

Spring, 2006



Iron Filings

Members in the Spotlight

Increasing Awareness on Vancouver Island

Beverly and David Creighton of Parksville, BC are helping to increase hemochromatosis awareness on Vancouver Island. In 2002, the local newspaper, The Star, wrote an article on Bev's diagnosis, and for the last 2 years, Bev and David have hosted a table at the annual Parksville Wellness Fair to spread the word on symptoms, testing and treatment. Their hemochromatosis table is once again booked for this year's Fair in April. Here is their story.

For some years I dealt with arthritis, chronic fatigue, memory loss and even a permanent tanned appearance, but nothing definitive showed up on tests that could explain all these features. In early 1999, my husband David and I visited an alternative doctor in Nanaimo, BC, and

one of the tests he performed was for iron. Much to our surprise, both our serum ferritin levels were high: David's was 648 ng/ml, and mine was 440 ng/ml. We immediately began phlebotomies.

We were given genetic tests and while mine was positive, David's was negative. Despite David not being diagnosed with the HFE type of hemochromatosis, we both understood that biochemical iron overload meant frequent visits to the Nanaimo Hospital for phlebotomies and we became known as the "Bobbsey Twins" because of the rarity for both husband and wife to be affected.



Members in the Spotlight, Bev and David Creighton

Once our serum ferritin levels were below 50 ng/ml, we began testing every 3 months and have phlebotomies as necessary to maintain the level.

As this is our second marriage, we were pleased that no children could be affected. But members of my family suffered seven unnecessary years of damage to their bod-

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The Newsletter of the
Canadian Hemochromatosis
Society

HEMOCHROMATOSIS

Very common • Virtually unknown • Potentially fatal • Easily treatable

What is it?

The excess storage of iron in the body.

What is the cause?

Primarily hereditary.

Most common symptoms

Chronic fatigue, joint pain, irregular heart beat, mood swings, confusion, bronzing of the skin, loss of libido and abdominal pain.

Most common complications

Liver and heart disease, diabetes, arthritis and hormonal irregularities.

Tests required for diagnosis

Serum ferritin, transferrin saturation percentage and genetic testing.

Treatment

Phlebotomy treatments (bloodletting) which are ongoing for life.

Reference reading

The Bronze Killer; Ironic Health; The Iron Elephant; Iron Disorders Institute Guide to Hemochromatosis.

Moving Forward: New Faces at CHS

As I watched the closing ceremonies of the 2006 Winter Olympics recently, complete with the passing of the torch to the mayor of Vancouver, it occurred to me that although no one would ever compare the job of editing the newsletter with the effort involved in staging an Olympics, sometimes it has seemed quite formidable. I have served as the editor of the newsletter for just over 3 years, but have been on the look-out for someone to take it over since I assumed the role of president of the Society. I am happy to announce that I have been successful in my quest for such a person. Our newest board member, Julie MacFarlane, has taken over responsibility for the newsletter, and if there were a medal to award for leaping into the breach, I would vote to award it to Julie. Chris Petty continues to act as copy and layout editor and makes us look and sound as good as we do.

I'm also happy to report that our new website is now live! If you haven't checked out the new site, please take the opportunity to do so and then pass the link along to as many of your friends, relatives and associates for whom you can find e-mail addresses.

A project like this is an enormous undertaking and required the help of a number of dedicated volunteers. I would like to thank Julie and Chris, and Dr. Zig Erb for making sure it passed muster from a medical stand point. A special thank you goes to our project manager, board member Neil Muir who kept us all on track and lent his not-inconsiderable expertise in the world of information technology to the cause.

We are very happy with the way it looks and reads and, based on the many comments we have received, so are you. We have high hopes for the new site and the help we feel it will be in reaching further, higher, faster. To that end, our major article this edition addresses the larger world of information technology and how the use of tools like the Internet can greatly enhance our ability to access information and improve our understanding of the sometimes complicated world of hemochromatosis.

As we gear up for another Awareness Week campaign, we have included an article from Pat Steele of Halifax who reports on a successful approach to consolidate effort



among three provinces to improve service to hemochromatosis patients and increase awareness to the general public at the same time.

Our members in the spotlight this edition are a husband and wife team from Vancouver Island who share their personal struggles as they are both affected by iron loading. They are also inspiring role models as they talk about their own personal annual awareness campaign.

