

hepc . bulletin

Canada's Hepatitis C News Bulletin
www.hepcbc.ca

STARS BATTLE HEP C

MARIANNE FAITHFULL



On October 11, 2007, '60s actress/singer Marianne Faithfull, age 60, while discussing her recent breast cancer treatment in a live TV interview with the press, also mentioned that she has hepatitis C. She may have contracted

the infection from her heroin use in the '70s. The former icon was known as being the "muse" of Mick Jagger, of the Rolling Stones. She was diagnosed with HCV 12 years ago, and with breast cancer last year. She was treated for Hep C when she was diagnosed.

www.natap.org
www.thesun.co.uk

STEVEN TYLER

In an interview with Access Hollywood, aired on September 26, 58-year-old Steven Tyler, singer with the group Aerosmith, revealed his battle with Hep C. He was diagnosed 3 years ago, and went through a year of treatment at that time. He is a sustained responder. The singer has a history of drug abuse, which may have been the source of the virus. He and guitarist Joe Perry were nicknamed the "Toxic Twins" for their heavy drug use, but they subsequently cleaned themselves up and enjoyed a huge comeback in the late '80s. Feeling fine now, Tyler plans to speak about his Hep C odyssey in order to raise awareness.

"Hepatitis C is the one [disease] that, of all the people in this room, at least three have it and don't know it. It's the silent killer," he says. Aerosmith is touring with Mötley Crüe, in support of the band's release of its greatest hits on October 10th. A new album is being recorded starting in February 2008.

Source: www.eonline.com/news/article/index.jsp?uuiid=3bc5661e-cf3e-45c4-bebf-477e8b972b96

NOT GUILTY

Judge Benotto has cleared Roger Perrault, John Furesz, Wark Boucher, and Michael Rodell of all charges related to their roles in the tainted-blood tragedy. The lawyers stated that, now that the men have been exonerated, they may seek reimbursement for their legal fees, and may sue for "malicious prosecution". The court case dealt specifically with the infection of 7 BC haemophiliac youths, who were given tainted Factor 8. The men were charged with knowing that the product was possibly dangerous, but allowed it to be distributed and didn't warn patients of the risk.

The judge stated, "Evidence taken as a whole establishes a thoughtful, careful and considered course of conduct" on the part of the accused. Dr. Perrault will be facing more charges in Hamilton later this month, but his lawyers will be asking for the case to be dismissed.

Pleading guilty in an earlier case, the Red Cross paid its fine of \$5000 for distributing contaminated blood, a violation of the Food and Drug Act. In that case, six criminal charges were dropped.

Source: *ANDRÉ PICARD, Globe and Mail, "Administrators cleared in tainted-blood case" October 2, 2007*



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BILL ASTROPE

The Sunshine Coast has lost one its pioneers of harm reduction, addiction/recovery, and Hepatitis C awareness. Bill Astrope died peacefully in the arms of his wife, Carol Rubin, after suffering a sudden stroke in early September.

Bill was instrumental in starting the first needle exchange on the Sunshine Coast, with his partners, Tom Kelman, and Charlotte Mallory (of Action Network), in the early nineties. It was a cutting edge philosophy and program based on his personal beliefs and the known "best practices" at the time. Needle exchanges have since become an accepted and valuable aspect of our health care systems, thanks largely to the advocacy, intelligence and compassion of people such as Bill. Bill was responsible for turning the attention of needle exchanges, health care professionals and the community to the increasing need for hepatitis C testing, treatment, research and advocacy. Bill was also the driving force behind the implementation of the "Safer Use Crack Kit" program on the Sunshine Coast. At the time, it was the first recognized program of its kind in Canada, and possibly the world. The program model has since been adopted by many cities in Canada. Most of the principles put in place for these first needle exchange programs still exist as the cornerstones and fundamental beliefs of our current models.

Bill's keen mind, big heart and his unyielding conviction in his beliefs will surely be missed in our communities. We have lost a husband, a friend, a grandfather, an advocate and a mentor, but our lives have been profoundly touched, enriched and challenged by knowing him.... And Tom Kelman has his fishing partner back.

Rest easy, Bill. We love you.

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V8W 1J6

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(Doesn't include membership privileges)

Peppermint Patti's FAQ..... \$8.00

Resource CD..... \$10.00

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would like to receive the bulletin."

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"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

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and cut articles in the interest of space.

ADVERTISING: The deadline for placing
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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 v7.1

Peppermint Patti's FAQ Version 7.1 is
now available, and Version 7 is available
in Spanish. The English version includes
updated Canadian Links and includes the
latest treatment information. Place
your orders now. Over 125 pages of
information for only \$8 each. Contact
HepCBC at (250) 595-3892 or
info@hepcbc.ca

HepCBC Resource CD

The CD contains back issues of the
hepc.bull from 1997-2007; the FAQ V7.1;
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.

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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.

DIAL-A-DIETITIAN

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

www.dialadietitian.org

Dietitians of Canada: www.dietitians.ca

PRE-PLANNING YOUR FINAL ARRANGEMENTS?

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



BE PART OF THE TEAM!

