

Manitoba Hepatitis C **Resource Directory** 2007

A guide to agencies providing information and support as it relates to the liver and hepatitis C



Manitoba Hepatitis C Resource Directory

Heartfelt thanks to the many individuals and organizations who provided the information for this Resource Guide.

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This booklet has been divided into 4 sections

1. [Agencies & Organizations in MB and other Provinces with contact names, email addresses & web sites where available](#)
2. [Compensation Information and Contacts](#)
3. [Hepatitis C Canadian Support Groups](#)
4. [A Glossary of the Medical Terms](#)

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The information in this directory is provided as a complimentary service by the Manitoba Hepatitis C Support Community Inc., and is not intended as an endorsement of the agencies herein.

If any information is found to be out-of-date or incorrect, please contact the Manitoba Hepatitis C Support Community Inc. by email at: info@mbhepc.org or by telephone: (204) 779-6464

1. Agencies Agencies & Organizations in MB and other Provinces

Addictions Foundation of Manitoba

Tel..... (204) 944-6200
Fax..... (204) 775-5261
Toll Free..... 1-800-782-2437
1041 Portage Ave, Winnipeg, MB R3G 0R8
Email..... jtc@afm.mb.ca
Website..... www.afm.mb.ca

AIDS/STD Information Line

Government # - Tel..... (204) 945-2437
Rural - Toll Free..... 1-800-782-2437
Provides information, education, referrals and treatment when requested by phone or mail.
Email..... phonein@mb.sympatico.ca
Website..... www.ninecircles.ca

Behavioural Health Foundation

Tel..... (204) 269-3430
Fax..... (204) 269-8049
Box 250
35 Rue de la Digue
Winnipeg, MB R3V 1L6
Provides services (in a residential setting) to enable individuals to develop effective coping skills needed to remain substance free. Also provides hepatitis vaccinations.
Contact..... Dave Younes
Email..... dazey@bhf.ca
Website..... www.bhf.ca

Canadian Association for the Study of Liver (CASL)

Website..... www.lhsc.on.ca/casl

Canadian Blood Services

Tel..... 1-888-462-4056
Website..... www.blood.ca

Canadian Hemophilia Society

Toll Free..... 1-800-668-2686
National Office..... (514) 848-0503
Fax..... (514) 848-9661
Contact: Jess Rice..... (204) 775-8625
Suite 505, Montreal, Quebec, H3A 1K2
Email..... chs@hemophilia.ca
Website..... www.hemophilia.ca

Canadian Hemophilia Society – Quebec Chapter

Tel..... (514) 848-0666
Fax..... (514) 848-6103
625 President-Kennedy Avenue
Suite 1502, Montreal, Quebec, H3A 1K2

Canadian Hepatitis Information Network

Information on treatment & up to date medical information & patient information.
Website..... www.hepnet.com

Canadian Liver Foundation

Toll Free..... 1-800-563-5483
Provides information and education on all types of liver diseases.
Contact..... Billie Potkonjak
Email..... clf@liver.ca
Website..... www.liver.ca

PEG C.A.R.E. Program (Canadian/Advisory Reimbursement Exchange)

Toll Free..... 1-866-872-5773
Fax..... 1-866-949-9913
P.O. Box 24512, Brossard, QC, J4W 3J1
Enrollment 8 am - 8 pm

Community Hepatitis C Clinic

Tel..... (204) 589-9428
878 Main Street, Winnipeg, MB, R2W 4L4

Daniel's Hepatitis C Website

Information links, complementary medicine & nutrition
Website..... www.hepatitis.org.uk/

Elizabeth Fry Society

Tel..... (204) 589-7335
Toll Free..... 1-800-582-5655
544 Selkirk Ave, Winnipeg, MB, R2W 2M9
Provides services for incarcerated women as well as community clients. Individual counselling sessions may include information on STIs and Hepatitis C.
Email..... efr@manitoba.org

Health Action Center

Tel..... (204) 940-1626
425 Elgin Ave, Winnipeg, MB, R3A 1P2
*General Community Health Center
Primary Care, Dental, Outreach Services, Mid Wifery in postal codes R3A, R3B, R3E*
Contact..... Kathy Kruschenson
Email..... healthhac@mb.sympatico.ca

Health Canada

Website..... www.hc-sc.gc.ca

Health Sciences Center – Viral Hepatitis Investigation Unit (VHIU)

Tel..... (204) 787-3630
730 William Avenue, Winnipeg, MB

Hepatitis C Society of Canada

Toll Free..... 1-800-652-HepC (4372)
Fax..... (905) 524-0224
Provides prevention and early detection information, support, treatment and comfort for Hepatitis C carriers. The Manitoba chapter offers telephone support, monthly support meetings and information on all aspects of Hepatitis C, including treatment, learning to live with the disease, and the latest research.
Email..... mail@hepatitiscsociety.com
Website..... www.hepatitiscsociety.com

Hemophilia Ontario

Tel..... (416) 972-0641
Fax..... (416) 972-0307
60 St. Clair Ave. E, Toronto, ON, M4T 1N4

