

Iron Filings

Providing information, awareness and support

Our Vision

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

“I am a ghoul”

PETER DUECK, GHOUL/PATIENT

My doctor says that I have HEMOCHROMATOSIS! I do not quite believe him. Even though I respect him for his credentials, fellowships, reputation and gentle care, I think that he is wrong – at least in my case. And before you play the “armchair” psychologist on me and tell me that I am in denial, please hear me out. I admit to having too much iron and not being happy about it. It appears that genetics and an aging body are catching up with me. Thanks to my wife and doctor, I have agreed to treatment (amelioration). Everyone in the know is convinced that I have the HFE gene for hemochromatosis. I think (my young son agrees) that I’ve become a GHOUL; a slave to the vampire; one of his regulars. Not really sick, just a little weak and now enslaved to His teeth, the phlebotomy.

It all started a few years ago with my brother who fell off a roof and almost died. Throughout his recovery he maintained his lovely flushed cheeks. An observant and knowledgeable doctor (friend of the vampire) encouraged the testing for hemochromatosis. Sure enough, brother B has too much iron and has the gene. The same goes for most of the siblings. In order to achieve peace in the family, I finally got tested and the rest is recent history – ghouls and all!

The ghoul designation started out as a joke but after some creative research, has stuck and now seems quite appropriate. Remember as you consider my findings that before it became hemochromatosis it was the “iron over-load



“The ghoul designation started out as a joke but after some creative research, has stuck and now seems quite appropriate.”

disease” or the “Irish disease” or “bronze diabetes”. Being a ghoul adds to the list, and suggests that the science about this disease is recent and may still be on the “back burner”. Consider, this most common hereditary killer in America, uses the same treatment (amelioration is more accurate) today as would have been used in 2500 BC (Egypt)/1000 BC (China). As far as I can tell, the only difference is that today we have better needles and we are somewhat more selective in who (as in what is the illness) gets

bled. Over stated perhaps, but it seems clear that hematology is a recent specialty. Somewhat related in terms of application, I was shocked to learn that blood transfusions only became common place after WW 2.

My brief study about hemochromatosis has resulted in learning a lot more than is necessary. Along with being delighted that kale and spinach are no longer on my plate, I am not as happy that a glass of wine is not present next to my imaginary steak dinner. I am eating more garlic, of course, to protect me from unexpected attacks from a vampire. Research must continue, if for no other reason than to restore the occasional glass of Malbec.

Research about “H”, blood, vampires and ghouls became very fascinating when looking at the origin of the disease. How did this genetic mutation occur? What do we know about the HFE gene? Wouldn’t you know it, the Irish are to blame, or at least the Celts. Apparently, at least according to the Canadian Hemochromatosis Society, some 40,000 years ago, during the

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Find out more at www.toomuchiron.ca

Iron Age (I am not making this up!), the tragic mutation occurred. It happened during or after a prolonged famine; an Irish potato famine, no doubt. One of my ancestors, after experiencing a continuous shortage of iron, developed a "survival" genetic mutation and his body began to over-absorb iron. Today nearly 10% of people with European roots carry the mutated HFE gene. Fortunately relatively few will get hemochromatosis.

That's how it happened. You think? I'm not so sure. Let me suggest a more plausible story, also well researched but one that makes room for the vampires, ghouls and strange vegetables involved in all this. What really happened was that during one particular famine, in one small village, one of my long

lost Irish cousins got so hungry, he did the unthinkable; he momentarily overcame his fear and ate the MANDRAKE. This vegetable that had the nick-name, Satan's Apple, was feared and shunned due to its grotesque appearance alone. It had the added mysterious qualities of good and evil, nutritious and poisonous, and hallucinogenic. The core of this root vegetable, although feared, was good to eat but the rest of the plant had magical and nefarious qualities. It was said to make infertile women fertile. Remember the biblical story of Reuben, Jacob and Leah. Now there is a story that could mutate some genes! There is more! This mutation just may have happened with Adam and Eve! It may well have been the mandrake or Satan's Apple that got Eve pregnant and also drove them out of the

Garden. Blame the mandrake, not the potato, for hemochromatosis, please!

Next week, as scheduled, I will show up at the vampire's lair (hospital) for my blood-letting. The receptionist will greet me with a smile and say, "oh, the ghoul has arrived". A very experienced nurse will get me settled in my bed or lounge chair. With the near perfect combination of pleasantness, authority and proficiency, the phlebotomy will begin. As I relax to read or think, I will take for granted that I am a patient in good hands and in an excellent health system but as I doze off it occurs to me that I should consider arranging my phlebotomy schedule around the phases of the moon.