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

CONFERENCES, EVENTS AND WORKSHOPS

Issues of Substance

November 25-28
Edmonton, AB

For more information please visit: [http://
www.issuesofsubstance.ca/IOS/EN/](http://www.issuesofsubstance.ca/IOS/EN/)

CUPID'S CORNER



This column is a response to requests
for a personal classified section in
our news bulletin. Here is how it works:

To place an ad, write it up! Max. 50 words.
Deadline is the 15th of each month and the ad
will run for two months. We'd like a \$10
donation, if you can afford it. Send a cheque
payable to HepCBC, and mail to HepCBC,
Attn. Joan, #306-620 View Street, Victoria,
BC V8W 1J6, (250) 595-3892. Give us your
name, tel. number, and address.

To respond to an ad: Place your written
response in a separate, sealed envelope with
nothing on it but the number from the top left
corner of the ad to which you are responding.
Put that envelope inside a second one, along
with your cheque for a donation of \$2, if you
can afford it. Mail to the address above.

*Disclaimer: The hepc.bull and/or HepCBC cannot
be held responsible for any interaction between parties
brought about by this column.*

Got Hep C? Single? Visit:

<http://forums.delphiforums.com/HepCingles/>

<http://groups.yahoo.com/group/PS-Hep/>

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

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

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

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)

THIS MONTH'S TIPS:

**LEARN ABOUT HCV AND
TREATMENT.
IT'S A POSITIVE WAY TO
DEAL WITH
HEP C.**

THANKS!!

HepCBC thanks the following institutions
and individuals for their generosity: The late
John Crooks, A-Channel News, The Ocean,
JackFM, Health Canada, the Provincial
Employees Community Services Fund, Brad
Kane, Chris Foster, Judith Fry, the FitzGerald
family, Erik, Irene, S. Segura and the
newsletter team: Tanya, Beverly A., Diana
Ludgate, Alp, Ernie, and Bruce Lemer.
Please patronize the following businesses
that have helped us: Top Shelf Bookkeeping,
Thrifty Foods, Margison Bros. Printers, The
Four Mile Restaurant, Roche Canada (for
special support with our newsletter and
phone line), Pacific Coast Net, Royal Bank,
Schering Canada, Victoria Bridge Centre, the
Victoria Conservatory, and the Victoria
Symphony. Heartfelt thanks to Blackwell
Science for a subscription renewal to
gastrohep.com

TANYA'S TIDBITS

by Tanya Frizzle

TRIAL MEDICATIONS

When I was first diagnosed with HCV, I was on the computer every day, watching the development of promising new drugs. I would get all excited about one, and then it would be dropped. Something was wrong with it, and back to the drawing board. Then I would get depressed. As a non-responder to the current class of HCV drugs, I would start to feel that a cure would never be in my reach. I then stopped listening to or reading about any new drug developments. I figured if I did not get excited about a new promising drug that did not work, then I would also not get disappointed. As time goes on, I still do not pore over literature on new drug developments. I do have hope though. I know that drug development for the virus has come a long, long way, and that one day soon (next 5-10 years) there will be a cure for me. I keep my ear to the ground and listen to the nurses and doctors talking about new drugs and listen when they tell me that it won't be long until I try a drug again. I believe them. However I will not be searching that drug out. I will wait until a doctor or nurse comes to me and says, "Have we got the drug for you!"

MERRIMENT & FESTIVITIES

Well, it is that time of year again. The Christmas parties should be starting up at the end of November and in full swing by December. For me, now that I abstain from alcohol as much as I can due to my virus, it is the hardest time of year. I love the parties, the decorations, the food and the fancy drinks. I miss rum and eggnog. And I know if I indulge in just one, I would end up indulging until New Years. For me it is easier to simply stay away from alcohol than to have just one as a "treat". I know that I am hard enough on my body with all the food treats that I will be eating, that staying away from alcohol is best for me. Do I have any tips on making it easier? No, not really. Having a friend that does not drink at parties with me helps. And remembering what a hang over feels like also helps. What I really do, though, is simply focus on the holiday. I love the decorations, the smiles on people's faces, the laughter and fun. I focus on the holiday and why I love it and try to remember that alcohol is not needed to enjoy the love and enjoyment that comes with the holiday season.

DO YOU NEED SOMEBODY TO TALK TO?

Do you need somebody to talk to but are uncomfortable going to a group meeting or

session? Not comfortable in chat rooms? If you need a shoulder to cry on, a person to rant to, or somebody to understand, please feel free to e-mail me at tanyafrizzle@hotmail.com. Not only do I live with HCV and have been through failing treatment, I have also lived through my father passing away from HCV. So even if you do not have HCV and are a concerned friend or family member who has questions, feel free to contact me. tanyafrizzle@hotmail.com

FRIENDS' CLUB AT BLENZ, VANCOUVER



The Greater Vancouver Support Group holds drop in sessions at Blenz, 3297 Cambie Street, Vancouver (17th Ave and Cambie St.), on the 1st and 4th Monday monthly from 3 PM to 7 PM.

Members will be in Blenz many days of the week. Call ahead to see if any members are having coffee. Contact Gordon at 778-898-7211.

CLF TO HONOUR BC'S LIVER TRANSPLANT TEAM

The Canadian Liver Foundation will honour the BC Transplant Society's Liver Transplant Team this year. The Fourth Annual Canadian Liver Foundation Tribute Event will be held November 15, 2007 at the Plaza 500 Hotel & Conference Centre in Vancouver, BC. Tickets for the Tribute Event are on sale now, starting at \$150 each, with tables of ten going for \$3,000.

