

# Iron Filings

Providing information, awareness and support

## Our Vision

An end to suffering and premature death related to hemochromatosis in Canada

## Partners in Prevention

In the Spring newsletter I asked our Iron Filings readers to “drop me a line... let me carry your voice into future discussions with government, colleges and specialists” across Canada. I want to thank you for the great response CHS received. Armed with these responses, I had a productive meeting with the Health Minister in Prince Edward Island, have been invited to provide information to general physicians in Nova Scotia through Dalhousie University and CHS received several more personal stories and mail.

CHS staff and volunteers alike spoke with over 300 people who are suffering from the effects of hereditary hemochromatosis. Many are like John Lee in Alberta who noticed chronic fatigue, arthritic joint pain and an irregular heartbeat that led to a potentially dangerous “wake-up call”. Lorraine Lapointe in Ontario at 48 years old felt like she was 90. Her symptoms included depression, loss of hair and borderline diabetes. These are just a few of the hundreds

of situations we are involved with each year and the several thousands of opportunities to help others that the Society has been involved in since 1980.

In the Mailbag column in this newsletter we heard from many readers and constituents who indicated we must be doing our job well because CHS is making a difference in people’s lives and advancing awareness, the health and well-being of individuals and their families. CHS also receives lots of questions. So we’ve printed some of them in this newsletter hoping that by printing these questions and comments, even this can be another helpful way to provide information to all our readers.

CHS is your Society. From coast to coast CHS is accomplishing more awareness and more support for our clients every year because of our supporters – our readers, members, volunteers, partners and donors. Our mission is to end suffering and premature death related

to hereditary hemochromatosis. Your generous and heartfelt involvement, commitment and support enables the Society now, and ensures that CHS in the future will be able to fulfil our mission objectives.



Bob Rogers,  
Canadian Hemochromatosis  
Society - Executive Director  
and CEO

Thank you for caring. Thank you for your participation. Thank you for your time, talent and trusting us with your hard-earned dollars. On behalf of all the individuals and families you have helped to save from the ravages of too much iron in their bodies, let me thank you. Your continued involvement and contributions to the Canadian Hemochromatosis Society will even do more in 2014.

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You can help **iron out Hemochromatosis** in Canada.  
Find out more at [www.toomuchiron.ca](http://www.toomuchiron.ca)

# Stop Light Wake-Up Call

Starting in my mid-40's, and for many years after, I spoke to my long-term GP during my annual physical exams about joint pain in the knuckles of my index and middle fingers, occasional heart palpitations and increasing fatigue. My doctor assured me that they were just typical signs of aging. By 2006 my fatigue became a more serious problem – I began to fall asleep at meetings. The wake-up call, however, was much more dramatic – I found myself dozing at red lights.



My doctor finally put all these symptoms together and asked if I had ever heard of hereditary hemochromatosis (HHC). I was surprised, because I'd never heard of HHC before. In early 2007, I was sent to the Department of Medical Genetics at the University of Calgary to have blood and genetic tests done. The tests revealed that I am homozygous for the C282Y HFE mutation. Blood tests showed my ferritin level was 1737 ng/mL, so treatment was started immediately.

I began with weekly phlebotomies and my ferritin and transferrin saturation levels have come down to 50 ng/mL. I now have phlebotomies about every 8 weeks to maintain my iron levels.

Since beginning treatment, I have much more energy, my joint pains have vastly

diminished and my heart palpitations have all but disappeared. After my phlebotomies, I will drink a can of coconut water, go right back to work and still have enough energy to do a light workout that night. I have never suffered the fatigue that others often do after a phlebotomy. With my newfound vigour and mental stamina I have now been able to lose 40 lbs and keep it off. Combining a healthy diet, regular exercise and regular phlebotomies has helped me maintain the weight loss.

Looking back, I can only assume that my father's side of the family also had HHC. With a family tree that starts back in the 1600's in Scotland, 1800's in England and branches in Ireland and Europe and hearing about illnesses that family members had, I am more than convinced that HHC runs deep in my family tree. Unfortunately my parents, aunts

and uncles have passed away long before my diagnosis. One uncle died of a heart attack; when autopsied they discovered he had cardiomyopathy. Both of my sisters and one of my sons have tested negatively for the disorder.