New app will help manage hemochromatosis



Two professors and their students have created an app that will help people with hereditary hemochromatosis track their ferritin levels as they continue through their life-long treatment. Dr. Gary Grewal, of the University of Guelph, along with Dr. Andrew Hamilton-Wright, of Mount Allison University, in partnership with the Canadian Hemochromatosis Society, led the development of the Iron Tracker app to fill a need for people to monitor their

de-ironing progress and iron levels during their maintenance phase.

Grewal was diagnosed with hereditary hemochromatosis in 2010 after feeling extremely ill for about a year. His symptoms included chronic fatigue and abdominal pain and swelling. Blood tests revealed a high level of ferritin. He was referred to a liver specialist, who diagnosed him with hemochromatosis. Patients with the condition typically have two mutated genes, but in Grewal's case, one was enough to cause symptoms. He began to monitor his condition using an Excel spreadsheet but later decided to develop an app that could help others with the condition. "I felt it would be useful to have a mobile app to keep track of my progress," he says. "I had a sense of my own wellness."

"There's nothing out there like this," says Grewal of the app, which would help patients monitor their ferritin levels using a graph and predict when their target level will be reached. The app also helps patients keep track of their appointments and which arm was drawn from during their last phlebotomy.

Bob Rogers, CEO and Executive Director for the Canadian Hemochromatosis Society, is excited to launch the app. "There are so many people suffering from this disorder who aren't being diagnosed," he says. "This app is one of the tools we'll use to support people who have hemochromatosis and to propagate awareness. What Gary and Andrew and their team are doing is great for us."

The Iron Tracker app is free to all users and is available for download through the Google Play™ Store and the App Store. Search for "Iron Tracker". We encourage you to write a review after you give the app a try. You can also visit www.irontracker.ca for more information and instructions on how to use the app.



With files from University of Guelph
Google Play is a trademark of Google Inc

Creating a healthy environment



Lately I've been thrilled at the opportunities, talented individuals and demonstration of support that have come our way, all of which enable us to cast a growing net of awareness over this country.

For example, when I was approached by Dr. Gary Grewal to discuss the development of a cellular application to track data for those with hemochromatosis, I was over the moon at the possibility of helping thousands of Canadians, if not hundreds of thousands of people around the world, keep better track of their iron-related health. Through the efforts of Dr. Grewal, Dr. Andrew Hamilton-Wright and their team we now have Iron Tracker. I am grateful for their

generous donation of time, talent and energy to create this mobile App, and for a job well done.

Another example of the talent we have been privileged to receive is the work of volunteers in our regional chapters. Their efforts help propagate the message of awareness out to places we would be unable to reach on our own. We need more volunteers like these throughout Canada, and I look forward to meeting the new wave of talent who will form them.

The funds raised at our annual Irons for Iron golf fundraiser is but one testament of the show of support for this cause. In five locations we raised a total of \$22,000 this year. On top of

that, we made new connections with business people and organizations which will assist our goal to develop strong alliances with corporate networks that will enhance CHS' resources to fulfill its vision.

These are just some of the fruitful examples from the past nine months that are creating a more vibrant and healthy environment for Canadians with hereditary hemochromatosis. I am ready to begin the fall harvest.

Do you have questions? We have answers.

The Canadian Hemochromatosis Society is here to help. Contact our client support line if you have questions regarding hereditary hemochromatosis: 1-877-BAD-IRON (1-877-223-4766) or office@toomuchiron.ca.

"I want to thank you for doing such a thorough job of your website. You have done a great job of explaining hemochromatosis, and the site is very helpful."

Peggy, Didsbury, AB

"Thank you for your offer of assistance...we may have questions in the near future. What a relief to know that there is a resource and information!"

Eileen, Richmond, BC

"Thanks for this organization, it's a great source of information."

Cindy, Sherwood Park, AB

CASINO NOVA SCOTIA SUPPORTS MEMORIAL RUN

Casino Nova Scotia Sydney is committed to being a socially responsible business in its community and therefore was proud to support the Myles Burke Memorial Run with a generous donation of \$1500. Ensuring that Casino Nova Scotia has a positive impact on the quality of life in the province is a priority for the organization. Through its Sponsorship Program, Casino Nova Scotia Sydney is proud to be an active supporter of numerous charities, organizations, festivals and events that help make Cape Breton a vibrant and healthy place to live.