Since this event's inception three years ago, nearly \$150,000 has been raised for the Canadian Liver Foundation. All proceeds will help raise vital funds for research, education and services for people with liver disease. We hope you will join us in celebrating the BC Transplant Society's Liver Transplant Team's achievements and honouring their important contributions to BC's fight against liver disease!

Please call the Canadian Liver Foundation, BC/Yukon Region, at 604-707-6430 for more information or to order your tickets today. E-mail: amolson@liver.ca

Affected by Liver Disease?

REGISTER NOW FOR FREE WORKSHOPS

VICTORIA, BC

Tues, Nov 6—**Liver Disease: Everything You Need to Know**—TBA

Tues, Nov 13—**Exercise and Liver Health**—Matthew Jackson (Physiotherapist)
HIV/Hepatitis C Co-infection—Heidi Exner (Aids Vancouver Island)

* More speakers TBA!

Victoria Central Public Library

795 Broughton Street

7-9pm

SURREY, BC

Wed, Nov 7—**Diet and Nutrition for a Healthy Liver**—Courtenay Brown (RD)

Wed, Nov 14—**Emerging Treatments for Hepatitis B and C**—Dr. Mel Krajdjen (BCCDC)

Wed, Nov 28—**Exercise and Liver Health** --- Krista Cunningham and Shanna Stevens (Physiotherapists)

Naturopathic Medicine for Liver Disease—Dr. Albert Kim (ND)

Newton Public Library

(Meeting Room)

13795-70th Ave. Surrey

7-9pm

To REGISTER call the *Canadian Liver Foundation* at **604-707-6430** or email jwilliams@liver.ca.

**This workshop is made possible through an unrestricted educational grant courtesy of BC's Gaming Policy and Enforcement Branch.*

CANADIAN LIVER FOUNDATION
FONDATION CANADIENNE DU FOIE

WHAT'S YOUR MONTHLY INCOME?

I wanted to share an interesting discussion that I had a couple of weeks back with an individual who was in the middle of filling out his Hep C claim paperwork. He was frustrated with all the pages but relieved that the process was coming to an end.

With time, the conversation with this individual led to what his plans were once he received the funds from the compensation payout. He stated that he had drained almost all of his savings over the past many years, and was receiving a government disability pension of approximately \$900.00, with the bulk of that being used towards his rent and with only a small amount left over to cover monthly costs and groceries.

His first response was that he was not sure what his plans were, but he thought that there must be a way to take this lump sum compensation payment and have it work for him to earn an income. He also wanted an investment strategy that would help preserve his original investment. We talked about how much he would like to receive as income, and what the minimum amount was that he would be willing to accept. These questions and others helped him develop a clearer picture of what he "needed" to achieve from these funds as well as what he "wished" the funds could do for him. We spoke about the radio knobs with respect to his risk tolerance (quite low) as well as his portfolio expectations (income generation with capital preservation). With all of this information in hand, I was able to offer a broad range of ideas that once we fine tuned the approach would meet his exact "needs" and build in some extra cash flow to cover his "wants".

He anticipated receiving \$250,000.00 for the compensation of pain and suffering, as well as another estimated \$300,000.00 for income replacement. With these rough amounts known we were able to draw up an investment strategy tailored to meet his needs, focused on income generation with moderate growth that would pay him between \$1900.00 and \$3,100.00 per month, depending upon which pieces of the strategy were employed and the make up of the portfolio. The range of income was directly related to the level of risk he was prepared to accept: no risk meant a lower monthly income, while some risk meant a higher monthly income.

The income question is not simply, "How much can I make each month," but rather, "How much can I keep each month?" The client not only had to address what strategy to employ, but he also had to address the tax consequences associated with each income option. At this point we took some time and discussed the difference between interest, dividend, and capital gains income, an important discussion that I will focus on next month.

If you have questions and wish to discuss your current situation or would like the name of a local BMO Financial Planner, please contact me directly by email at ross.charlesworth@bmo.com or by phone at 604-665-7187.

Ross Charlesworth BA CFP
Financial Planner
Investment and Retirement
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LIVING WITH HEPATITIS C?

Register for a free course

The Chronic Disease Self-Management Program
-- with a Hepatitis C emphasis --

open to anyone living with a chronic disease, including
patients, family, and caregivers

Learn how to:

Manage your symptoms including...

stress, fatigue, nausea, tension, fear, anger, and depression

Develop, maintain, and enjoy healthy eating and exercise habits

Communicate well with your doctor and care team

WHERE:

Volunteer Victoria's front office at
#306 - 620 View Street, Victoria

WHEN:

THURSDAYS, 7:00 - 9:30 pm
November 8 - December 13, 2007

HOW TO REGISTER FOR FREE COURSE (space limited):

Phone: HepCBC Victoria office 250-595-3892

Email: asunderland.hepcbc@gmail.com

FOR MORE DETAILS:

www.coag.uvic.ca/cdsmp/#Courses
www.hepcbc.ca

Course developed by UVic Centre on Aging & BC Ministry of Health Services

This offering organized by HepCBC - Victoria office & UVic Centre on Aging

Thanks to Volunteer Victoria for donating classroom space.