By sharing my story with the Canadian Hemochromatosis Society, I am helping to increase public awareness and education about hemochromatosis, which is so important and lacking everywhere.

**John Lee continues to raise awareness of hemochromatosis in Calgary and the online community.**

## Questions Answers

**Q. I often come home from giving blood extremely tired, and I have to lie on the sofa for a long time, sometimes for several days. Last time, I was so tired and my bones ached all over, I had brain fog, a sad mood and no appetite. Is this the hemochromatosis or should I look into other causes?**  
— Roberta A., Brandon, MB

A. One of the reasons why the Canadian Blood Services provides ample amounts of cookies, juices and relaxation after a blood donation

is due to the possibility of what you are experiencing.

First, make sure you are eating well days before your treatment. Second, be sure to hydrate with an ample amount of water 24 hours before a phlebotomy. Immediately after a phlebotomy, relax at the donor clinic, eat cookies, sandwiches, juices etc. until you feel like 100%. Then even after all that, go slow and steady... you just lost a pint of blood.

**Q. My doctor tells me my serum ferritin level is over 400. Does this mean I have hemochromatosis?**  
— Mavis N., Edmonton, AB

A. The unit of measurement for serum ferritin (SF) is nanograms of ferritin per milliliter of serum (ng/mL), or micrograms per litre

(µg/L). In your case, your result was 400 ng/mL, or 400 µg/L. As SF can be elevated for several reasons other than hemochromatosis, such as cancer, inflammation or infection, an SF test alone is not enough to diagnose hereditary hemochromatosis. There are three tests that need to be taken to clinically diagnose hemochromatosis. Serum ferritin and transferrin saturation (tsat) are two biochemical blood screening tests. The normal reference range for SF is between 20 – 300 ng/mL and for tsat is 25–45%. These two tests should be performed together. An elevated tsat would indicate hemochromatosis and the SF would indicate the level of iron stored in your body. A genetic HFE test will confirm a diagnosis of hemochromatosis, and you should notify your first degree relatives to get tested as well.



Medical DNA Testing Services • Legal Biomedical Services

Genetrack Biolabs is a proud sponsor of the Canadian Hemochromatosis Society. Visit Genetrack at [www.hemochromatosisdna.org](http://www.hemochromatosisdna.org)

# A Better Understanding

My doctor told me that the only complaint I had for the last 5 years was that I was exhausted, so she was thinking my iron was low. Thank God she sent my blood for testing. We had both thought the cause of my fatigue was of all the work I did on the dairy farm my husband and I owned. My condition got so bad that I would do the dishes and had to lie down.

When the test came back the doctor called me and asked if I ever heard of hemochromatosis in my family. My answer was no. She then told me she knew very little about it. She told me to get on the internet and find out all I could.

Through researching hemochromatosis on the internet, I found the Canadian Hemochromatosis Society (CHS) website and became a member immediately. The information and stories of the members are so helpful. Since not everyone has the same symptoms, people may be misdiagnosed, but the diverse stories of the members help display the array of symptoms one may suffer from this disease.

My symptoms were: Chronic fatigue (I was only 48 years old, but felt like I was 90); Forgetfulness; Diverticulitis; Cataracts (both eyes); Inflamed joints; Swollen ankles and feet; Arthritis in fingers; Lack of initiative; Emotional withdrawal; Lack of sexual drive; Loss of body hair; High blood pressure; Borderline diabetes; and Depression.

After my very first phlebotomy I felt a major difference in how I felt and it was a quick improvement for my health. I now donate my blood every 2 months to the Canadian Blood Services. This regular maintenance has kept me in good shape, both physically and mentally.

Now that I know more about hemochromatosis, I realize my mother had this same problem, because she was always lying

down, but was not sleeping. Because of the hereditary nature of this disorder, I notified all my family members so that they can get tested and treated immediately.