Technology will also be playing a roll in this year's AGM coming up on April 5. For the first time last year, we made the proceedings accessible to the entire country through a phone bridge. We hope even more of you will try out this new technology and will tune in to the meeting. Details about how to do this are included in this edition as is information about a special guest speaker for the event, Dr. Zig Erb.

Finally, an article from our Fundraising chair, Mike Nader, who brings some encouraging news as well as information about some additional, virtually painless ways you can help the Society in its fundraising goals. You continue to be some of the most loyal and dedicated donors in the world of health charities and we continue to be humbled and inspired by your generosity.

I hope you enjoy your read, and as always, when you're finished with your copy, hand it to a friend, or if you are receiving this electronically, forward it to a friend.

Elizabeth Minish, President

IRON FILINGS

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Hemochromatosis Societies
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The Disorder

Hemochromatosis is the most common genetic disorder afflicting Canadians. It is a crippling, potentially fatal condition caused by iron overload in organs, joints and tissues. The complications caused by the disorder are preventable.

Our Purpose

The society is dedicated to preventing the unnecessary suffering and death caused by hemochromatosis by promoting awareness and early diagnosis while supporting those affected by the disorder.

Increasing Hemochromatosis Awareness in the Maritimes

Researchers help educate in person and by video conferencing

By Pat Steele

The Maritime Medical Genetics Service (MMGS) in Halifax is the only clinical genetics service for New Brunswick, Prince Edward Island and Nova Scotia, and serves a total population of 1.8 million people. The Maritime provinces have a population with a strong Celtic ancestry, including English, Irish, Scottish, French (Acadian), and German heritage. As hereditary hemochromatosis (HH) is a genetic condition prevalent in the Northern European population, it is fairly common in the Maritimes.

Limited resources at MMGS meant that persons referred for testing and genetic counselling had to wait two years or more for an appointment, and as more families and physicians became aware of hemochromatosis, referrals were expected to grow. To deal with the demand, MMGS organized a multi-disciplinary and multi-site information sessions on hemochromatosis. The goal was to provide genetic services to the already identified at-risk population (the patients who were referred) and to provide preventative education to family members of those patients. Because of the strong Celtic ancestry in our area, we also wanted to include the general public in these information sessions.

The Information Session

To provide the best information on hereditary hemochromatosis, we chose a multidisciplinary approach involving three disciplines: genetics, hepatology and hematology. As a genetic counsellor with MMGS, I provide the genetics and inheritance component for the sessions. Dr. Kevork Peltekian is a hepatologist (liver specialist) in the department of Hepatology at the Queen Elizabeth II Health Sciences Centre and Dalhousie University. He outlines the development of the disease and the complications that can arise. Dr. Sue Robinson is a hematologist (blood specialist) in the department of Medicine, division of Hematology, Dalhousie University. She presents treatment and management options for HH.



Information session leaders: (from left) Pat Steele, Dr. Sue Robinson, Dr. Kevork Peltekian.

The sessions, held in the evening, consist of a welcoming address, a 15-minute PowerPoint presentation by each of the three specialties and a question and answer period. Attendees are not required to disclose their personal HH health status, and no one knows who are patients, family members or members of the general public. Following the group Q&A period, the presenters make themselves available for additional questions, one-on-one. Each year a local member of CHS is introduced to the participants. We have provided this group format on an annual basis since 2003.

Telehealth Videoconferencing

Another unique feature of the Patient and Public Information Session is that we use videoconferencing equipment in the regional hospitals for people outside Halifax. Telehealth videoconferencing allows visual and sound connections between the healthcare professionals in Halifax and the patients in the outlying sites. Although most of the patients come to the presentation in Halifax, about 30% of our patients attend by Telehealth from their community hospital.

Participant Satisfaction Survey

The biggest questions we ask in offering a

new format of healthcare service is whether patients find it useful and if it is in their best interest. In the case of the information sessions, we wanted to ensure the privacy and confidentiality of patients. We invite each patient to the session by letter and give each the opportunity to wait instead for an individual genetic counselling appointment in the MMGS. But generally, we found that discussion was not inhibited by the public format. Participants appeared to learn from each other's questions and few participants left before the completion of the Q&A period.