"Supporting the Myles Burke Memorial Run aligned with what's important to Casino Nova Scotia, which is to make a meaningful difference in the community," says Amber McLaine, Marketing Manager, Casino Nova Scotia. The Canadian Hemochromatosis Society, the Burke family and organizers of the Myles Burke Memorial Run are grateful for the casino's support.



PROUD
of our people, our business,
our community

Research into iron regulation

A study out of the University of California Los Angeles, recently published in Nature Genetics, discovered a hormone called erythroferrone which controls the amount of iron needed for red blood-cell production. Erythroferrone is secreted by bone marrow cells called erythroblasts.

The study found that erythroferrone regulates the iron hormone hepcidin, which controls the amount of iron absorption from food and the distribution of iron in the body. An increase in erythroferrone suppresses hepcidin, leading to increased iron availability for red blood-cell production. An over-production of erythroferrone may be a cause of hemochromatosis, and its identification may lead to future drug treatments

that target the hormone. The discovery may also lead to treating iron overload caused by regular blood transfusions in patients with thalassemia, and other anemia-related conditions.

More research will focus on how erythroferrone regulates hepcidin on a molecular level and understanding its role in certain blood diseases.

Reference:

UCLA Health and Medicine Newsroom. (2014, June 1). Researchers discover hormone that controls supply of iron in red blood cell production. Retrieved from www.uclahealth.org/main.cfm?xyzpdqabc=0&id=561&action=detail&ref=2471

Thank you to LifeLabs

We would like to thank our newest corporate sponsor, LifeLabs Medical Laboratory Services, for their recent contribution of \$2000. LifeLabs performs over 100 million tests annually, supporting over 19 million patient visits. LifeLabs operates 359 collection centres and 20 laboratories, and employs approximately 5,400 people.

Support from LifeLabs will help the Canadian Hemochromatosis Society (CHS) further awareness of the disorder, foster health promotion and disease prevention, improve health literacy and build stronger communities.

"At LifeLabs, it is our mission to help health care providers diagnose, treat, monitor and prevent disease in patients. We are committed

to providing convenient access to laboratory testing services designed to deliver better outcomes in health care," says Mitchell Toker, Director, Public Affairs. "For this reason, we hope our donation to the CHS will help raise awareness for HHC and encourage initial and ongoing testing for this condition, allowing patients and their health care providers to identify and manage this disease."

CHS' relationship with LifeLabs will lead to increased testing, diagnoses, and lifelong management for many of the 115,000 Canadians at risk for hereditary hemochromatosis. CHS hopes to build similar relationships with other biomedical testing organizations like LifeLabs in the near future.



Thanks again!

In the Spring 2014 Iron Filings newsletter, we thanked our 2013 donors in a special insert. Unfortunately, due to a computer error, we missed mentioning the following donors. Please accept our apologies and know that we are extremely thankful for your support!

Alice Barker
Gail Berry
Elma Bird
Beverly Creighton
Benito D'Adamo
Aileen Devereux
Susan Disher
Carolyn Dow
Ross Gilley
Keith Hunkin
Doug & Suzanne Hurley
George & Sally Hutson
Leone Kellett
Margaret Little
Barbara Louder
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Barbara McKay
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Jean Salidas
Tony & Eileen Semchyshyn
Garry and Bonnie Smith
Roy Smith
Brian & Marjorie Staples
Sheila Anne Veilleux
Joan Wallace
Douglas A. Wight
Donald and Kathleen Williams
James Wright
Patrick J. Wright

2014 - 2015 Board of Directors

A new Board of Directors was elected at the Annual General Meeting held on June 26, 2014 at the Richmond Caring Place in Richmond, BC. Patrick Haney

was re-elected to serve as acting president and chair of the board. Meet the rest of the board members at www.toomuchiron.ca/about/board-executive.

DNA 101: Ten Facts About Hemochromatosis Genetic Testing

BY JUNE WONG, PHD, VICE PRESIDENT, LABORATORY OPERATIONS, GENETRACK BIOLABS INC.

In previous issues of Iron Filings, I provided an overview of the genetics of hereditary hemochromatosis, a possible theory for the origin and spread of the C282Y gene, and how to prevent life-threatening complications of iron build up through genetic testing. In this issue, you will find 10 quick facts on HFE genetic testing.