More about the above course:

Who this course is for: We are looking for up to 16 participants who are committed to the entire program (coming to all classes, doing homework, interacting actively with peers, etc.). We will concentrate our advertising on people living with hepatitis C, and tend to use examples from hepatitis C, but people living with any chronic disease are welcome to attend and will find the course very useful, no matter what chronic condition they are dealing with. Family, friends, and caregivers of people with chronic disease are welcome to register, but will be expected to participate actively.

Text: FREE. A 329-page information-loaded textbook will be provided free to all committed participants at the first class. It is titled *Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and others*

General information about the course: www.coag.uvic.ca/cdsmp/#Courses

Download promotional materials: www.coag.uvic.ca/cdsmp/cdsmp_promotional_materials.htm

Course Leaders:

June Wickham (star_child_june@hotmail.com) and Cheryl Reitz (editor@e-multiweb.com)

NILS TEN TOP TIPS FOR TREATMENT TRIUMPH

(Note from the Editor: I was honoured to be invited to take part in the 2-day Interdisciplinary Viral Hepatitis Education Workshop in Vancouver, Sept. 27-29, The event was hosted by NILS (North Island Liver Services, who gave a presentation about their liver clinic in Campbell River. They provided us with the following list which is officially for doctors and nurses, but I believe it to be useful for patients to consider, as well.)

#10) Medical Readiness: Just because your client has a prescription it does not mean they are ready to start treatment.

#9) Professional Readiness: Is your team ready to support a client on treatment? Systems in place? Ability to do follow-up?

#8) Logistical Readiness: Safe housing, fridge, bed, GP, access to food.

#7) Health Readiness: Dental, weight, chronic disease stability

#6) Mental Health and Addictions Readiness: Sobriety, Clean, baseline mental health assessment, mental health issues managed.

#5) Financial Readiness: Pharmacare, extended health, NIHB, disability, timing of work (seasonal), job security.

#4) Social Readiness: Anticipated life changes, education, new job, moving.

#3) Family Readiness: Does the family know that the client is starting treatment. Relationship stability, not getting married/divorced during treatment, caring for dying relative, family health. Do not treat 2 family members at the same time. Develop family strategies for coping with treatment.

#2) Emotional Readiness: Does your client want to be on treatment? Are they prepared for the commitment of treatment?

#1): Safety Net Readiness: Ask, "Who are your people?" "Are they the right people?" "Can you accept help from your professional team?"

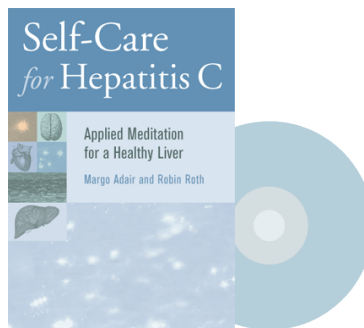


From North Island Liver Services

NEWS FROM THE LAIR CLINIC

Upon inquiring about Dr. Anderson's health, I have been advised that he is very healthy and that the clinic has just signed a 10-year lease at its present office.

I have been further advised that clinical trials will be starting for naïve (never before treated) genotype 1 patients in October/ November 2007 with new interferons and polymerase inhibitors. New trials for non-responders will begin in January/February of 2008.



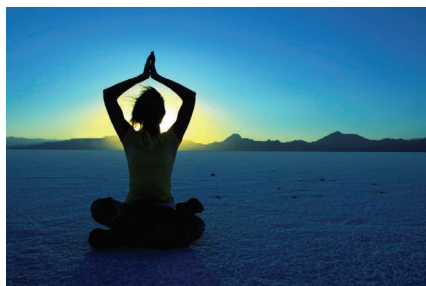
LIVER MEDITATIONS

If you believe in the power of meditation, visualisation, and stress reduction, and have been looking for something along those lines, you can download a free 7-minute sample meditation geared to liver health here:

<http://www.hepcmeditations.org/>

The website offers a CD with 3 longer meditations, and a booklet, created by health educators and fellow sufferers. They say their tools can help you:

- Reduce stress; feel relaxed and calm
- Strengthen your liver and promote its optimal functioning
- Boost energy levels
- Tap into your body's natural healing power
- Work with the body/mind connection
- Develop and maintain positive self-care strategies



PegCARE

PegCARE is a reimbursement program to help people who don't have third party coverage pay for their Pharmacare deductible for hepatitis C treatment. It is pro-rated, so the less someone's net family income is, the more help they get. Basically, if someone's net family income is less than \$30,000, they will get 100% reimbursement. The more they make, the less of a percent is reimbursed, up to a max of \$100,000 income.

The patients must be signed up for Fair Pharmacare to qualify, and they also need to provide a copy of their last year's T4 form to show income level.

Each treating physician and hepatitis support nurse has these forms available to them. There is a toll free number that can be called if there are any questions or if help is needed. It's only a single page, a simple form to fill out.

PegCARE: 1-800-603-2754

PEGASSIST

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

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

The program provides financial aid to qualified patients, alleviating any financial barriers which may prevent patients from starting treatment, i.e., deductibles and/or co-payments.

In partnership with CALEA Pharmacy, the program can conveniently deliver the medication directly to patients' homes or to the clinics.

COMPETITION!

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

TO THE EDITOR:

Along with my last bulletin was a "subscription expired" sticker. As before, I ask to receive the bulletin again, as I cannot afford it otherwise. I am in prison doing a lengthy sentence and have Hep C, as do many others here.