Hemo-Quebec Lookback/traceback and Information Line

Toll Free..... 1-888-666-4362

John Howard Society of Manitoba

Tel..... (204) 775-1514
103-583 Ellice Ave, Winnipeg, MB, R2B 1Z7
Contact..... Janet Johnson
Email..... office@johnhowrad.mb.ca
Website..... www.johnhoward.mb.ca

John Howard Society of Manitoba - Brandon Branch

Tel..... (204) 727-1696
Provides education for federal prison inmates, plus counselling for families of prisoners, including those infected with Hepatitis C.
Contact..... Micheal Cardinal
Email..... jhsbrnd@westman.wave.ca

Kali Shiva AIDS Services

Tel..... (204) 783-8565
646 Logan Ave, Winnipeg, MB R3A 0S7
Provides services such as public awareness, education and support to people living with HIV/AIDS. They also provide weekly support for women with HIV/AIDS as well as a group for affected children.
Email..... kalshiv@mts.net

Klinik Community Health Centre

Tel..... (204) 784-4090
Toll Free..... 1-888-322-3019 crisis line
870 Portage Ave, Winnipeg, MB, R3G 0P1
Provides testing, counselling, family practice treatment for clients with Hepatitis C, general support services and referrals.
Contact..... Kathreen Martins
Email..... klinik@klinik.mb.ca
Website..... www.klinik.mb.ca

Klinik Teen Talk

Tel..... (204) 784-4010
545 Broadway St, Winnipeg, MB R3C 0W3
Offers a drop-in centre Saturdays 12-4. Also offers testing for STI's, HIV, HCV, pregnancy, counselling, referrals, doctors and nurses. Provides educational workshops for schools or alternative programs for youth.
Contact..... coordinator
Email..... teentalk@klinik.mb.ca
Website..... www.klinik.mb.ca/teentalk.htm

Main Street Project Inc.

Tel..... (204) 982-8245
Fax..... (204) 943-9474
75 Martha Street, Winnipeg, MB, R3B 1A4
Provides emergency shelter for the homeless, detox, referral services, and follow up hostel on site.
Contact..... Micheal Foster
Email..... admin@mainstreetproject.ca
Website..... www.mainstreetproject.ca

Ma Mawi Wi Chi Itata Center

Tel..... (204) 925-0300
Fax..... (204) 946-5042
Toll Free..... 1-888-962-6294
94 McGregor St, Winnipeg, MB, R2W 4V5
Website..... www.mamawi.com

Manitoba Hepatitis C Support Community Inc.

The Mission of the Manitoba Hepatitis C Support Community Inc. is to cultivate a local and national network promoting Hepatitis C support, education and empowerment. Everyone is welcome, as our membership is "all inclusive" and open to all whose lives are touched by the Hepatitis C virus.
Tel..... (204) 779-6464
222 Furby Street, United Church Crossways-in-Common
Mailing address: 537 Home Street
Winnipeg, MB, R3G 1X6
Email..... info@mbhepc.org
Website..... www.mbhepc.org

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**Manitoba Public Health Branch
(Public Health Nurses)**

All Public Health Branches follow up on reported cases. They provide information for clients and the general public, upon request. They also refer people to physicians and suggest referrals to see a Hepatologist.

Association de santé du Nord-Est

Tel..... (204) 753-2012
North Eastman Health Association
W.B. Lewis Centre, 24 Aberdeen Ave.
& Burrows Road
Pinawa, MB, R0E 1L0, Box 339
Contact.....Merna Suski
Tel..... (204) 753-5254
Email..... neha@neha.mb.ca

Brandon Regional Health Authority

Tel..... (204) 571-8376
A5-800 Rosser Avenue
Brandon, MB, R7A 6N5
Contact..... D. MacDonald
Tel..... (204) 571-8483
Email..... macdonaldd@brha.ca

Burntwood Regional Health Authority

Tel..... (204) 677-1777
867 Thompson Drive
Thompson, MB, R8N 0B6

Central Regional Health Authority Inc

Tel..... (204) 239-3070
25 Tupper St. N.
Portage la Prairie, MB, R1N 3K1
Website..... rha-central.mb.ca

Norman Regional Health Authority

Tel..... (204) 687-1300
84 Church St, Flin Flon, MB, R8A 1M7
Email..... nrha@normanrha.mb.ca
Website..... www.norman-rha.mb.ca

ORS d'Entre-les-Lacs

Tel..... (204) 467-4742
Contact.....Melody Hawryluk
..... (204) 467-4407
Interlake RHA
589 – 3rd Avenue S.
Stonewall, MB, R0C 2Z0
Email.....info@irha.mb.ca
Website.....www.irha.mb.ca

ORS de Marquette

Tel..... (204) 759-3441
.....(204) 759-3127 téléc
Marquette RHA
Box 310, 512 – 4th Ave.
Shoal Lake, MB, R0J 1Z0
Contact..... Penny Gibson
Email..... assiniboine-rha@arha.ca
Website..... www.assiniboine-rha.ca

ORS de Parcs

Tel..... (204) 622-6222
.....(204) 622-6232 téléc

Parkland RHA

112-27 2nd St., Dauphin, MB, R7N 3E5
Email..... prha@prha.mb.ca
Website..... www.prha.mb.ca