- 1 Genetic testing will help determine your risk of developing hereditary hemochromatosis and the risk that your children will inherit a defective HFE gene.
- 2 Genetrack's hemochromatosis genetic tests can be done using a mouth swab sample.
- 3 The test can be performed on individuals at any age. The presence of defects in the HFE gene can be accurately detected even if there are no physical symptoms.
- 4 The test through Genetrack is 100% discreet. Only you will have access to

your own results. You can share your results with your physician if you choose to after you receive your report.

- 5 All three of the known defects in the HFE gene are tested (C282Y, H63D and S65C).
- 6 A negative genetic test may not exclude the possibility of hemochromatosis. While over 85% of individuals with hereditary hemochromatosis will test positive for at least one of the 3 known defects in the HFE genes, the remainder may have a mutation that has not yet been identified.
- 7 The number and types of mutations that you have determines your risk of developing hereditary hemochromatosis. Individuals who have two defective copies of the C282Y gene are at highest risk of developing hereditary hemochromatosis.
- 8 If your test results show that you are homozygous (two copies) for any of the HFE gene defects, there is a 100% chance

GENETRACK  BIOLABS

Medical DNA Testing Services • Legal Biomedical Services

that you will pass a copy of the defective gene to your children. If you are heterozygous (one copy) for any of the defective HFE genes, there is a 50% chance that you will pass a copy of the defective gene to your children.

- 9 You can get a Genetrack HFE genetic testing kit without a doctor's order and the tests can be done without having blood drawn.
- 10 The Genetrack testing kit does not expire. However, after you collect the DNA sample, you should return it to our laboratory for testing within 3 months of collection.

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, other family members should also be tested.

To order a hemochromatosis DNA test or for more information on HFE gene testing, go to www.hemochromatosisdna.org.

Special Acknowledgements

The Canadian Hemochromatosis Society gratefully acknowledges its current Gold, Platinum and Diamond level corporate, provincial, foundation and community group sponsors for their generous support of our programs.

Cape Breton District Health Authority
Community Foundation of Ottawa
Copol International
Cremona & District Community Chest
Hallographix Design & Multimedia
Investors Group Matching Gift Program
Keir Surgical Ltd.
Little Flower Academy Philanthropy Club 2013

MacDonald Dettweiler and Associates Ltd.
MGM and Associates Chartered Accountants
Ontario Power Generation Inc.
Province of British Columbia
RBC Royal Bank
United Way
Van Norman Charitable Foundation



Among Ourselves

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

Cape Breton

Last fall, members of the Cape Breton Chapter set out initiatives that they wished to accomplish in the following 12 months. Their initiatives included partnering with The Gaelic College to promote awareness of hereditary hemochromatosis (HHC) amongst the school's predominantly Celtic and European student population; applying for and receiving grants from the six Cape Breton District Community Health Boards to deliver awareness sessions within each district; hosting an awareness booth at the Y's Men's Home Show in April; providing an information package to phlebotomy clinics as a resource for their patients; holding the annual Irons for Iron golf fundraiser during May Awareness Month; distributing brochures in registration packages at teacher conferences and in-service activities; and submitting a series of 8 to 10 articles to all Cape Breton Island newspapers to be printed weekly or bi-weekly leading up to Awareness Month. All of these initiatives but the last one have been or are close to being completed. The last initiative is still being addressed for next May. In addition, the Cape Breton Chapter took part in the Myles Burke Memorial Run and the 50+ Lifestyle Show in September, and have connected with the Iona Highland Village and the Glenora Distillery. Congratulations to all members of the Cape Breton Chapter for their hard work and huge accomplishments this past year!



ABOVE: Ivan and Viola Doncaster at the Y's Men's Home Show

Montreal

Led by volunteer Regional Organizer, Juliana Pavelka-Johnston, the Montreal Chapter pulled off a successful blood drive in partnership with



TOP: Ottawa Chapter volunteers with CHS Executive Director Bob Rogers (beside the banner), ABOVE: Juliana flanked by Héma-Québec volunteers

Héma-Québec, with over 90 donors to kick off May Awareness Month 2014. "A good start for this first big event for the Montreal CHS chapter," says Juliana modestly. You can read more on this blood drive at www.toomuchiron.ca/2014/05/hema-quebec-blood-drive. Due to this year's success, next year's blood drive has already been set for May 1, 2015.