As well, each person is given an evaluation questionnaire to complete to help us improve the service, and to ensure it is being of help. In the last three years, 73-92 per cent felt this format was better than other types of medical appointments, rating their satisfaction and understanding of the information as "high." Many participants felt they had access to three medical specialties (genetics, hematology and hepatology) that otherwise they would not have had on an individual basis. Indeed, many individuals who may be carriers of HH, but not affected with the condition, would not have reason to be referred to a hematologist or a hepatologist.

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An Online Journey Through Hemochromatosis

More and more people have access to computers at work or at home, and the internet – or World Wide Web – has become a front line information provider. Many of us, both pre- and post-diagnosis, are turning to the internet to find answers to health questions. In 2005, a reported 88.5 million adults in the US used the internet for health information. We are also using the internet to seek out an informative and comforting network of other people who are experiencing similar health problems.

The theme of this issue of Iron Filings is focused on increasing your ability to use the internet (and our new CHS website) as an information tool. We asked CHS board member, David Hobbs, president of Study Guide Systems – an online educational tool – to help you access up-to-date information about hemochromatosis in a fast, easy and inexpensive way.

Where should I start in my search for information?

The internet is a large network that connects computers around the world. It gives us access to billions of pages of information viewable from the comfort of our homes.

The best way to start surfing the Internet – moving through those pages – is to use a search engine. Search engines look through websites that are available on the Internet. They are the equivalent of using a phonebook to find a phone number. Thousands of search engines exist, but few provide very good search results. Some of the best are Google and MSN Search. These search engines do not allow a third party to pay for higher ranking therefore they provide the most reliable results.

Use a search engine by typing key words in the search box. For example, to search for information on hemochromatosis, type in “hemochromatosis,” “iron overload,” “too much iron,” “transferrin saturation,” or “high / increased ferritin” in the search engine’s information box. The search engine will then generate a list of sites that contain the information you want. The list is organized by a

computer using a calculation to rank one site over another based on popularity – number of hits – and the number of times your key words are repeated. It doesn’t necessarily mean that the first site returned from the search engine is the most accurate or has all of the information you are looking for.

It’s also important to remember that anyone can create a website on any topic and there are no guarantees that the information it contains is accurate. You have to judge whether or not the information is trustworthy. You should always check out where the information is coming from – usually at the bottom of the web page – and decide if the source is likely to be dependable.

When I find websites with good information, how can I easily find them again on another day?

You can save those pages that you would like to revisit later. Web browsers have a Favourites or Bookmark tool that stores the site’s location information (called its URL) for you to use again.

Here’s how you can store the CHS website as a “Favourite” using Internet Explorer.

- 1) Go to www.cdnhemochromatosis.ca
- 2) Click on the Favorites tab on the top of your computer screen.
- 3) Select “add to favorites...”
- 4) In the name box, you can change the name of the favorite. In this case, that is handy because “Hemochromatosis - Canada’s Most Common Genetic Disorder” or even “Canadian Hemochromatosis Society” is a bit long. You can change it to “CHS.”
- 5) Click on the OK box.

The website will now be accessible at anytime by clicking on the favorites tab and choosing CHS. There is also an “organize favorites” tab right underneath the “add to favorites” tab. If you have multiple websites that deal with hemochromatosis, you may want to organize them into hemochromatosis folders under your favorites.

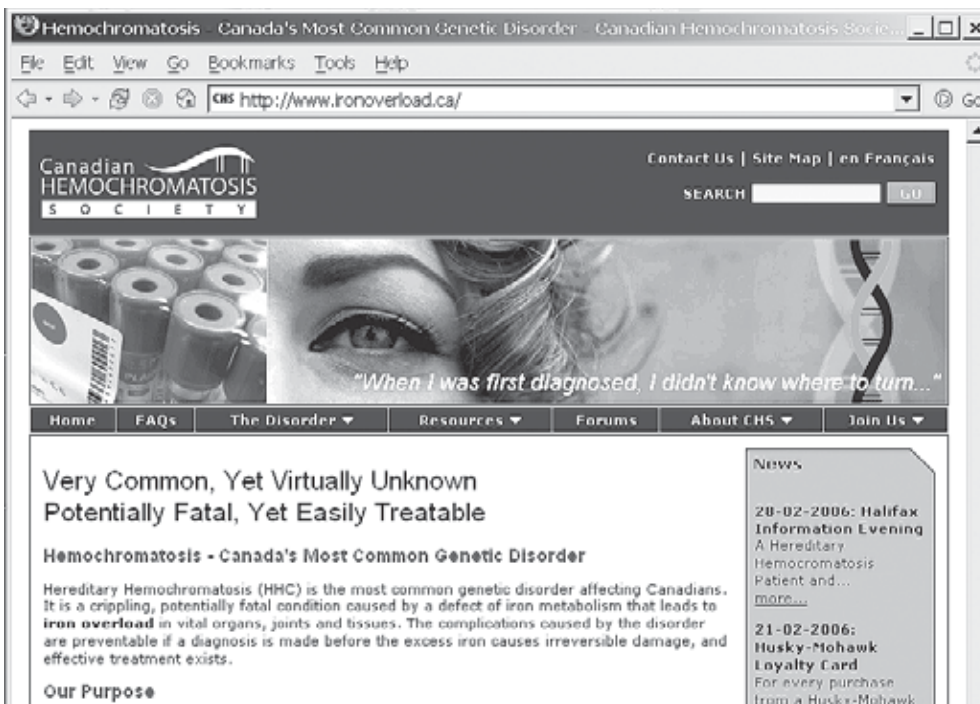
There are so many websites that deal with hemochromatosis. Where do I go for up-