ORS du Sud-Ouest

Tel..... (204) 483-5000
Cell (204) 483-0113 cell
.....(204) 483-5005 téléc
Marquette RHA
Box 579, Souris, MB, R0K 2C0
Contact..... Deb Clevett
Email..... assiniboinerha@arha.ca
Website..... www.assiniboine-rha.ca

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Medications Information Line

Tel/Fax..... (204) 474-7572
Toll Free..... 1-800-432-1960 ext. 6493
Faculty of Pharmacy, University of Manitoba
Winnipeg, MB, R3T 2W2
Will answer inquiries from the public. Responds to questions about drug reactions, side effects, misuse and interactions. Mon-Thurs 9:30 am - 2:30 pm

Mount Carmel Clinic

Tel.....(204) 582-2311
Fax..... (204) 582-1341
886 Main Street, Winnipeg, MB, R2W 5L4
CommunityHealth Clinic offering HepC testing and immunization.
Email.....jpretula@mountcarmel.ca
Website..... www.mountcarmel.ca

National Hepatitis C Coalition

Provides international links, chat rooms, newsletters, inspiration & support
Website..... www.nationalhepatitis-c.org

Nine Circles Community Health Center

Tel.....(204) 940-6000
Administration Fax.....(204) 940-6027
Medical Fax.....(204) 940-6003
Toll Free.....1-800-305-8647
705 Broadway, Winnipeg, MB, R3G 0X2
Website.....www.ninecircles.ca

Northern AIDS Initiative Inc.

Tel.....(204) 677-8552
Fax.....(204) 778-5538
307-83 Churchill Drive
Thompson, MB, R8N 0L8
*Building capacity in the community to deal with HIV/
AIDS issues.*
Website.....www.northernaids.ca

Rainbow Resource Center

Tel.....(204) 474-0212
Fax.....(204) 478-1160
2nd Floor 1-222 Osborne Street
Winnipeg, MB, R3C 2Z6
Website.....www.rainbowresourcecentre.org
Email.....info@rainbowresourcecentre.org

RCMP Blood Task Force

Toll Free.....1-888-399-0005

Rosaire House Addiction Center

Tel.....(204) 623-6425
Box 240, The Pas, MB, R9A 1K4
*Provides help with addiction issues, such as, alcohol,
street and prescription drug use and gambling.*
Contact.....Lorraine Dick
Email.....ldick@normanrha.mb.ca

Sage House

Tel.....(204) 943-6379
50 Argyle Street, Winnipeg, MB, R3B 0H6
Contact.....Gloria Enns, Program Manager

Salvation Army, Winnipeg

Tel.....(204) 946-9402 (24 hours)
180 Henry Avenue, Winnipeg, MB, R3B 0J8
Website.....www.winnipeg Salvation Army.ca

Sexual Health Center

Tel.....(506) 856-3310
81 Albert Street
Moncton, New Brunswick, E1C 1B1
Email.....maria.richard@gnb.ca

Sexuality Education Resource Center

Tel.....(204) 982-7800
Fax.....(204) 982-7819
2nd Floor 555 Broadway Avenue
Winnipeg, MB, R3C 0W4
Email.....info@serc.mb.ca
Website.....www.serc.mb.ca

Street Connections

Tel.....(204) 940-3690
Van Outreach.....nights (4-11 pm)
Winnipeg Regional Health Authority
705 Broadway Avenue
Winnipeg, MB, R3G 0X2
*Operates a mobile van for needle exchange,
condoms, crisis intervention and referrals.*
Contact.....Patty McCormick
Email.....drcarrier@wrha.mb.ca

Sunshine House (Winnipeg)

Thursday evening drop in support - call for address.
Tel.....(204) 774-0708
Email.....kalishiva@mts.net

Village Clinic Inc.

Tel.....(204) 940-6000
705 Broadway, Winnipeg, MB, R3G 0X2
Email.....village.clinic@mb.sympatico.ca
Website.....www.ninecircles.ca

Winnipeg Remand Center

Tel.....(204) 945-3540
141 Kennedy Street
Winnipeg, MB, R3G 4N5
*Provides testing for Hepatitis C and referrals to
specialists.*
Contact.....Kris Ainley
Email.....cainley@gov.mb.ca

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Winnipeg Regional Health Authority

Assiniboia South(204) 940-2205
Birtle Health District(204) 842-3317
Cancer Care Manitoba(204) 787-2241
Community Therapy Services
.....(204) 949-0533
Fort Garry(204) 940-2015
Hôpital Général Saint-Boniface
.....(204) 237-2920
Hôpital Ste-Anne(204) 422-8837
Inkster(204) 940-2020
Lorne Memorial Hospital.....(204) 836-2132
Manitoba Adolescent Treatment Centre
.....(204) 477-6391
Misericordia Hospital(204) 788-8003
Point Douglas(204) 940-2025
River East(204) 938-5050
River Heights(204) 940-2000
St. James / Assiniboia(204) 940-2040
St. Vital(204) 940-2045
Ste Rose General Hopital
.....(204) 447-2141
Seven Oaks(204) 940-2050
Transcona(204) 940-2055
Villa Youville.....(204) 422-5624