Not only do I receive vital information from your bulletin, but I pass it on to others so many more can also take what they can from it. Believe me when I say that it has opened eyes and has given the needed push and informed confidence to deal with an institutional medical system which can be lacking in this area due to the usual "too costly" slough-off.

So, thank you for any help you can give in this regard and keep up the great work. I have an idea that it's a labour of love for you because I'm sure you, too, operate on a tight budget, and it is good will of many concerned helpers, unpaid, doing it for the right reasons.

Sincerely,
EF



I'VE BEEN DIAGNOSED. NOW WHAT?

If you're diagnosed with hepatitis C, get informed. Check with your local support group.

Make sure that you:

- Get re-tested to confirm the diagnosis.
- Get vaccinated against hepatitis A and B, and get tested to see if the vaccinations took.
- Ask about the pneumonia and flu vaccines.
- Get sent to a specialist.
- Get copies of all tests.

The specialist should:

- Order an ultrasound yearly, if your family doctor didn't.
- Order an alphafetoprotein test yearly to check for cancer.
- Order a liver biopsy. (This is usually done by needle aspiration, but there are other options, for example, if there is a bleeding problem).
- Discuss treatment options with you (Get a second, or even a third opinion if you don't agree).

TAPPING INTO PEACE WITH EFT, PART III

By Karen Hodson, BA, EFT-ADV
EFT PRACTITIONER

This is the 3rd part of a series on using EFT (Emotional Freedom Techniques) to create more personal peace in a rapidly changing world.

"Ahhh...I'm overwhelmed!!!" Sound familiar? Most of us have felt overwhelmed at some point in our life. It could be for a few minutes, hours, days, weeks, and even months. You may be feeling it right now, reading this newsletter, when a pile of "to do's" are shouting at you.

Each of us has our own limit before "being busy" tips over into feeling overwhelmed. Some people have the energy to juggle multiple balls at the same time - and thrive on it! Others can collapse with just a handful. There is no right or wrong as we are all unique individuals and adapt to situations in our own way. When we feel energetic, it is often easier to juggle more balls in the air and when we are tired or ill, it tends to be much harder to keep only a few in the air.

I have found that by using EFT tapping for even a couple of rounds, it can reduce the stress, anxiety and other feelings that often come up with juggling multiple balls. It will not eliminate the balls, but EFT can help move you to a place where a new perspective and choices can be seen, compared to when it felt like there were no options available.

Here is what an EFT tapping session could look like when feeling overwhelmed: (See www.pivotpoint4u.com for tapping points and a full description of how EFT works)

Karate Chop Set-up: "Even though I am feeling overwhelmed with everything in my life, I deeply and completely love and accept myself. (Repeated 3 times)

Tapping a phrase on each point:

(*Eyebrow, side of eye, under eye, under nose, chin, collar bone, under arm, top of head*):
"I am so overwhelmed"; "It's hitting me all at once and I can't cope"; "I feel frozen and I can't move"; "I'm so slow - everyone else could have done it better/faster"; "I feel like my world is spinning out of control"; "Why is it all happening to me?"; "I am so angry at all those people"; "This trapped feeling."

This sequence is repeated, for as many rounds as needed, adding new words or phrases as they come up, until a more neutral feeling is present, when positive phrases can be included.

Tapping a phrase on each point:

"I will consider releasing this overwhelmed feeling"; "I feel so frustrated"; "I choose to

release this overwhelming frustration"; "It feels so good to let the anger melt away"; "I am doing the best that I can"; "I choose to feel calm about all those balls I have to juggle"; "I know that everything that absolutely needs to get done will get done"; "I am grateful for this peaceful feeling"; "I love feeling so calm."

This sequence is also repeated for as many rounds as needed, adding new words or phrases as they come up until it feels complete.

When the truth of what you are really feeling or even perhaps "not supposed" to feel, is acknowledged, the guilt of trying to be/feel something that you are not is released. The heavy burden is removed so the resulting feeling is lighter.

It can be very frustrating and annoying when someone says, "Just BE happy," when you are truthfully feeling like crap and overwhelmed. Pretending to be something that you are not just doesn't work, and ignoring the issue and underlying emotions can cause even more stress.

It is OK to sometimes have "negative" feelings such as depression, despair, being overwhelmed, sadness, anger, etc. They are just flags to let you know where you are at emotionally. Sometimes it's a sign that self-care has lapsed and needs to be addressed. On airplanes they tell you to put your air mask on first for a reason. The flags can be a reminder that it is acceptable to sometimes say no when others want something from you. A clear, honest response is better than one given as the resentful martyr.

The problem comes in when there is no mechanism to move out from the negative. If we choose to wallow in our misery, there are consequences and it's also not a fun place to be. EFT tapping will help you to see things from a different perspective. It shifts the emotions to a place of neutrality and clarity so that the option for new choices is open, where before it was too confusing to even see the possibility of a new route.

It is unlikely that you will move from despair to bliss in one round of EFT tapping, and it might only be a small step beyond despair, but it may just be the tiny step up to where you can breathe again. And that's a good place to start.

Karen is an EFT Practitioner in West Vancouver and is offering a reduced fee for EFT sessions to people with hepatitis. You must mention this article and some restrictions apply. Sessions can be over the phone. For more information please call Karen at (604) 913-3060 pivotpoint4u@gmail.com or visit the website www.pivotpoint4u.com.