My doctor also informed me that she found more of her clients with this problem. This shows that if doctors are more educated about this disease, then more people can be diagnosed and their lives can be saved.

I have a better understanding of hemochromatosis today than I had before my diagnosis through visiting the CHS website. Because of CHS I can be a loving grandmother and a good volunteer in my community.

Thank you so much CHS!

“Through researching hemochromatosis on the internet, I found the Canadian Hemochromatosis Society (CHS) website and became a member immediately.”



## Mailbag

### Thanks for the Support

I was in touch with you in June regarding my diagnosis of Hemochromatosis. To follow up, I am starting my phlebotomy on Friday and my doctor seems quite nice and very thorough. I feel like I am in good hands now and as much as I hate needles and blood taking etc, I am really looking forward to feeling well. My doctor was impressed that I had contacted you and received all the information and had put so much of it in place. She said half of my appointment was covered and she said that she gets a lot of her information from your organization. Thank you.  
— Cindy W., Shuniah, ON

*Editor's note: The Canadian Hemochromatosis Society has a Client Support Program where you can speak with a qualified support worker to discuss your hemochromatosis-related questions and concerns. Call toll free in Canada 1-877-BAD-IRON (1-877-223-4766).*

### A Family History

I was diagnosed with Hemochromatosis just recently, and since I was not aware of this disease, it was quite a shock. Since then I have

been tested at Sunnybrook and will have blood taken every two months. Both my Father and Mother were Scottish. My Father's ancestors, the MacKenzies, were all from the Highlands, however my Mother's family, the Hamiltons were from the south of Scotland. I have heard and read about the fact that this disease usually affects people from the northern countries.

My Mother lived to the age of 98 and apart from a hip replacement, was never ill. My Father, who served five years with the Canadian Army during the Second World War died at the age of 65 due to his heart.

I would like to attend the information session at the Civic Centre, and will look on your website for the date in October. Thank you for your information. I will go on to [www.toomuchiron.ca](http://www.toomuchiron.ca).  
— Jean B., North York, ON

*Editor's note: The Canadian Hemochromatosis Society is running an information session on Monday October 28 at the North York Civic Centre in Toronto where you can learn about the genetics of hemochromatosis and more. Look for the event listed in the Upcoming Events column. Everyone is welcome.*

### Undiagnosed Hemochromatosis

My brother died almost a year ago from what the coroner called Diabetic Ketoacidosis. A second autopsy revealed hemochromatosis had destroyed his pancreas. We need to get the word out there. Thank you for your website.— Pat G., Edmonton, AB

### Awareness of Hemochromatosis

I want to thank you and the Society for the great work you are doing on awareness. I had the genetic test confirmation in May, and until then had not really been aware of hereditary hemochromatosis. As it so happened I was driving home from the doctor that day listening to News 95.7 and heard your interview. I believe from listening to your interviews and doing lots of reading on the Internet including the Canadian society site I have become fairly educated on the subject. I also had a very good conversation with one of your staff (Linda I believe) and have been sent the various packages of information.  
— Gordon C., Halifax, NS



Pictured from left to right: Bob Rogers, Viola and Ivan Doncaster, Frank Berto

While promoting awareness of hemochromatosis in Cape Breton this past May, Executive Director Bob Rogers went on the air on CBC Radio with Cape Breton Regional Municipality councillor Ivan Doncaster as he shared his personal story with the disorder. In return, Ivan and his wife Viola paid the CHS office a visit in June during their trip to Vancouver for the Federation of Canadian Municipalities conference.

## Thank you to our newest corporate partners:

Green Shield is generously supporting our Hemochromatosis in



Vancouver: Building an Urban Strategy project, which aims to collaborate with multiple community partners to design, develop and evaluate a strategy to more effectively deliver our programs and increase our capacity to further our mission and vision in Vancouver and other urban centres across British Columbia and Canada.

**Miller Thomson Lawyers**  
**Can-Am Geomatics**

We would like to give special thanks to Marcel Morin, Gaëtane Beaulieu and Stephen Williams for again making it possible to have this newsletter available in French so that we may reach out to all French Canadians at risk for hemochromatosis.