dated scientific literature about the disorder that I can trust?

The latest research studies about hemochromatosis can be found at PubMed (www.pubmed.gov), an online searchable library containing all references and summaries of published scientific literature. PubMed has its own search engine, so type in the same key words as in the previous example. The best part is that you can combine search terms if you want to find something more specific and reduce the number of references that are retrieved. A helpful hint is to click on the “preview/index” tab. You can then type in one key word at a time and combine the terms. For example, type in “hemochromatosis” and then “diabetes,” or “hemochromatosis” and then “arthritis” and then “impotence,” or “hemochromatosis” and then “transferrin saturation” and then “ferritin” and then “phlebotomy.” The number of combinations is unlimited. Your search provides you with an up-to-date list of key references in chronological order. If this list is still too long or still too broad, you can try clicking on the “limit” tab. This gives you options for limiting those references by year or type of scientific article (for example, a review article versus a case study report).

Once you have your list of references, you can click on each one, and read the abstract (summary) of each article online. Or you can go to the library and find that journal and that article and read the whole thing or photocopy it. You can also search PubMed for journals that are likely to publish studies related to hemochromatosis (for example, New England Journal of Medicine, Lancet, Blood, Nature, or Science), or by an author’s name (for example, Dr. Paul Adams at London Health Sciences, Ontario).

For other reputable medical sites try the Center for Disease Control (CDC) in the US <http://www.cdc.gov/hemochromatosis/>. For other sites that specifically deal with iron or hemochromatosis, try the Iron Disorders Institute in the US www.irondisorders.org where they have great tables and charts outlining normal and abnormal blood tests for ferritin, transferrin saturation, and hemoglobin. For genetic/hereditary information, try www.geneclinics.org and type in “hemochromatosis.” If you are interested in knowing about all the ongoing international



Visit Our New Website

One of our major priorities in 2005 was to develop and launch a new web site. We're proud of the new site, and hope you'll visit often.

The goals of the new site are:

- To provide better organization of the available information and material, with easier user navigation.
- To refresh and rewrite information with the most current knowledge.
- To provide the means to search the content on the site.
- To create a more up-to-date look and feel.
- To build a strong, well organized, and capable platform for the future.

The new site has officially been launched and can be viewed at www.cdnhemochromatosis.ca. Both addresses point to the same web site and can be used interchangeably, with the idea that the latter address is a bit easier for many to spell and use!

The old news board has also been upgraded and now is delivered via the Internet's leading forum software. It is a bit different and so may take a bit of getting used to. But once you are used to it, you will likely find the increased functionality – such as searching – a welcome improvement.

To get to the new Forum, simply follow the links on the site to "Forum," and then "Browse the Forum." We are currently only running a single forum entitled "General," so select the "General" link to enter. There are some further tips and instruction posted in the Forum itself under the title "How to use the Forum."

Note that anyone can browse (read) the Forum using the instruction above. However, to make a new posting, you will need to be registered. This is simply a means to avoid unwanted spam and spurious posting on the forum. Registering does not require membership, costs nothing, and will not put your name or email on any spam lists. It's entirely internal to our site.