R7128

Pharmasset reported preliminary results for its Phase I, part 2 trial of R7128 (a prodrug of PSI-6130). The monotherapy trial treated 40 non-responders with increasing doses of the oral nucleoside analog polymerase inhibitor, developed jointly with Roche. The highest dose was 1500 mg twice daily for 14 days, which produced greater than a 99% decrease in HCV RNA (2.7 log10), with no viral rebound found. There were no events that required a dose modification. The Phase I, part 1 trial was a single dose study with 46 healthy volunteers. A Phase I part 3, 28-day trial has begun, planned for 75 naïve genotype 1 patients. It will test R7128, given orally, twice daily, combined with standard therapy. 15 patients will receive a placebo. All patients will receive continue to receive standard treatment for 40 weeks after R7128 dosing ends. "R7128 has demonstrated the most potent antiviral activity of any investigational nucleoside HCV polymerase inhibitor to date," said Pharmasset's Vice President.

Source: www.tvm-capital.com/pages/news/2007/pha0910I.php Sept 10, 2007 and www.medicalnewstoday.com/articles/84513.php Oct 03, 2007

IMO-2125

On October 1, 2007 Idera began its Phase I trial with IMO-2125 a Toll-like Receptor (TLR) 9 agonist that is supposed to make the body produce its own interferon and other immune responses against HCV. When tested in primates, IMO-2125 proved effective at producing cytokines that inhibit replication of HCV. This trial is planned for 40 non-responders, in 4 arms of different doses. Eight of them will receive a placebo. The trial consists of one injection weekly for 4 weeks. The lead investigator is John McHutchison, M.D., of Duke University School of Medicine.

Source: www.iderapharma.com/file/News%202007_09_17.pdf Oct 4, 2007

TG4040 Vaccine

Transgene has begun a Phase I trial in Canada for patients who have relapsed after standard treatment. The 24 expected patients will inject TG4040 (MVA-HCV), a possible therapeutic vaccine, once a week for 3 weeks, and will end with a booster at 6 months. The dosing will be increased in some of the patients. The University of Montreal and the Canadian Network for

Vaccines and Immunotherapies are sponsoring the trial. The company hopes to release data by the end of 2008. TG4040 uses the MVA virus, considered safe, as a means to carry encoded HCV proteins NS3, NS4 and NS5B. Researchers believe it will produce a good immune response to HCV. Another Phase I trial of the drug is treating 15 HCV+ naïve (never treated) patients in France.

Source: www.therapeuticsdaily.com/news/article.cfm?content-value=479710&contenttype=newsarchive&channelID=31 Oct. 01, 2007

ITMN-191

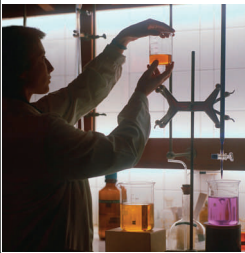
InterMune's Phase Ib trial of ITMN-191 (R7227), an oral protease inhibitor co-developed with Roche, has been approved in Europe. The trials were to begin in September. Data is expected in the first quarter of 2008. The trial is an ascending dose study. Because of better-than-expected results from the Ia trial when the subjects were dosed with food, the new studies will be able to use lower doses. The drug will be given for 14 days, in ascending doses to genotype 1 patients, two and three times a day. The same trial is designed to expand, if necessary.

Source: http://hivandhepatitis.com/hep_c/news/2007/091107_a.html. September 04, 2007:

ACTILON

Coley's CPG 10101, or Actilon, a synthetic oligodeoxynucleotide (ODN), is a toll-like receptor 9 (TLR9) agonist. In a multicenter Phase 1b trial, 60 HCV-positive patients (50 with genotype 1 HCV) were randomized and injected either placebo or CPG 10101 at different doses, twice a week for 4 weeks, or either 0.5 or 0.75 mg/kg SC once a week for 4 weeks. Viral reduction was dose-dependent. The greatest reduction was 1.69 log10 in the 0.75 mg/kg dose group. CPG 10101 produced immune activation and decreased HCV RNA levels. Development of CPG 10101 **has been temporarily suspended** to study the impact of new small molecules on therapy. The researchers believe HCV therapy will continue to need an agent like CPG 10101.

Source: *Hepatology* Oct 2007 Phase 1B, randomized, double-blind, dose-escalation trial of CPG 10101 in patients with chronic hepatitis C virus



LAW FIRMS



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Vancouver, BC
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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/hepc/intro.html

David Harvey
Lauzon Belanger S.E.N.C. (Quebec)
Toronto, ON
Phone 416-362-1989; Fax 416-362-6204
www.lauzonbelanger.qc.ca

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#208, 11062 – 156 Street,
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kkoltham@telusplanet.net

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

LOOKBACK/TRACEBACK

Canadian Blood Services Lookback/Traceback & Info
Line: 1-888-462-4056
Lookback Programs, Canada: 1-800-668-2866
Canadian Blood Services, Vancouver, BC
1-888-332-5663 (local 3467) or 604-707-3467
Lookback Programs, BC: 1-888-770-4800
Hema-Quebec Lookback/Traceback & Info Line:
1-888-666-4362
Manitoba Traceback: 1-866-357-0196
Canadian Blood Services, Ontario
1-800-701-7803 ext 4480 (Irene)
Irene.dines@Blood.ca