**DU**  
**good**  
in your hood

DUCA's helping local groups like ours DUgood. When you join, they'll give you \$50 to keep and \$50 to give. The more people that join, the more DUCA will donate.\*

**An idea so good it has to be shared.**

**DUgood**

for you, your friends, your community.

[DUgood.ca](http://DUgood.ca)



\*the local group that receives the most donations by 12/31/13 will receive an additional matching amount

# Among Ourselves

This column appears regularly in every issue of Iron Filings and features stories about our dedicated volunteers.

Volunteer chapters are annually tasked with four main priorities that help CHS achieve its mission. The four priorities are to:

1. Participate in a health and wellness event
2. Participate in a cultural event
3. Facilitate a public information event
4. Organize a local golf event as part of the national annual golf fundraising event, Irons for Iron

## New Chapters

Through the relentless efforts of Gordon Sutherland, the Sydney, Nova Scotia, chapter had its second chapter meeting in September to plan awareness and fundraising events in their area. Watch for further details regarding upcoming events and chapter leadership on our website, [www.toomuchiron.ca](http://www.toomuchiron.ca).

Spearheaded by enthusiastic volunteers, two more chapters are being developed. Nancy Tissington in Halifax, Nova Scotia and Jo-Anne Lagacé in Moncton, New Brunswick are busy recruiting members to help spread awareness of hereditary hemochromatosis (HHC) in their respective communities. Chapter development meetings in both centres are being scheduled for October 2013. For more information or to

volunteer in Halifax or Moncton, contact Nancy at [halifax@toomuchiron.ca](mailto:halifax@toomuchiron.ca) or Jo-Anne at [moncton@toomuchiron.ca](mailto:moncton@toomuchiron.ca).

Moving west, Regional Organizer Kelly Walters and Co-Regional Organizer Kay Easun have been working tirelessly in assisting CHS host an Awareness Event in Metropolitan Toronto in October. As you can imagine, building awareness in Toronto is a huge task considering the population and geographical largesse of the city. If you would like to assist Kelly and Kay please contact them at [toronto@toomuchiron.ca](mailto:toronto@toomuchiron.ca).



Toronto Regional Organizer Kelly Walters

Turnout was excellent for the first chapter meeting in Victoria, BC, held on September 12th. This fun and energetic group is looking forward to raising awareness in Victoria, using the four chapter priorities as a guide. The Victoria group will be selecting its leadership and recruiting

more volunteers in the weeks to come. Come join the group! Contact the CHS office at 1-877-223-4766 and ask to speak with Linda Carleton, our Volunteer Coordinator, or email her at [program@toomuchiron.ca](mailto:program@toomuchiron.ca).

## Montreal

There is an important Awareness Event scheduled for Thursday, October 24, 2013 where CHS President, Patrick Haney, will be providing information on the treatment and management of HHC as well as updates on the activities of the Society locally, provincially, and nationally. Attendees will be encouraged to join the Montreal Chapter to help spread awareness of this disorder. Read our "Upcoming Events" column for details or visit [www.toomuchiron.ca](http://www.toomuchiron.ca).

Our Regional Organizer in Montreal, Juliana Pavelka-Johnston, is truly hopping! Juliana has recently become a certified Zumba Instructor. She has a 30 year history of dance and participated in many fitness charities. Juliana, with the help of her chapter members, is planning to do Zumba Marathons to raise funds for CHS. Watch our website for upcoming details.

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You can join your local chapter and help people in your community become aware of the risks associated with having too much iron. Please see our Upcoming Events section for the next Chapter development meeting nearest you and visit [www.toomuchiron.ca/join](http://www.toomuchiron.ca/join) for volunteer opportunities.

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Over 80 people were in attendance at the Moncton Information Session held in May. Participants from the information session are now forming a regional volunteer chapter to increase awareness in Moncton, and are recruiting more volunteers.



# How Do Prince Edward Islanders Manage Their Hemochromatosis?

Hereditary hemochromatosis is most prominent in those of Celtic and Northern European descent. Because of the large number of Celtic descendants in Prince Edward Island and the rest of Atlantic Canada, a large number of individuals are at risk for iron overload in this region.