For the third year in a row, Montreal held an information and awareness session at the Royal Victoria Hospital on October 9th. You can catch photos of the event on our Facebook page, www.facebook.com/TooMuchIron, and on our website, www.toomuchiron.ca.

Ottawa

Ottawa Chapter members have also been very busy this year, holding two information and awareness sessions, hosting an information table at the Primary Care UPDATES medical education conference in Ottawa and at the Glengarry Highland Games in Maxville, and holding their first annual Irons for Iron fundraiser. All of these events would not have been possible

without the huge efforts of mother-daughter pair Jackie and Kate Lalumiere, Mary Lennox and the rest of their enthusiastic and determined team.

Calgary and Edmonton

This summer, two Leadership Teams were appointed to form the new chapters in these major Alberta centres. If you wish to lend your talent to either of these chapters, you can email Deborah at edmonton@toomuchiron.ca or John at calgary@toomuchiron.ca. Both are holding information and awareness sessions this fall.

Head Office

Thomas Law, who volunteered this past year at the office performing various administrative and accounting duties, is re-embarking on his medical career, having been accepted at a medical school in Ireland. We wish him the best of luck and thank him for his months of service!

About Chapter Development

The purpose of a regional chapter is to raise awareness of hereditary hemochromatosis, foster support and goodwill for the Canadian Hemochromatosis Society (CHS), and facilitate resource development for CHS through a variety of projects and events in a specific region of Canada in keeping with the mission of the Society.

Before a regional chapter can form, the Canadian Hemochromatosis Society must first generate enough interest to support one. "A significant amount of time and work goes into planning and running chapter activities," says Linda Carleton, the Society's National Volunteer Coordinator. "Hereditary hemochromatosis is a disorder that requires us to vastly increase the level of awareness among the general public and health-care professionals. Therefore, we want to ensure that there is enough manpower and momentum to lead a Chapter and keep volunteer activities going."

If you want to form a regional chapter, please send an email to Linda at program@toomuchiron.ca so that she may take steps to assess the amount of current support in your area and potentially begin building a team of volunteers that can form the new chapter.

Reaching out to save lives

BY CHANTELLE BODUEL, COMMUNITY DEVELOPMENT COORDINATOR, CANADIAN HEMOCHROMATOSIS SOCIETY

This summer, the Canadian Hemochromatosis Society launched the Vancouver Urban Project (VUP) – a community outreach initiative aimed at cultivating relationships with local community and cultural groups to raise awareness about hereditary hemochromatosis. Our goal is to develop multiple volunteer chapters in the Greater Vancouver area so that we can improve our efficiency at providing British Columbians with the health information they need about Canada's most common genetic disorder.

One aspect of the VUP is focused on leading information sessions for individuals and groups

interested in learning more about the disorder, the diagnosis process or the treatment options. We are reaching out to local cultural associations who are considered to be in the elevated risk group – people of European and Celtic descent – and are working with them to encourage their constituents to participate.

Another aspect of the project is attending events. Our first outreach event was the BC Highland Games, hosted at Percy Perry Stadium in Coquitlam on June 21st. We spoke to over 100 individuals and enjoyed the sunny weather with our Scottish and Celtic friends. Our second

event was the Tsawwassen Sun Festival on August 4th where we were proud to spread the word about hereditary hemochromatosis. We will also be attending the Vancouver Health Show at the Vancouver Convention Centre on November 8th and 9th, and hope to do more events throughout the year.

The Vancouver Urban Project is a fundamental step towards promoting awareness of hereditary hemochromatosis across Canada. Vancouver, home to our head office, was chosen as the first city in which to launch the project... but we hope to launch similar projects across the country in the coming years.



In the meantime, we are enjoying the new friendships we are creating with Vancouver's community and cultural groups. We are very grateful to Green Shield Canada; without their support, this project would not have been possible. If your group is interested in attending or hosting an information session, or if you would like more information about starting a volunteer chapter in your area, contact us at office@toomuchiron.ca or by phone at 1-877-BAD-IRON (1-877-223-4766). Let's work together to reach out and save lives in the Greater Vancouver Area.

LEFT: A family receives valuable information at the BC Highland Games

The Arithmetic of Hemochromatosis

An insightful math analogy was presented by Patrick Haney, President of the Board of Directors, at the June Annual General Meeting to highlight

the successes and challenges of the Canadian Hemochromatosis Society. Don't let the word "math" scare you. Patrick breaks it down into an easy to

follow comparison. Read it online at www.toomuchiron.ca/category/news.