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

CLASS ACTION/COMPENSATION

Class Action Suit Hotline: 1-800-229-5323 ext. 8296
Health Canada Compensation Line: 1-888-780-1111
Red Cross Compensation pre-86/post-90 Registration: 1-888-840-5764
Ontario Compensation: 1-877-222-4977
Quebec Compensation: 1-888-840-5764
http://www.phac-aspc.gc.ca/hepc/comp-indem_e.html

ADMINISTRATOR

1986-1990
Administrator 1-877- 434-0944
www.hepc8690.com info@hepc8690.com
www.hepc8690.ca/PDFs/initialClaims/tran5-e.pdf

Pre-86/Post-90
Administrator 1-866-334-3361
preposthepc@crowco.ca
www.pre86post90settlement.ca
Settlement Agreement: http://www.reko.ca/html/hepc_settlement.pdf

UPDATES

<http://hepc8690.blogspot.com/>
www.hepc8690.ca/

COMING UP IN BC/YUKON:

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

AIDS Vancouver Island HCV support
 ♦ **Campbell River:** Drop in, harm reduction, support, education. Contact: 250-830-0787, leanne.cunningham@avi.org
 ♦ **Comox Valley** 355 6th St. Courtenay; Contact Phyllis 250-338-7400 phyllis.wood@avi.org Drop in, harm reduction, support, education.
 ♦ **Nanaimo** Info: Contact Anita 250-753-2437 anita.rosewall@avi.org
 ♦ **Port Hardy** (Sayward, Port McNeil, Alert Bay, Sointula and Woss) 7070 Shorcliffe Ave, Contact Shane, 250-926-3293 shane.thomas@avi.org. Education, mobile harm reduction, and support.
 ♦ **Victoria** 1601 Blanshard St., 250-384-2366 info@avi.org Harm Reduction.

Boundary HCV Support and Education. Support, education, presentations. Contact Ken 250-442-1280 ksthomson@direct.ca

Castlegar Contact Robin 250-365-6137 eor@shaw.ca

Courtenay HCV Peer Support and Education. Contact Del 250-703-0231 dggrimstad@shaw.ca

Cowichan Valley Hepatitis C Support Contact Leah 250-748-3432 r-l.attig@shaw.ca

Cranbrook HeCSC-EK Phone support. Contact Leslie 250-426-6078, ldlong@shaw.ca

HepCBC info@hepcbc.ca, www.hepcbc.ca
 ♦ **Victoria:** Drop-in/Office/Library, 306-620 View St. Phone support, interviews, info sessions. Contact 250-595-3892
 ♦ **Fraser Valley:** Support/info 604-597-3881

Kamloops AIDS Society of Kamloops (ASK) Living Well HIV/HEPC Peer Support Group, each Thurs. 11-2 PM, 433 Tranquille Rd. Office 250-376-7558 Support/ Referral. ask@telus.net 1-800-661-7541 www.aidskamloops.bc.ca

Kelowna Hepkop: Last Sat. monthly, 1-3 PM, Sep-May, Rose Ave. Meeting Room, Kelowna General Hospital. Contact Elaine 250-768-3573, eriseley@shaw.ca, Lisa 1-866-637-5144. ljmorrell@shaw.ca

Mid Island Hepatitis C Society 2nd Thurs. monthly, 7 PM, Central Vancouver Island Health Centre 1665 Grant St. Nanaimo. Contact Cindy 250-756-4771 midislandhepc@hotmail.com

Mt Waddington Harm Reduction Each Tues. 10-12 8635 Granville, Pt. Hardy. Contact Dan 250-902-2238 mtwreduc@hotmail.com

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

Nelson Hepatitis C Support Group 1st Thurs. monthly 7-8:30 PM. ANKORS Offices, 101 Baker St. Drop-in library M-Th 9-4:30. Contact Alex 1-800-421-2437, 250-505-5506, info@ankors.bc.ca alex@ankors.bc.ca www.ankors.bc.ca/

New Westminster Support Contact Dianne Morrissett, 604-525-3790 before 9 PM. dmorrissett@excite.com

North Island Liver Service - Viral Hepatitis Information, support and treatment, serving Fanny Bay North to Pt Hardy, Vancouver

Island. Toll free 1-877-215-7005

Pender Harbour Contact Myrtle Winchester 604-883-0010 myrwin@dccnet.com

Powell River Hep C Support Powell River Community Health, 3rd Floor-5000 Joyce Ave. Contact: karen.peel@vch.ca 604-485-3310

Prince George Hep C Support Group 2nd Tues. monthly, 7-9 PM, Prince George Regional Hospital, Rm. 421. Contact 250-963-9756, Ilse 250-565-7387 ilse.kuepper@northernhealth.ca

Princeton Contact the Health Unit (Princeton General Hospital) or Brad at 250-295-6510 CitizenKane@hepcan.ca

Prince Rupert Hep C Support Group 3rd Mon. monthly, 7-8:30 PM, boardroom at Northern Health's Public Health Unit. Contact: hepcprincerupert@citytel.net

Queen Charlotte Islands/Haida Gwaii & Northern BC support. Contact Wendy 250-557-2487, 1-888-557-2487, wendy@wendyswellness.ca <http://groups.yahoo.com/group/Network-NW/>

Slocan Valley Support Group Contact Ken 250-355-2732, ken.forsythe@gmail.com

Smithers: Positive Living North West 2nd Wed monthly, 12 PM, 3862 Broadway Ave. Contact 1-866-877-0042 or Doreen 250-847-2132, aws@telus.net

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

VANDU The Vancouver Area Network of Drug Users. 380 E Hastings St. M-F 10-4 Contact 604-683-6061; vandu@vandu.org www.vandu.org

Vancouver: Pre/post liver transplant support Contact Gordon Kerr sdgk@shaw.ca

Vancouver Hepatitis C Support Group 7-9 PM:

2nd Thurs. monthly, 1199 Main St. near Sky Train -Terminal & Main,
 3rd Wed. monthly, VGH, Lauener Room, LP2809, near Sassafras Cafe, Jim Pattison Pavilion, South.