On May 11th, the Canadian Hemochromatosis Society held an information session in Charlottetown, PEI, where Lisa Rusk, Community Development Coordinator at Canadian Blood Services, was in attendance. Lisa was impressed with the informative presentation. "It is important that awareness is created about hereditary hemochromatosis," said Lisa.

While the disorder is very common, it is under-diagnosed because symptoms are often attributed to other causes.

Fortunately, once hemochromatosis is diagnosed, it is easily managed.

"Islanders who meet our eligibility criteria have been using blood donation as a way to help manage their hemochromatosis," Lisa continues. "The Canadian Hemochromatosis Society is a national Partner for Life, and it's easy for individuals to sign up and support the Society in its efforts to save lives."

At the Canadian Hemochromatosis Society, we currently have 104 members donating blood to reach our lifesaving goal of 200 donations by December 31, 2013. As of the beginning of September, our CHS Partners for Life group has already made 136 donations. Help us beat our goal! If you are in the maintenance phase of your treatment for hemochromatosis, you and your donated

blood could help improve or save the lives of hospital patients. Please consider donating blood on behalf of CHS. You can register with the CHS Partners for Life group through our link on our homepage [www.toomuchiron.ca](http://www.toomuchiron.ca) or in person at the blood donor clinic. The Partner ID # to use is CANA002257 (four letters and six numbers).



## Upcoming Events

Please join us at these events that will connect hemochromatosis patients and their families with others affected by the disorder in their local community. The goal of Chapter Development Meetings is to develop regional awareness chapters. Awareness Events provide information on the treatment and management of hereditary hemochromatosis while creating awareness in the community.

WEDNESDAY, OCTOBER 23, 2013 - 7PM

### Moncton Chapter Development Meeting

Moncton Public Library  
Northrop Fry Room  
644 Main Street, Moncton, New Brunswick  
RSVP to Jo-Anne Lagacé at [moncton@toomuchiron.ca](mailto:moncton@toomuchiron.ca)

THURSDAY, OCTOBER 24, 2013 - 7PM

### Halifax Chapter Development Meeting

Keshen Goodman Public Library  
330 Lacewood Drive, Halifax, Nova Scotia  
(near Canada Games Centre)  
RSVP to Nancy Tissington at [halifax@toomuchiron.ca](mailto:halifax@toomuchiron.ca)

THURSDAY, OCTOBER 24 2013 - 7PM TO 9PM

### Montreal Awareness Event

Royal Victoria Hospital  
JSL Browne Amphitheatre, M.3.01  
687 Pine Avenue West, Montreal, Quebec  
RSVP to Juliana Pavelka-Johnston at [montreal@toomuchiron.ca](mailto:montreal@toomuchiron.ca)

MONDAY, OCTOBER 28 2013 - 7PM TO 9PM

### Toronto Awareness Event

North York Civic Centre  
Committee Room 3  
5100 Yonge Street, Toronto, Ontario  
(Near Mel Lastman Square)  
If travelling by TTC, get off at North York Centre Station  
Public Parking is located off Beecroft Road  
RSVP to Kelly Walters at [toronto@toomuchiron.ca](mailto:toronto@toomuchiron.ca)

For more information on these and other events, call the CHS office toll free at 1-877-223-4766 or visit [www.toomuchiron.ca](http://www.toomuchiron.ca)

# DNA 101: Prevention through Genetic Testing

By June Wong, PhD, Vice President, Laboratory Operations, Genetrack Biolabs Inc.

As a sponsor of the Canadian Hemochromatosis Society, we are proud to support the efforts of CHS to promote the early diagnosis and treatment of hereditary hemochromatosis. Genetic testing for hemochromatosis can prevent the occurrence of potentially fatal complications.

While genetic testing for defects in the HFE gene which cause hereditary hemochromatosis is readily available, most people do not know that they can easily test themselves using simple mouth swab kit, available through Genetrack Biolabs.