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American Liver Foundation

Toll Free.....1-800-GO-LIVER
..... (1-800-465-4837)
Fax.....(212) 483-8179
Email..... info@liverfoundation.org
Website..... www.liverfoundation.org

**Note that Counselling is available for those
affected by Hepatitis C and their families through
the Winnipeg Regional Health Authority,
at(204) 940-2567**

2. Compensation Information and Contacts

HCV Compensation Available

There is a web site about the settlement agreement between the Provinces and the Federal Government. You can see it at this web address: www.hepc8690.com

Federal Government

Coverage: 1986 – 1990

There are 7 levels of compensation

Contact: The 1986 – 1990 Hepatitis C Claims Center
PO Box 2370, Station D
Ottawa, ON, K1P 5W5
Toll Free.....1-877-434-0944
Fax.....(613) 569-1763
Website..... www.hepc8690.com

Coverage: Pre 1986 and post 1990

There are 7 levels of compensation, but compensation amounts will be based on 8/11ths of the 86-90 amounts.

Contacts:

Class Action Lawyers

There are class action lawsuits in several provinces. The lawyers in those class actions are:

Ontario, the Maritimes, the Territories, Manitoba and Saskatchewan:

David Harvey and Peter Roy of ROY ELLIOTT KIM O'CONNOR LLP
Toronto; (416) 362-1989

Alberta:

Kenneth Kolthammer of KOLTHAMMER BATCHELOR & LAIDLAW LLP
Edmonton; (780) 458-3226

Vaughn Marshall of Marshall Attorneys
Calgary; (403) 270-4110

British Columbia:

David Klein of KLEIN LYONS
Vancouver; (604) 874-7171

Quebec:

Michel Belanger of LAUZON BELANGER
Montreal; (514) 927-6195

Updates

The settlement agreement may be viewed at: www.pre86hepc.com

For updates on this settlement, please see: www.hepccc.blogspot.com

Provincial Governments

Coverage: Pre 1986 and post 1990.

Manitoba: Manitoba Hepatitis C

Assistance Program
300 Carlton Street
Winnipeg, MB, R3B 3M9
Tel.....(204) 788-6339
Toll Free..... 1-866-357-0196

Ontario: Ministry of Health and

Long Term Care
Ontario Hepatitis C Assistance Plan (OHCAP)
c/o 77 Wellesley Street West
Toronto, ON, M7A 1N3
Toll Free.....1-877-222-4977

Quebec:

Quebec (Collect).....(418) 646-4636
Montreal.....(514) 864-3411
Services for the deaf in Quebec only
Toll Free.....1-800-561-9749

Red Cross Claims Center - Administered by KPMG

Coverage: Pre 1986 and post 1990. Note that you may apply for both the Provincial & the Red Cross compensation. Once approved by the Province, send your paperwork to KPMG

Toll Free.....1-888-840-5764

Other Important Phone Numbers Related to Compensation

Canadian Blood Lookback/Traceback and Information Line

Toll Free.....1-888-462-4056

Health Canada Compensation Line

Toll Free.....1-888-780-1111

Ontario Hepatitis C Blood Probe

Toll Free.....1-877-222-4977

3. Hepatitis C Canadian Support Groups

ONLINE EMAIL NEWSLETTER

hepc.bull

If you would like to subscribe to the email edition of the hepc.bull, send a message to hepc-bull-subscribe@egroups.com or email hepc-bull-owner@egroups.com

Joan King

Editor, hepc.bull

Email..... jking2005@shaw.ca

Website..... <http://www.hepcbc.ca>

or <http://www.egroups.com/group/hepc-bull>

BRITISH COLUMBIA / YUKON

AIDS **Vancouver Island** HCV support

Campbell River

Tel..... 250-830-0787

Email..... jeanette.reinhardt@avi.org

Email..... leanne.cunningham@avi.org

Drop in, harm reduction, support, education.

Comox Valley

355 6th St. Courtenay

Contact Phyllis..... 250-338-7400

Email..... phyllis.wood@avi.org

Drop in, harm reduction, support, education.

Nanaimo

#201-55 Victoria Rd.

Contact Anita 250-753-2437

Email..... anita.mcleod@avi.org

Each Wed, 2-4 pm

Port Hardy (Sayward, Port McNeil, Alert Bay, Sointula and Woss)

7070 Shorcliffe Ave

Contact Shane..... 250-926-3293

Email..... shane.thomas@avi.org

Education, mobile harm reduction, and support.

Victoria

1601 Blanshard St.

Tel..... 250-384-2366

Email..... info@avi.org

Harm reduction.

Boundary HCV Support & Education Contact Ken.

250-442-1280

Support, education, presentations.

Castlegar

Contact Robin..... 250-365-6137

Email..... eor@shaw.ca

Courtenay HCV Peer Support and Education

Contact Del..... 250-703-0231

Email..... dggrimstad@shaw.ca

Cowichan Valley Hepatitis C Support

Contact Leah 250-748-3432

Email..... r-l-attig@shaw.ca

Cranbrook HeCSC-EK

Leslie 250-426-6078

Phone support.

