for your help and understanding in the Support Group, and in providing comfort and support, educating, and also striving to eradicate Hepatitis C and advocate justice.

Jim Lodge Co-chairperson  
Membership Chair 386- 8227

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**\*A WORD FROM DAVE**

Hi, my name is Dave Smith. I'm one of the co-chairpersons of the Victoria branch of HeCSS. I'm the one who's had the liver transplant. I suppose this means I'm going to be around to give people a hard time for a while, yet.

From time to time, I would like to take the opportunity to say a few words to you about what we're doing, how we're feeling and why, and anything else that may come to mind. I hope that everyone is feeling well as you read this.

The fact is, it's possible you're not, since you have Hep C. What can we do in order to feel our best when faced with the problems as Hep C patients? I am reminded of something I read the other day about "attitude." It said life is 10% what happens and 90% how you react to it.  
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I think this is quite true, in my case. Attitude has played a very important role in my life since I was diagnosed with Hep C two and a half years ago. Attitude can be positive or negative, just like, for instance, a glass of water can be half-full, or half-empty. It all depends on your perception.

At one time I had a tendency to be easily frustrated and even angry at inappropriate times. This disease somehow has given me the opportunity to look at life in a totally different way. Now, when I feel myself slipping back into old frames of mind, I am able to pull myself out, and those old modes of thinking usually fade away. Like the other day, for example, I felt really dragged out after feeling great for a couple of weeks. I had difficulty dealing with this, but instead of fighting it, I just let it ride, and it went away of its own accord. In the "old days" my attitude would have been one of mounting frustration as to the way I was feeling, especially prior to my diagnosis. Since my diagnosis, I can now put a name to my symptoms. Frustration and anger are part and parcel with fatigue and pain. Now I realize that attitude has a great deal to do with how I am feeling. I have discovered through Hep C that I have a greater reserve of strength than I thought I had. I'm sure that's the case with all of us.

In closing, I would like to thank June Shane for her guidance and unconditional dedication to the founding of our group. Her inspiration will remain with us always. Good luck, June!

I'll talk to you all next month.

Dave

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If you have a change of address, name, or phone number, please let Jim Lodge know at 386-8227.

**COORDINATING COMMITTEE-VICTORIA CHAPTER**

**CO-CHAIRS:**

JIM LODGE	TEL: 386-8227
DAVID SMITH	TEL: 658-4991
RYTA TRACY	TEL: 475-1860
SECRETARY RAE SUPEENE	TEL: 478-1974
TREASURER CHRIS REID	TEL: 478-4144
MEMBERSHIP JIM LODGE	TEL: 386-8227
LIBRARY INGRID BRUNDIN	TEL: 920-5708
LIBRARY & BULLETIN JOAN DIEMECKE	TEL: 479-5290
RESOURCE LIAISON PRISCILLA EKMAN	(TEL & FAX)
	TEL: 652-6499

Minutes of past meetings will soon be available through the Lending Library. Contact Ingrid Brundin at 920-5708.

**The deadline for any contributions to next issue of hepc.bull is March 26. Please contact Joan Diemecke at 479-5290.**

Next Meeting Date is Thursday, March 21, 1996. Times are as usual: 1pm to 3pm, and again at 7pm to 9pm.

The topic will be Ozone Therapy. Information on this alternative treatment will be presented by Sol Preston from Vancouver. With Sol will be Barbara, a Hep C carrier, who has chosen ozone therapy over treatment with Interferon. There will be much time for questions. We will also have Louise Coutu with Sol. She believes in the therapy so much, that she now works for the company.

## RYTA'S COLUMN

Hi there,

My name is Ryta. I hope that each one of you will come up to me and introduce yourself sometime soon. Since David and I got elected to the national Board of HeCSS, I've been giving much thought to what my role is, and what it should be for our Victoria local. I hope to represent you in Toronto by making our group's needs known there, where numbers are beginning to make some changes possible for all of us. I want to be sure that you have a voice there, and I also want the Board to have clear voices here in Victoria. Together we are strong, and there is little we cannot do if we are willing. So please take the time to tell me what YOU think, what your questions are, and what concerns you. I hope you will keep me in tune with the issues and directions you think we (both here in Victoria, and in Canada as a whole) should be exploring. Then, and only then, can I attempt to do what I can to see those ideas shared with our Society in Toronto and all other centres across Canada. Our Hope lies within ourselves and our willingness to get (continued on p. 3)

involved. Join with your steering committee members and co-chairs and all members in helping ourselves.

Ryta Tracy

Contribution request: If any of you have delicious, nutritive, easy-to-make, low-fat, vegetarian recipes, we would like to print one each month in this news bulletin. Please contact Joan Diemecke at 479-5290 or send a FAX to the same number.

#### COMING UP:

Meeting Apr. 17 from 1-3 PM, and from 7-9 PM  
Meeting May 15 from 1-3 PM, and from 7-9 PM  
Meeting June 19 from 1-3 PM, and from 7-9 PM

Mark your calendars. More details will be given to you from your phone committee contact person.

### HISTORY OF OZONE THERAPY

The following information was retrieved from the Internet so as to provide you with a background on ozone therapy, since we plan to have speakers on the subject at our March meeting.

This is for information only, and should not be considered as medical advice. It is supplied so that you can make an informed decision. Please consult with your health practitioner before considering any therapy or therapy protocol.

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The first ozone generators were developed by Werner von Siemens in Germany in 1857, while 1870 saw the first report that ozone was being used therapeutically to purify blood by C. Lender in Germany. There is evidence of the use of ozone as a disinfectant from 1881, mentioned by Dr. Kellogg in his book on diphtheria.