Any web site is a journey, not a destination. We will continue to build and develop our site to make it more usable and valuable for you. Your input on how it should change, suggested new content, and ideas is very welcome. You will see links on the bottom of the pages throughout to send "site feedback." Please feel free to send your thoughts and comments anytime, and overall – enjoy your new site!

clinical trials and major research studies advertising for patient recruitment related to hemochromatosis, they are all searchable at www.clinicaltrials.gov and type in "hemochromatosis."

What is "blogging," and are there hemochromatosis "bloggers"?

"Blog" is short for "web log." Blogging is a frequent, chronological publication of personal thoughts and Web links produced by anyone who wants to do it. Blogs are personal observations, like diaries, usually focused on a particular topic. You can search for blogs on hemochromatosis by typing "blog hemochromatosis" into a search engine (such as Google or MSN).

If you are looking for a secure online chatroom to discuss hemochromatosis issues with other people, try out the CHS new forum section on our new and improved CHS website www.ironoverload.ca.

Glossary

Search Engine An online utility that sorts and rates websites available on the Internet. They are the equivalent of using a phonebook to find a phone number. Examples of search engines include Google, Yahoo and MSN. Find them by typing in www.google.ca or www.yahoo.com or www.msn.com.

Favourites A tool on your Internet browser (Explorer, Mozilla, Netscape, etc.) that allows you to save the address to any website so you can find it again quickly next time you are on the computer and saves you from re-starting your search.

PubMed (www.pubmed.gov) An online searchable library (funded and maintained by universities and government) containing all references and even abstracts (summaries) of published scientific literature.

Blog "Web log," a new computer term for websites that laypersons create and use as a personal diary and information site, usually about a particular topic, to express their personal views and opinions about something. People who use blog sites are called bloggers.



Julie McFarlane, New Iron Filings Editor

I was born and raised on Vancouver Island and became aware of hemochromatosis when my father was diagnosed with (C282Y/C282Y) hemochromatosis in 1995 (making me an obligate carrier). Coincidentally, at the same time, I was pursuing an education in human genetics. Now full circle, I consider myself very lucky to be able to spend a proportion of my career time at *Xenon Pharmaceuticals* working exclusively on hemochromatosis and iron overload research, and some of my personal time at the CHS helping to increase awareness in Canada.

Attention Greater Vancouver Residents!

We have received a request from interested people in Vancouver to arrange a support group. Similar groups are already well established in Toronto and Ottawa and we can draw on their experience to set up a group in Vancouver.

Activities include information sessions with medical experts, informal exchange of ideas and experiences, and activities to support National Awareness week.

Please call the CHS office at 604-279-7135 or Joni Haywood at 604-775-2175 (Joni's email jhay8@hotmail.com) to have your name added to the Vancouver list, and a meeting will be scheduled later in the spring to hear your suggestions and plan activities for 2006.

Bev and David Creighton: Members in the Spotlight

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ies because the first person in my family diagnosed with hemochromatosis was not told to inform her siblings, only her children. Three of my sisters have hemochromatosis and have suffered the common health problems. There seems to be an over-abundance of dementia and Alzheimers in my family. Whether or not iron overload is the culprit is unknown. Both my parents and two older sisters died in nursing homes and another sister is in care. Three of us remain and live in fear as we feel some memory loss beginning.

It's amazing to me that some people with a family history of hemochromatosis don't get tested, if for no other reason than to protect the future health and well-being of their immediate families. This was brought home to us in a shocking way recently when the eldest son of my sister in Washington state didn't bother to be tested as his two brothers had done, and died of a massive heart attack at 52 years of age. We will never know the exact cause, but it is scary to think that so many family members could be affected by this disorder, but someone still chooses not to get tested.

A year or so ago, David was approached

about participating in a genetic research study at the BC Children's Hospital due to his HFE test being negative; perhaps his hemochromatosis was being caused by an unknown gene. Unfortunately, the study has not proceeded, probably due to shortfalls in funding.

In view of the fact that David is 80 years of age and has had Parkinson's disease for 10 years in addition to iron overload, people are amazed at his stamina and passion for gardening.

My biggest hope is that more people learn about hemochromatosis so they can find out if they have it sooner rather than later, reducing the amount of damage that occurs. So many of the effects of the disease can be prevented through early diagnosis and intervention. I would like to see the iron blood tests (ferritin) included in regular blood screening at blood donation sites (Canadian Blood Services) so that regular blood donors might be identified as being at-risk. But primarily, I would like people to be aware of the disorder so that they can talk to their doctor about it if they are concerned about symptoms.