HepC BC

Victoria: Drop-in/Office/Library

306-620 View St.

Contact 250-595-3892

Phone support, interviews, info sessions.

Surrey:

Contact 604-582-3843

Phone support & info.

Kamloops

AIDS Society of Kamloops (ASK)

433 Tranquille Rd.

Office 250-376-7558

Toll Free..... 1-800-661-7541

Support / referral.

Kelowna Hepkop

Rose Ave. Meeting Room

Kelowna General Hospital.

Contact Elaine 250-768-3573

Lisa 1-866-637-5144

Last Sat. monthly, 1-3 pm, Sep-May.

Kootenay Boundary

Contact Brian Reinhard

Support & info.

Mid Island Hepatitis C Society

Central Vancouver Island Health Centre 1665 Grant St. **Nanaimo**.
 Contact Cindy 250-756-4771
 Email..... midislandhepc@hotmail.com
2nd Thurs. monthly, 7 pm.

Nakusp Support

Contact Vivian 250-265-0073
 Email..... claire@columbiacable.net

Nelson Hepatitis C Support Group

ANKORS Offices, 101 Baker St.
 Contact Alex 250-505-5506
 Toll Free..... 1-800-421-2437
 Email..... alex@ankors.bc.ca
1st Thurs monthly 7-8:30 pm.
Drop-in library Mon-Thurs 9-4:30 pm.

Mt Waddington Harm Reduction

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

New Westminster Support

Contact Dianne Morrissette
 (before 9 PM.)..... 604-525-3790

North Island

Contact Sharon Spencer 949-6735
 or Shane Thomas 949-0432

Pender Harbour

Contact Myrtle Winchester
 Tel..... 604-883-0010
 Email..... myrwin@dccnet.com

Powell River Hep C Support Group

Powell River Community Health
 3rd Floor–5000 Joyce Ave.
 Contact 604-485-3310
 Email..... karen.peel@vch.ca

Prince George Hep C Support Group

Prince George Regional Hospital
 Rm. 421
 Contact 250-963-9756
 or Ilse 250-565-7387
2nd Tues. monthly, 7-9 pm.

Prince Rupert HCV Support Group

Public Health Unit, Board Room
 300-3rd. Ave. W.
 Contact hepcprincerupert@citytel.net
3rd Mon. monthly, 7-8:30 PM

Princeton

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

Queen Charlotte Islands/Haida Gwaii

& Northern BC support
 Contact Wendy 250-557-2487
 Toll Free..... 1-888-557-2487
 Email..... wendy@wendyswellness.ca

Slocan Valley Support Group

Contact Ken..... 250-355-2732

Smithers: Positive Living North West

Toll Free..... 1-866-877-0042
 Doreen..... 250-847-2132

Sunshine Coast-Sechelt

Healthy Livers Support Group
 Sechelt Health Unit
 5571 Inlet.
 Contact Catriona..... 604-886-5613
 Email..... catriona.hardwick@vch.ca
 or Brent..... 604-740-9042
 Email..... brent.fitzsimmons@cgh.bc.ca
Information / resources

Vancouver Hepatitis C Support Group

Contact Robert, CLF..... 778-898-7211
 Toll Free..... 1-800-856-7266
 Email..... radmin@liver.ca
1199 Main St., Near Sky Train-Terminal and Main
2nd Thurs. monthly, 7-9 PM
VGH, Lauener Room, LP2809, Near Sassafras Cafe, Jim Pattison Pavilion, South
3rd Wed., monthly, 7-9 PM

Vancouver

Pre/post liver transplant support
 Contact Gordon Kerr

VANDU The Vancouver Area Network of Drug Users:
Satellite Hep C group at Health Contact Centre
(HCC)
166 E. Hastings
Contact 604-683-6061
Email..... vandu@vandu.org
Website..... www.vandu.org
Each Thurs. 2 PM. Bus fare & snacks.

YouthCO AIDS Society HepCATS
#205-1104 Hornby St., Vancouver
Tel..... 604-688-1441
Toll Free..... 1-877-YOUTHCO
Stephanie Grant stephanieg@youthco.org
(Program Coordinator)
Brandy Svendsen brandys@youthco.org
(Support Program Coordinator)

Vernon HeCSC HEPLIFE
The People Place, 3402-27th Ave.
Tel..... 250-542-3092
Email..... hecsc@hepc.vernon.bc.ca
Website..... <http://www.hepc.vernon.bc.ca>
2nd & 4th Wed. monthly, 10 am-1 pm

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

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ONTARIO:

Barrie Hepatitis Support
Contact Jeanie for information/ appointment

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

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

Hamilton Hepatitis C Network
Support Group
Hamilton Urban Core Community Health Centre. Ask
reception for the room.
Contact Shannon Lane 905-522-1148 ext 312
Email..... hepc@sprc.hamilton.on.ca
Web hamiltonhepc.net
4th Thurs. monthly 6:00-7:45 PM

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

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

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

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

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

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

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

Sudbury Circle C Support Group

Contact Cathy.....705-522-3352
Or for the location, contact:
Ernie.....705-522-5156
Email.....hepc.support@persona.ca
Meets each Tues. 2-5 PM.