## The genetic testing process:

The hereditary hemochromatosis genetic test can provide a prediction of your risk of developing hereditary hemochromatosis and also provide you with the statistical probability that your children will inherit the defective gene. Testing through the public healthcare system requires a blood sample and must be requested by your doctor. These test results become part of your health records. Alternatively, genetic testing can be performed privately, quickly and discreetly through Genetrack Biolabs. You can share your results with your physician if you choose to after you receive your report.

Genetrack Biolabs is a highly trusted Canadian laboratory, with an extensive accreditation list. Genetrack is ISO 17025 Accredited, Standards Council of Canada Accredited, AABB (American Association of Blood Banks) Accredited, CLIA (Clinical Laboratory Improvement Amendments) certified, and CAP (College of American Pathologists) Accredited.

## Obtaining an HFE genetic test through Genetrack takes a few simple steps:

### 1. Obtain test kit

The test kit can be obtained at [www.hemochromatosisdna.org](http://www.hemochromatosisdna.org).

### 2. Collect DNA Sample

The testing kit does not expire. However, after you collect the DNA sample, you should return it to the laboratory for testing within 3 months of collection. A DNA sample is collected quickly and painlessly using buccal (mouth) swabs provided in the kit. Follow the instructions provided in the kit to collect the sample by rubbing the swabs gently inside the mouth against the cheek. The collection takes a few seconds to complete and can be performed on individuals at any age.

### 3. Return Sample to Laboratory for testing

After sample collection, return the sample to the laboratory for testing using the return packaging provided in the test kit. Once the laboratory receives the samples, testing begins immediately and results are available within 7 days.

### 4. Receive Results Report

After the testing is complete, the final results report is released directly to you. You can choose to receive the results by mail, email or both. The results report will clearly indicate whether you are a carrier of the defective HFE gene, whether you are at risk of developing hereditary hemochromatosis and the risks that your children will inherit a defective gene.

With early detection and treatment, there is a good chance of avoiding life-threatening complications of iron build up in the body during an individual's lifetime. Furthermore, if any family members test positive for hemochromatosis, it is recommended that other family members should also be tested.

To order a kit, call Genetrack at 1-888-828-1899 or for more information on hemochromatosis gene testing, visit [www.hemochromatosisdna.org](http://www.hemochromatosisdna.org).

Genetrack testing kits are also available through the Canadian Hemochromatosis Society. Call 1-877-223-4766 to have one mailed to you.



Bob Rogers, CHS Executive Director, presents Trina Barclay, Marketing Director at Genetrack Biolabs, with a Diamond Level Sponsorship Plaque in appreciation of Genetrack's generous support.

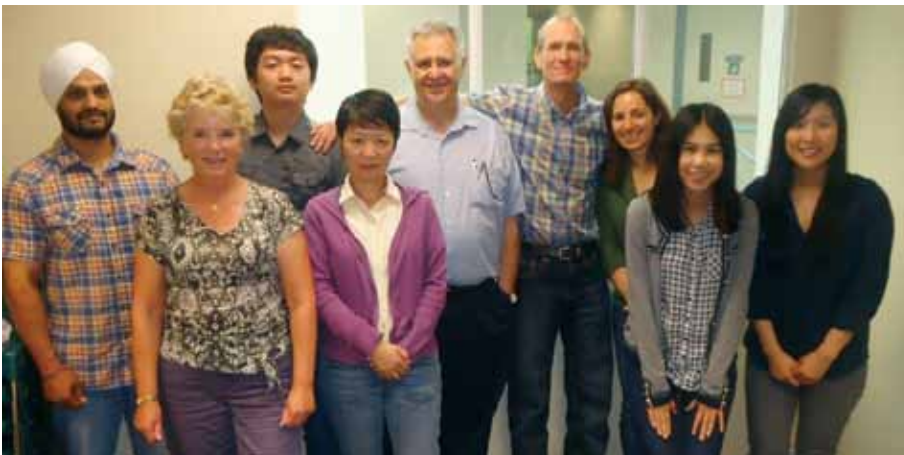
## Staff & Office Volunteers

It's hard to believe, but Linda Carleton has already been with the Canadian Hemochromatosis Society for one year, working hard to develop our volunteer program and regional Chapters. She is also one of the friendly and helpful voices you will hear if you call into Client Support with your questions on hemochromatosis.