Hemochromatosis Awareness in the Maritimes

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Although this format may not work well for other genetic conditions, it has been successful for hereditary hemochromatosis for a number of reasons. Firstly, individuals referred for HH are not followed by the MMGS on an ongoing basis and do not require a physical examination as part of their appointment. Therefore, group counselling can decrease patient waiting time for an appointment. As well, using a Telehealth appointment in their home community means improved access to care for patients. Secondly, group counselling (versus individual appointments) for HH targets a wider audience and allows better access to medical information for patients, at-risk family members and the general public. Since approximately 10 per cent of individuals in the Maritimes are carriers of hereditary hemochromatosis, genetic counselling and genetic testing may help identify who needs to be monitored on

an ongoing basis and who does not.

For healthcare providers, the group counselling session allows us to deliver medically appropriate, comprehensive and efficient services to the HH population. We hope to see a decrease in waiting times at our clinic for other patient populations as well, thus benefiting overall genetic health resources.

We expect this year's information session will be well attended. We will hold the 2006 session on June 13 at the IWK Health Centre in Halifax, with Telehealth sites set up in other parts of Nova Scotia, as well as PEI and New Brunswick. Anyone who is interested in further information can contact our office at 902-470-8754. However, we encourage anyone with a family history or a personal diagnosis to first seek a referral through their family physician.

Pat Steele is a genetic counsellor at the IWK Health Centre, Halifax, Nova Scotia.

Fund Raising – For Our Future

by Mike Nader, Fundraising Chair

These are exciting times for our Society as we launch our new website and increase awareness across Canada and around the world, backed by phenomenal energy from staff and volunteers. We are embarking on the next stage of the Society's history and raising the bar with the fundraising committee establishing a campaign target of \$50,000 for 2006. This is one of the most important projects we have ever undertaken. The successful completion of this campaign

Buy Gas at Husky!

Every time you make a purchase at a Husky/Mohawk gas station, store or restaurant, and have your loyalty card swiped, CHS will receive 2 per cent of your purchase. A gas fill of \$45 means 90 cents is paid to CHS. Contact our office for your card today. Lottery and tobacco products, of course, are not eligible.

Donate Your HBC Reward Points

Zellers, The Bay, and Home Outfitters now issue HBC Rewards points. Help us by donating your points to the Society. Use our card #593 471 099 under the name CHS. Be sure to tell the rewards centre that you want to keep your own card active when donating points, or they will cancel it.

Good Donations

You can donate online through our website. Visit www.canadahelps.org. Search "hemo," then click "Donate now." This is a secure site. You can use your credit card with confidence.

Matching Gifts

Does your employer have a matching gift program? If so, please indicate the company name on your donation. If you aren't certain, just send us your employer's name and we can follow up. Many firms will match some portion of their employee's charitable donations.

When sending money . . .

. . . such as a cheque or Visa number, be sure to let us know what it is for. Money will be automatically entered as a donation unless you specifically tell us it is for a membership or in memory of a loved one.

will mean that our Society can continue to support all the communities and families throughout the country who have Hemochromatosis. This is a time when the help of all of the members is needed and donating has never been easier!

For those members who live west of Ontario, enclosed with this newsletter you will find a Husky Community Rebate Card. When you use this card at any Husky or Mohawk gas station, the Canadian Hemochromatosis Society will receive a rebate of 2 per cent of your retail purchases. That means approximately \$1 every time you fill your car.

The Board of Directors for CHS is taking this fundraising campaign very seriously, as our Society's future depends on securing steady income to support our activities. To that end, the Board has made a commitment to raise 10 per cent of this year's campaign. We ask that you consider joining us in our effort.

Consider fundraisers for CHS in your community – proceeds from garage sales, craft or bake sales, charity events at your child's/grandchild's school or at your job, or gift-wrapping at the malls are just a few examples of how to get involved. Use the CHS point card number instead of yours when making purchases at HBC (The Bay, Zellers, Home Outfitters – use our card # 593 471 099).

This year, we are also starting an effort to stabilize the Society's cash flow. We are asking donors to consider switching from annual gifts to monthly giving. Instead of donating \$100 annually, we ask you to consider giving \$10 through a monthly charge to your Visa or MasterCard. This will allow the Society to have steady flow of income every month.