Toronto CLF

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

Thunder Bay Hep C Support

Contact Kevin Larson.....807-475-8210
Email.....klarson@tбайtel.net
Janet Adams.....1-800-488-5840
Email.....jadams@aidsthunderbay.org

Unified Networkers of Drug Users Nationally

Email.....undun@sympatico.ca

York Region Hepatitis C Education Group

York Region Health Services, 4261 Hwy 7 East, B6-9, Unionville
Contact.....905-940-1333
Toll Free.....1-800-461-2135
Email.....info@hepcyorkregion.org
Web.....www.hepcyorkregion.org
3rd Wed. monthly, 7:30 PM

QUEBEC

Quebec City Region

Contact Renée Daurio.....418-836-2307
Email.....reneedaurio@hotmail.com

ATLANTIC PROVINCES

Saint John & Area

Contact Allan Kerr.....506-633-4817
Email.....kerrs@nbnet.nb.ca
Information and Support.

Cape Breton Island, NS

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

PRAIRIE PROVINCES

Regina, Saskatchewan

Contact Doug.....306-545-1628
Email.....hepc-c.regina@accesscomm.ca
Web...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
Email.....wbhas@telus.net ww.wbhas.ca

Manitoba Hepatitis C Support Community Inc.

United Church, Crossways-in-Common
222 Furby Street, side door, Furby & Broadway, Main
Floor (Look for signs) Contact Kirk.....204-772-8925
Email.....info@mbhepc.org
Web.....www.mbhepc.org
Meets every Tues. 7 PM
Last Tues. monthly is a Speaker Meeting.

Medicine Hat, AB Hep C Support Group HIV/AIDS

Network of S.E. AB Association 550 Allowance Ave.
Contact.....403-527-7099
Email.....bettyc2@hivnetwork.ca
1st & 3rd Wed. monthly, 6:30 PM

4. Medical Terms

Abscess - sometimes called a boil, looks like a pimple, an infection.

Acceptance - deciding that one is ready to deal with a problem or new situation.

Acute Hepatitis C - an inflammation of the liver. It is caused by the hepatitis C virus. It can start quickly, or slowly. It usually only lasts one or two months. There is not usually much damage to the liver right away, but sometimes it can be very harmful and dangerous.

Albumin - a protein made by the liver. When the liver has been hurt (damaged), it can't make enough albumin. That is why testing how much albumin is in a person can help a doctor know if the liver has been hurt.

AFT - this is a protein made by an unborn baby's liver. This test can tell the doctor that a person has hepatitis or cancer.

ALT - this is an enzyme that is found in liver cells. If your liver gets hurt, your AL T enzymes will get into your blood.

Antibodies - proteins made by the body which try to kill infections.

Anti-HCV - this is the antibody for the hepatitis C virus.

Ascites - fluid build-up and swelling of the stomach cavity caused by blocked blood flow through the liver. This condition is associated with chronic hepatitis and other liver problems such as cirrhosis. Treatment includes reducing salt intake and taking diuretics. Sometimes the fluid must be drained.

AST - if your liver has been hurt, this is an enzyme that the liver will let out into the rest of your body.

Associated - comes with.

Autoimmune - a reaction to one's own tissue.

Bile - this is a liquid that your liver makes. It can be kind of yellow, brown, or green. It helps clean the inside of your body. It also helps you to digest your food.

Bile Ducts - these are tubes that carry bile from your liver to your gallbladder.

Bilirubin - your liver makes bilirubin. It is a bile colour that causes jaundice. It is made when your red blood cells break down. A test can be done that is called a 'Serum Bilirubin Test' that will see how much bilirubin is in your body.

Biopsy - removal of a tissue sample from a living body for diagnostic purposes.

Blood - the red fluid that circulates in the heart, arteries, capillaries and veins of the body. It takes oxygen and nourishment to the heart, and carries waste away from all parts of the body.

Blood Donor - a person who gives their blood for another person's blood transfusion.

Blood Plasma - the fluid part of the blood that contains nutrients, salt, proteins and more.

Blood Products - these are parts of blood that get separated for special use.

Blood-to-blood - when one person's blood touches another person's blood.

Blood Transfusion - receiving blood or blood products from another person.

Blood Vessels - help the blood circulate in the body.

Caffeine - is found in many foods and drinks. It can make a person feel 'jumpy' or nervous.

Calcium - a mineral found in milk and other foods and drinks. It helps build strong teeth and bones.

Cancer - a disease that usually requires treatment. It is very harmful.

Carrier - a person who has a virus such as Hepatitis C. With or without symptoms, the carrier can still pass on the virus to others.

CBC or Complete Blood Count - this test uses the blood count to find out if you have liver scarring.

Cells - are very small parts of the body. They are found in every part of the body, including the liver (**liver cells**) - seen only with a microscope.

Cellulitis - an infection under the skin.

Chemicals - substances known in science, can be mixed together, can be dangerous.

Cholangiography - x-ray of the bile ducts.

Cholestasis - reduced or stopped bile ducts.

Cholesterol - is a kind of fat found in the body. There are helpful and harmful kinds of cholesterol. Your doctor can measure how much cholesterol you have.