Want to donate your blood?

Many Canadians with hemochromatosis are able to save lives at the same time that they are maintaining their iron levels. Here's what you should know before heading off to a Canadian Blood Services Donor Clinic

Check your eligibility. People with hemochromatosis can donate blood, providing they meet all other donor eligibility criteria. People with late complications from hemochromatosis (cirrhosis, diabetes requiring insulin, heart failure) are not eligible for donation. It is important to note that people with cirrhosis, heart failure, and type 1 diabetes from other causes are also not eligible to donate.

Know when you can donate. Individuals with hemochromatosis can donate every 56 days, which is the usual interval for whole blood donation at Canadian Blood Services. Individuals may have phlebotomies in a hospital clinic setting in between blood donations, but there must be a least 1 week between the last phlebotomy and blood donation.

Make sure you are registered with the Canadian Hemochromatosis Society Partners for Life group so that we can track and celebrate our group's goal of at least 400 donations in 2014. If you haven't already registered, you can do so at the blood donor



clinic or at www.blood.ca/joinpartnersforlife and use our Partner ID# CANA002257 (four letters and six numbers).

Find out more about blood donor criteria by visiting the Canadian Blood Services website, www.blood.ca or calling their toll free number 1-888-2DONATE, which is also the number to call to book a donation. Please note that all information about donor eligibility is subject to change. Final eligibility determination rests with the screening staff at the Canadian Blood Services donor clinic.

Myles Burke Memorial Run

Over 120 people turned out for the second annual run in memory of Cape Breton Regional Police Chief, Myles Burke, held on September 14 under rainy skies. Myles Burke was a dedicated community leader and family man, well known in policing circles across Canada. Burke passed away suddenly in 2011 from a heart attack. Although he had not been diagnosed with hereditary hemochromatosis, iron overload may have been a factor as several members of the Burke family have this disorder. \$2000 raised from the run was generously donated to the Canadian Hemochromatosis Society to further awareness efforts in Cape Breton and Nova Scotia. Janine Burke, Myles Burke's daughter, is pleased to support the

Society. "This is a disease that runs in the Burke family and we feel that there should be more awareness."

Also on hand at the event to remember Myles Burke and to promote their partnership with the Canadian Hemochromatosis Society was Canadian Blood Services. "We were honoured to attend the Myles Burke Memorial Run, and to invite people to also pay tribute to Chief Burke by giving blood," says Stephen Wright, Manager, Partner Development with Canadian Blood Services. "Every blood donation saves or improves lives, and there is a constant demand for blood donors. We know that many Canadians with hemochromatosis require regular



ABOVE: Members of the Burke family (in blue) with Bob Rogers and Canadian Blood Services representatives

phlebotomy as part of their ongoing treatment to maintain lower iron levels - and the Canadian Hemochromatosis Society works hard to encourage people to donate at blood donor clinics when they're eligible. So it was a natural fit to raise awareness of giving blood in conjunction with the run."

Calendar of upcoming events

Wednesday, October 15

Victoria Information and Awareness Event

Comfort Inn & Suites Conference Centre,
3020 Blanshard Street, Victoria, BC
7:00 pm – 9:00 pm

Thursday, October 16

Nanaimo Information and Awareness Event

Beban Park Recreation Centre, Meeting Room
#1, 2300 Bowen Road, Nanaimo, BC
7:00 pm – 9:00 pm

Monday, October 20

Kelowna Information and Awareness Event

Best Western Plus Kelowna Hotel,
2400 Highway 97 North, Kelowna, BC
7:00 pm – 9:00 pm

Tuesday, October 21

Edmonton Information and Awareness Event

Hilton Garden Inn West Edmonton,
17610 Stony Plain Road NW, Edmonton
7:00 pm – 9:00 pm

Wednesday, October 22

Calgary Information and Awareness Event

Leyden's Funeral Home,
304 – 18 Avenue SW, Calgary
7:00 pm – 9:00 pm

Saturday and Sunday, November 8 and 9

Vancouver Health Show

Vancouver Convention Centre, East Exhibit, Hall B,
1055 Canada Place, Vancouver, BC
CHS Community Development Coordinator,
Chantelle Boduel, along with volunteers, will
be hosting a booth at this premier health show
as part of the Vancouver Urban Project.
10:00 am – 6:00 pm Saturday
11:00 am – 5:00 pm Sunday

For more information on these and other events, visit www.toomuchiron.ca/events