Looking after the accounting is Joanne Wang, who has also been with CHS for a year. Joanne has a diploma from the British Columbia Institute of Technology (BCIT) in Financial Management, and is now studying towards a degree in Financial Management at BCIT as well as working on her fourth year in the Certified General Accountants program.

We bid farewell to Frank Berto in August, who did an excellent job coordinating CHS events and media stories across Canada for the past year and a half. Frank moves on to pursue his life's calling as a pastor in a local church. We wish Frank well and thank him for helping CHS move forward in leaps and bounds in creating a higher level of awareness in this country and building new relationships and partnerships in the hemochromatosis community.

Natasha Damiano replaces Frank Berto in events coordination and client relations. Natasha is a graduate of anthropology at UBC with a specialization in hereditary illness. She is also fluent in English, French and Italian. Natasha is an excellent fit, and we are pleased to welcome Natasha and all that she brings to her role.



Pictured from left to right: Anoop Sahota, Linda Carleton, David Wang, Joanne Wang, Bob Rogers, Frank Berto, Natasha Damiano, Emma Chen, Jackie Wu

Anoop Sahota is a volunteer with a medical degree, and is working on two projects: assembling our medical advisory committee consisting of specialists across Canada, and increasing our medical referral network to aid clients in search of knowledgeable medical professionals. Anoop's medical background has also been an invaluable resource for our Client Support program. Once Anoop has completed his medical residency training, he will be licensed to practice in Canada and plans to specialize in Family Medicine or Psychiatry.

In addition to Anoop, other office volunteers include David Wang, Emma Chen, Jackie Wu, Christina Chan, Kelvin Chan and long-time volunteer Vincent Tang. All are a huge help in administration, communications, accounting and information technology

## Support CHS While You Shop at [DonateNaturally.com](http://DonateNaturally.com)

Many people have already taken advantage of raising additional funds for CHS while doing their everyday shopping at the same time.

With every purchase at [DonateNaturally.com](http://DonateNaturally.com), 10% of the value of your order goes to CHS. You are not charged an additional 10% on top of your order, and items are competitively priced with those at your local store.

[DonateNaturally.com](http://DonateNaturally.com) provides all of your favourite natural and organic products delivered conveniently to your front door, Canada-wide. For customers outside of the Greater Toronto area, [DonateNaturally.com](http://DonateNaturally.com)

offers shipments of non-perishable items via Canada Post at no extra charge.



First time buyers are eligible for a special promotion. At the checkout, enter promo code 'TRYIT30' to receive 30% off your first order.

## Website

We are in the midst of designing a new look and feel to our website, [www.toomuchiron.ca](http://www.toomuchiron.ca). The new design will help our viewers quickly find the information they are looking for, including screening and treatment information, upcoming events, volunteer opportunities and personal stories. Plans are to launch the new design before the end of the year, so check back to the website often.

## New Board of Directors

The 2012 Annual General Meeting was held on June 26, 2013 at the Richmond Caring Place in Richmond, BC. The new Board of Directors elected at the meeting includes Patrick Haney of Vancouver, British Columbia as President and Chair of the Board, Warren Funt of Vancouver as Vice President, Kelly McQuiggan of Vancouver as Treasurer, Ryan Howe of Vancouver as Secretary, David Lloyd of Vancouver, Stephen Bromley of North Vancouver, British Columbia, Dr. Sam Krikler of Richmond, British Columbia, Johanna Swenson of Langley, British Columbia, Shannon Haney of Okotoks, Alberta and Gordon Sutherland of Big Pond, Nova Scotia.



Johanna Swenson



## We're on Twitter

Follow Executive Director Bob Rogers on his new Twitter account, @IronOutCanada, and keep up to date on current events and information.

Staff and volunteers gathered in August to bid farewell to Frank Berto and wish him well in his new job as Pastor at a local church.