Chronic - a problem that stays for a very long time, or that keeps coming back.

Chronic Hepatitis - liver inflammation that does not go away. Over time, chronic hepatitis can lead to severe liver damage.

Chronic Hepatitis C - people with chronic hepatitis C can have it for their whole life if they do not get treatment. It is chronic if they have it for more than 6 months.

Cirrhosis - serious scarring of the liver that can get worse. It can't be fixed, but it can be stopped.

Clearing - getting rid of something.

Clotting Factors or PT (Prothrombin Time) - these help your blood to clot - so that you can stop bleeding if you are hurt.

Co-infection - having more than one infection at a time.

Compensation - paying money (or something else) to a person who has been hurt, in order to try to fix the problem or help with it.

Constipation - very hard bowel movements. An inability to rid the bowels of waste in a timely fashion.

Contaminated - not pure or clean any more, may be dangerous.

Cytopathic - destructive to cells.

Delivery - this is the time when a woman's baby is born.

Denial - not wanting to believe that something is true.

Depression - a feeling you might have that makes you feel anxious or guilty. You might have a hard time thinking clearly, and you may not feel very interested in life. Deep depression is a disease that needs treatment.

Deterioration - to get worse in quality or state.

Diagnosis - after tests have been done and symptoms looked at or talked about, a health care provider can say what is (or is not) wrong in your body.

Diarrhea - this is when your feces (poop) is watery.

Digest - the work your body does to break down food and make it useful to your body.

Disposable - can be thrown away after one use.

Drug-Induced Hepatitis - liver inflammation caused by long-term use of certain prescription drugs.

Edema - swelling of hands and feet due to fluid retention which can be a symptom of chronic hepatitis.

Electrolysis - a way of having hair removed from different parts of the body - done by someone who has received special training.

Emotional - the inner feelings of a person.

Equipment - the things you use to do a job or to get something done.

Essential proteins - basic proteins used by the body to build muscle.

Esteem - the way you feel about someone or about your self (self-esteem).

Encephalopathy - a condition resulting from cirrhosis in which the person becomes confused. Left untreated, the person will go into a coma. Treatment includes medication, reducing protein (especially animal protein) in the diet and controlling intestinal bleeding.

Enzymes - these help your cells make energy. Your liver has a lot of enzymes, and each one has a different job.

Extrahepatic Block - block within the portal vein.

Fatigue - extreme tiredness.

Feces - solid waste matter discharged from the bowels in a bowel movement. This is what we sometimes call 'poop'.

Fibrosis - scar tissue that forms because of an infection or getting hurt. If a liver is inflamed for a long time, it can get fibrosis.

5'–Nucleatidase Test - an enzyme that is released by the liver when it is injured due to bile duct obstruction or impaired bile flow.

Floater - a condition that is common to some people with chronic Hepatitis C. Floaters are wispy cobweb-like substances that float inside the eye, interfering with the visual field. Floaters are not usually harmful. Most people see floaters as they grow older.

Gamma Globulin - a substance that helps initiate the immune response of the body. Gamma globulin can be injected before or sometimes right after exposure to protect against some types of hepatitis (but not to protect against Hepatitis C).

GGT - Gamma–Glutamyl Transpeptidase - this is an enzyme that the liver makes. It is also made by the pancreas and the kidneys. If your liver (or one of these other organs) gets hurt, it will let the GGT into your blood.

Gastroenterologist - a medical doctor who has received additional training in the diagnosis and treatment of stomach and other digestive system problems. Many have a special interest and expertise in treating liver problems, since the liver is considered part of the digestive system. Gastroenterologists may perform certain diagnostic procedures, but do not do surgery.

Genotype - a virus can come in many different forms. These are called genotypes. Hepatitis C comes in many genotypes. This makes it harder to diagnose and treat than other kinds of hepatitis.

Glucose - a sugar needed for a body to make energy for itself.

Hemodialysis - a way of cleaning the blood.

Hemophilia - condition that occurs when blood won't clot. Many people with hemophilia have Hepatitis C, due to using clotting factors received from infected donated blood.

Herbal Treatments - a way of treating an illness using natural plants.

Hepatectomy - surgical removal of all or part of the liver.

Hepatitis - inflammation of the liver, that causes damage to liver cells.

Hepatoma -tumor of the liver.

Hepatomegaly - enlarged liver.

Hepatologist - a doctor who specializes in the diagnosis and treatment of liver problems, including surgery. There are not many practicing Hepatologists. Most are located in large university research centres or large urban medical centres.

HCV - Hepatitis C Virus

HCV Antibodies - fight the hepatitis C virus. If you have them in your blood, it either means that you have hepatitis C right now, or that you had it before but now it is gone.

HIV - Human Immunodeficiency Virus -this can lead to a person having AIDS.

Holistically - treating all of a person, including their emotions, spirit, mind, and body.

Hormones - made by the body, they can affect the way a person feels.

Immune System - the body's ability to fight disease.

Incarcerated - being put in jail or prison, locked up.

Infection - germs or bacteria get into the body and make the person sick in some way.

Inflammation - this is how the body fights an infection. The area of the body that has been infected gets swollen.

Insomnia - inability to sleep.