In October of 1893, the world's first water treatment plant using ozone was installed in Ousbaden, Holland, and today there are over 3000 municipalities around the world that use ozone to clean their water and sewage.

In 1885, the Florida Medical Association

published "Ozone" by Dr. Charles J. Kenworthy, MD, detailing the use of ozone for therapeutic purposes.

In September 1896, the electrical genius Nikola Tesla patented his first ozone generator, and in 1900, he formed the Tesla Ozone company. Tesla sold ozone machines to doctors for medical use.

In 1898, the Institute for Oxygen Therapy was started in Berlin by Thauerkauf and Luth. They injected ozone into animals and bonded ozone to magnesium, producing Homozon.

Beginning in 1898, Dr. Benedict Lust, a German doctor practising in New York, who was the originator and founder of Naturopathy, wrote many articles and books on ozone.

In 1902, J.H. Clarke's "A Dictionary of Practical Materia Medica", London describes the successful use of ozonated water in treating anemia, cancer, diabetes, influenza, morphine poisoning, canker sores, strychnine poisoning and whooping cough.

In 1911, "A Working Manual of High Frequency Currents" was published by Dr. Noble Eberhart, MD. Dr. Eberhart was head of the Department of Physiologic Therapeutics at Loyola University. He used ozone to treat tuberculosis, anemia, chlorosis, tinnitus, whooping cough, asthma, bronchitis, hay fever, insomnia, pneumonia, diabetes, gout, and syphilis.

In 1913, the Eastern Association for Oxygen Therapy was formed by Dr. Blass and some German associates.

During World War 1, ozone was used to treat wounds, trench foot, gangrene and the effects of poison gas. Dr. Albert Wolff of Berlin also used ozone for colon cancer, cervical cancer and decubitus ulcers in 1915.

In 1920, Dr. Charles Neiswanger, MD, the President of the Chicago Hospital College of Medicine published "Electro Therapeutical Practice". Chapter 32 was entitled "Ozone as a Therapeutic Agent."

In 1926, Dr. Otto Warburg of the Kaiser Institute in Berlin announced that the cause of cancer is lack of oxygen at the cellular level. He received the Nobel Prize for Medicine in 1931 and again in 1944, the only person to ever  
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receive two Nobel Prizes for Medicine. He was also nominated for a third.

In 1929, a book called "Ozone and Its Therapeutic Action" was published in the U.S. listing 114 diseases and how to treat them with ozone. Its authors were the heads of all the (continued on p. 4) leading American hospitals.

The Swiss dentist E.A. Fisch was using ozone in dentistry before 1932, and introduced it to the German surgeon Erwin Payr who used it from that time forward.

In 1933, the American Medical Association, headed up by Dr. Simmons set out to destroy all medical treatments that were competitive to drug therapy. The suppression of ozone therapy began then, and it continues in the US to this day.

Aubourg and Lacoste were French physicians using ozone insufflation from 1934-1938.

In 1948, Dr. William Turska of Oregon began using ozone, employing a machine of his own design, and in 1951, Dr. Turska wrote the article "Oxidation" which is still relevant today, and is included in our booklet. Dr. Turska pioneered injection of ozone into the portal vein, thereby reaching the liver.

From 1953 onward, German doctor Hans Wolff used ozone in his practice, writing the book "Medical Ozone", and training many doctors in ozone therapy.

In 1957, Dr. J. Hansler patented an ozone generator which has formed the basis of the German revival of ozone therapy over the last 35 years.

In 1961, Hans Wolff introduced the techniques of major and minor auto-chemotherapy.

In 1977, Dr. Renate Viebahn provided a technical overview of ozone action in the body.

In 1979, Dr. George Freibott began treating his first AIDS patient with ozone, and in 1980, Dr. Horst Kief also reported success treating AIDS with ozone.

In 1987, Dr. Rilling and Dr. Viebahn published "The Use of Ozone in Medicine", the

standard text on the subject.

In 1990, the Cubans reported on their success in treating glaucoma, conjunctivitis and retinitis pigmentosa with ozone. In 1992, the Russians revealed their techniques of using ozone bubbled into brine to treat burn victims with astounding results.

Today, after 125 years of usage, ozone therapy is a recognized modality in sixteen nations.

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## Research Update

From the Internet

A great deal of activity is ongoing in the development of new diagnostics, treatments and vaccines for the viral hepatitis in the United States and around the world. Several pharmaceutical companies involved in research and development have provided information on the status of their investigations.

AMGEN - Will soon be filing for approval of consensus interferon, called INFERGEN, a treatment for Hepatitis C.

CHIRON - is in the final stages of preparing to begin clinical trials for a Hepatitis C vaccine. Preclinical results have shown promise for this vaccine in preventing HCV disease. If effective, trials will require five years to complete.

ROCHE - anticipates approval of ROFERON for both Hepatitis B and Hepatitis C later this year.

SCHERING PLOUGH - has agreed to pay ICN a \$23 million licensing fee to have the rights to market ribavirin for Hepatitis C. Clinical trials for the combined use of alpha interferon and the antiviral drug ribavirin for Hepatitis C are being planned.

SciCLONE PHARMACEUTICALS - Phase III of clinical trials on thymosin alpha, with the trade name Zadaxin, have been completed for Hepatitis B and a combination therapy trial for Hepatitis C with Zadaxin and alpha-interferon is being conducted.