4th Wed. monthly, St Paul's Hospital, meeting room across from gift shop. Contact Gordon 778-898-7211, ohmygodyes@canada.com

YouthCO AIDS Society HepCATS #205-1104 Hornby St., Vancouver 604-688-1441 or 1-877-YOUTHCO www.youthco.org Program Coordinator: Stephanie Grant stephanieg@youthco.org Support Program Coordinator: Brandy Svendsen brandys@youthco.org

Vernon HeCSC HEPLIFE 2nd & 4th Wed. monthly, 10 AM-1 PM, The People Place, 3402-27th Ave. Contact 250-542-3092, hepsc@hepc.vernon.bc.ca

Whitehorse, Yukon—Blood Ties Four Directions Contact: 867-633-2437 bloodties@klondiker.com



OTHER PROVINCES:

ONTARIO:

Barrie Hepatitis Support Contact: Jeanie info/appointment hepcsupportbarrie@rogers.com

"Choices" Peer Support Group for those co-infected with HCV/HIV. Survivor trauma, addictions. Every 2nd Wed 5-7 PM, AIDS Committee of Ottawa, 251 Bank St, 7th Floor. Contact: Colleen Price 613-563-0851 coinfection@sympatico.ca www.aco-cso.ca/supportgroups.htm

Durham Hepatitis C Support Group 2nd Thurs. monthly, 7-9 PM, St. Mark's United Church, 201 Centre St. South, Whitby. Contact: smking@rogers.com <http://creativeintensity.com/smking/> <http://health.groups.yahoo.com/group/CANHepC/>

Hamilton Hepatitis C Network Support Group 4th Thurs. monthly 6-7:45 PM. Hamilton Urban Core Community Health Centre—Ask reception for the room. Contact Shannon Lane 905-522-1148 ext 312. hepc@sprc.hamilton.on.ca hamiltonhepc.net

Hepatitis C Network of Windsor & Essex County Last Thurs. monthly, 7 PM, 1078 Goyeau Street (across from Hotel Dei Hospital). Contact 519-967-0490, amonkman@hepcnetwork.net, www.hepcnetwork.net

Kingston Hep C Info HIV/AIDS Regional Service. Contact 613- 545-3698, hars@kingston.net, www.hars.ca.

Kitchener Area Chapter 3rd Wed. monthly, 7:30 PM, Zehrs Community Room, Laurentian Power Centre, 750 Ottawa St. S., Kitchener. Contact: Bob 519-886-5706 bc.cats-sens@rogers.com or Mavis 519-743-1922 elroy222@rogers.com

Niagara Falls Hep C Support Group Contact Rhonda 905-295-4260, hepcnfi@becon.org

Owen Sound Contact Debby Minielly, 1-800-263-3456, 376-9420, Ext. 257, www.publichealthgreybruce.on.ca/dminielly@publichealthgreybruce.on.ca

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

St. Catharines Contact Joe 905-682-6194 jcolangelo3@corecco.ca

Sudbury Circle C Support Group No meetings in the summer. Contact Ernie hepc.support@persona.ca 705-522-5156.

Toronto CLF 1st Mon. monthly 7:30 PM, North York Civic Centre, 5100 Yonge Street, Committee Rm #2. Contact Gina 416-491-3353, glip-ton@liver.ca

Thunder Bay Hep C support. Contact Janet Adams 807-345-1516 (or

for 807 area only 1-800-488-5840) hepcthunderbay@yahoo.ca

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:

Saint John & Area: Information and Support. Contact Allan Kerr 506-633-4817 kerrs@nbnet.nb.ca

Cape Breton Island, NS The Hepatitis Outreach Society Support Group 2nd Tues. monthly 150 Bentinck Street, Sydney, NS. 7-9 PM. Call 1-800-521-0572, 902-733-2486 info@hepatitisoutreachsociety.com.

PRAIRIE PROVINCES:

Regina, Saskatchewan HepC SK Contact Doug 306-545-1628 hepc-c.regina@accesscomm.ca <http://nonprofits.accesscomm.ca/hepc-c.regina/>

HeCSC Edmonton Contact Jackie Neufeld 780-939-3379.

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

Manitoba Hepatitis C Support Community Inc. Each Tues. 7 PM, United Church, Crossways-in-Common, 222 Furby St., side door, Main Floor. Look for signs) Last Tues. monthly: Speaker Meeting. Everyone is welcome. Contact Kirk: 204-772-8925 info@mbhepc.org www.mbhepc.org

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

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



Victoria & Area S.O.L.I.D. Society of Living Intravenous Drug Users, Wed. (except welfare week) 7-9 PM, 1947 Cook St, Support, info, & referrals Contact: momma@vcn.bc.ca