Interferon - a protein produced by the body during the immune response. This protein can also be given by injection (needle).

Intrahepatic Block - blockage within the liver.

IDU - Intravenous Drug User

Invading - taking over a space or a part of a person's body.

Irritability - a show of anger and unrest.

Iron - the body needs this for energy.

Jaundice - the skin and white part of the eyes turn yellowish. This happens when there is too much bilirubin in the persons blood.

LDH - Lactic Dehydrogenase - this enzyme is released when organs such as the liver, heart, lungs or brain are injured.

Lichen Planus - small, itchy, purple bumps that form on the insides of the wrists or in the mouth. An immune system condition that is often seen in people with Hepatitis C.

Liver - an organ in your stomach that has many jobs, such as cleaning harmful toxins from your body, giving you energy, manufacturing proteins, etc.

Liver Enzymes - Liver cells produce proteins (called enzymes) that live within the cells. Enzymes help liver cells create the changes that give the body fuel to live. When a persons liver is damaged, enzymes leak into the blood, causing enzyme levels to rise. Increased levels of these enzymes are measured by simple blood tests. However, blood tests will not show the extent of damage.

LFTS - Liver Function Tests - blood test that measures a range of substances normally found in the liver; including ALT, AST, phosphates, GGT, bilirubin, serum albumin, prothrombin time, and other substances related to more rare liver conditions.

Malignant - tending to produce deterioration or death.

Minerals - are tiny substances needed by the body for good health.

Mitochondrial Antibodies Test - the presence of these antibodies can show primary biliary cirrhosis, chronic active hepatitis, and certain other autoimmune disorders.

Mode - a way or method in which something is transferred.

Mutations - variations that occur in viruses and cells as they replicate. Mutations make it difficult to create effective treatments and vaccines for the Hepatitis C virus.

Nausea - feeling sick in your stomach. You might want to throw up.

Necrosis - death of a small piece of tissue or a few cells.

Non A–Non B - old name for Hepatitis C.

Operation - is work done by a surgeon (special doctor) on the inside of the body. A part of the body is cut open in order to do this work.

PCR - Polymerase Chain Reaction Test - a type of test used to find extremely low quantities of any given organic material. This is used to assess the Hepatitis C virus.

Precautions - are things that you can do to be careful.

Portal Hypertension - abnormally high blood pressure in the portal vein, which supplies blood from the intestine to the liver.

Potassium - is a mineral needed by your body.

Professional - a person who has had special training to do their job.

PTT - Prothrombin Time Test - this test measures the time it takes for blood to clot.

Quasi Species - Sub-strains of Hepatitis C, which have mutated so far from the original infecting type that they can be classified as a new type.

Recovery - to heal or return to better health.

Referral - is when a person is told to see another doctor (usually a specialist).

Remission - a state in which the virus and symptoms seem to disappear. Relief from suffering.

Reproduce - is to make more of itself.

Respond - to deal with what someone has said or done.

Saliva - known as 'spit'.

Semen - the liquid that is made by a man's body when he is sexually excited.

Serum Albumin Test - a test to measure albumin levels in the blood. Below normal levels of albumin, a protein made by the liver, are associated with many chronic liver disorders.

Serum Alkaline Phosphatase Test - elevated levels of alkaline phosphatase, an enzyme found in the bile, usually indicate an obstruction of bile flow, liver injury or certain cancers.

Serum Aminotransferase - this enzyme is released from damaged liver cells.

Serum Bilirubin Test - elevated levels of bilirubin often indicate an obstruction of bile flow or a defect in the processing of bile by the liver.

Specialist - a doctor trained to do work with one problem or area of the body.

Sterilized - having been cleaned so well that all germs have been killed.

STD - Sexually Transmitted Disease - a disease that you can get by sexual intercourse and other sexual activity. Also called **STI - Sexually Transmitted Infections**.

Strain - a virus can come in many different kinds or strains. The difference between the different strains may only be very small.

Sub-types - different kinds.

Supplements - something used in addition to whatever is normally used. (Like taking a vitamin pill)

Symptoms - these are signs that you may have a disease.

Therapist - someone who has been trained to help with a certain kind of problem.

Traditional - a way of doing things that has been used for a long time.

Transfusion - giving blood from a donor to a patient who has experienced blood loss.

Transmission - to pass on a disease.

Transplant - moving something from one place to another. A liver transplant takes one from one body and puts it into another.

Treatment - a way of trying to fix something.

Tourniquet - something used to stop or slow the flow of blood in an area of the body, such as an arm or leg. It should be left on for only few minutes.

Ultrasound - a way of taking pictures of the inside of a person's body. It does not hurt.

Urine - known as 'pee'.

Varices - distended blood vessels associated with cirrhosis.

Viability - the ability of an organism to survive on its own.

Viral Hepatitis - Hepatitis caused by a virus (such as Hepatitis A, B, and C). Viral Hepatitis may also be caused by some medications.

Viral Load - a measure of the amount of virus present - see PCR Test.

Virulence - the degree to which a virus causes disease and death.

Vitamins - are found in food and drinks - needed by the body for good health.

Virus - a kind of germ that can give you an infection.