National Hemochromatosis Awareness Week is coming up (May 25-31). Consider throwing an Awareness Week party in conjunction with your local Canadian Blood Services to increase both CHS and CBS donations.

Many of you have been so generous in the past, and we would like to take this opportunity to thank you for your generosity and commitment to the Society. Without your support, we could not exist.

Thanks to our organizational supporters in 2005

Government of BC Direct Access Program Grant
Tweedledum Foundation
Christopher Foundation
Van Norman Charitable Foundation
Million Dollar Round Table Foundation (Life Insurance Industry)

Give Us Your Used Printer

If you have recently replaced your home or office printer with a better model, don't toss it before you check with us. The CHS office is looking for a donation of a small, working laser colour printer. Call our office and we will arrange shipping, or if you are in the Vancouver/Richmond area we will arrange for pickup. Thank you!

Of course a receipt will be issued for income tax purposes.

Donors, Sign in Please

When you go to the Canadian Blood Donor donor clinic on Oak St. in Vancouver, be sure to sign the *Partners for Life* book at reception under "Canadian Hemochromatosis Society."

The Society is listed in the book, and we want to qualify to have CHS posted on the *Partners for Life* board in the Donor Clinic.

Fall Newsletter Sneak Peek

Our Fall / Winter issue of *Iron Filings* will highlight the latest hemochromatosis research on the liver and the iron-regulatory hormone, HEPCIDIN.

Enjoy your newsletter!

Please pass it on. Our newsletter is also available online on our website. If you would rather read it electronically, or if you don't want future newsletters, let us know and we'll take you off the list.

Speak Up!

When leaving a message on our toll-free line, 1-877-BAD-IRON, leave your full name and address (spell them out) and your 10-digit number.

Hemochromatosis Awareness Week

May 25-31st 2006

Help spread the word in your community. Community volunteers please contact our office to order your **Awareness Week** supplies. We will mail them by the end of April.

- List of Community Contacts across Canada
- Roles and responsibilities of Community Contacts
- CD with public service announcement and cover letter
- CHS brochures
- Member application forms
- Letterhead and envelopes
- Newsletters, most recent
- Banners
- Posters
- Information for patients

Canadian Blood Services

will hold a special clinic to support
Awareness Week

Thursday, May 25th, 2006
5:30 - 7:30

4750 Oak Street, Vancouver, BC

Call 1-800-TO-DONATE for an appointment.

CHS will host a Hot Dog BBQ for donors, so make an appointment today. Out of town?

Contact your local CBS.

Canadian Hemochromatosis Society Annual General Meeting

Wednesday April 5, 2006
5:00 pm PST

Richmond Caring Place, Room 340
7000 Minoru Boulevard
Richmond, BC

Annual report, plans for the future, and
a special interactive question and answer period with Vancouver hepatologist, Dr. Siegfried Erb.

Phone in or email your questions to our office ahead of time.

RSVP to 604-279-7135 or
office@cdnhemochromatosis.ca
Toll Free 1-877-BAD-IRON

Can't make the meeting in person? Dial in on our conference call telephone! Dial toll free 1-866-888-6959 then enter password 7135 followed by the # sign. Call at 5:00 pm PST and enjoy the AGM in the comfort of your home!

Support CHS and help prevent needless suffering and early death

Annual membership \$30 _____

Senior \$20, family \$45,

professional \$55, lifetime \$500

Books: *The Bronze Killer* \$20* _____

Ironic Health* \$22 _____

Hemochromatosis Video \$21* _____

Lapel Pin _____ @ \$5 _____

Wristband _____ @\$7.50 _____

Donation

Bill my credit card monthly

for a donation of: _____

TOTAL _____

* US dollars for US orders.

For international prices, contact office.

I have HHC

A blood relative has/had HHC

Name _____

Address _____

City _____ **Prov.** ____ **PC** _____

Email _____ **Tel** _____

I am a new member Renewal

As a member/donor, I grant permission to publish my name in the CHS newsletter.

Do not publish my name in any CHS media.

Send me ___ brochures and ___ information packages.

Payment enclosed

Please charge my VISA

Card # _____ Expiry Date _____

Cardholder signature: _____

Please return to:
Canadian Hemochromatosis Society
#272 - 7000 Minoru Boulevard
Richmond, BC Canada V6Y 3Z5

THANK YOU!

March, 2006