

### A Patient's Poem

A year ago  
I was almost dead,  
I woke up in an intensive  
care bed.

Overwhelmed by percodans  
40, 50, 60 a day,  
Life itself was slipping away.

I talked to God.  
He gave me one  
more chance,  
To carry on with life's on  
going dance.

You take it one day at a  
time,  
The pain, shame and sorrow  
Until one day you wake,  
looking forward to  
tomorrow.

My son, is my hero  
He stood by me from  
day one,  
No man could have a  
braver son!

I sold my sign business,  
A thorn in my heart,  
I'm so lucky to have this  
brand new start.

Now living my dream,  
taking it day to day  
Methadone every morning,  
Keeps me clean and  
on the way.

A year has gone by  
Life has never been better,  
Love for my family can't be  
expressed in this letter.

A wife who still loves me,  
We walk hand in hand  
dreaming of our future,  
Perhaps Costa Rica's  
white sand.

PG (Barrie Clinic)

## Vacation Time?

**W**hile the physicians and staff of Ontario Addiction Treatment Centres appreciate that many of you want to take vacations at this time of the year, please realize that preparing for your departure takes time. In order to accommodate everyone's medication, methadone carries if earned, and letters, **you must notify your clinic at least 2 weeks in advance of any departure.** All the staff work very hard to ensure that your needs are met day to day.

Please remember, should you require the need of a physician because you have been restrained or hospitalized without advance warning, and it is after clinic hours, please call our toll free number at 1-877-849-4630. **This number is to be accessed in emergencies only.**

Please respect the fact that our Doctors work very long hours to help you. Our on call service will answer calls after the clinic is closed and on weekends. This service is for emergencies that cannot wait until your clinic reopens. **The physicians will not accommodate clients that have missed appointments or not shown during regular clinic hours.**



## A message from the Centre Coordinator

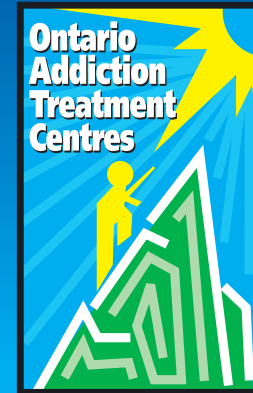
**W**ell, it is that time of year again. The days are getting longer and hotter and the landscape is getting greener and more vibrant. It is a change of scenery welcomed by most after the long, cold winter we all shared. Change and new beginnings are going on all around us. Take the opportunity to be part of it. OATC is!

Rhonda Daiter  
Centre Coordinator

## How You Can Contribute

If you have something of interest to share, a particular story, poem or story of achievement that you would like to submit, please submit it preferably by email to Rhonda Daiter at [info@oatc.ca](mailto:info@oatc.ca) or leave a printed letter addressed to Rhonda Daiter at any of the clinics.

# "Recovery"



### CLINIC LOCATIONS

**BARRIE CLINIC**  
20 Owen Street,  
Barrie, Ontario L4M 3G7  
Tel: 705-730-0286  
Fax: 705-730-0287

**BELLEVILLE CLINIC**  
257 Front Street  
Belleville, Ontario K8N 2Z6  
Tel: 613-969-7862  
Fax: 613-969-8219

**CAMBRIDGE CLINIC**  
Hespler Community Centre  
18 Tannery St.  
Cambridge, Ontario N3C 2B9  
Tel/Fax: 519-658-9457

**KITCHENER CLINIC**  
509 Park Street  
Kitchener Ontario N2G 1N9  
Tel: 519-746-1919  
Fax: 519-746-1563

**LINDSAY CLINIC**  
27 William Street North  
Lindsay, Ontario K9V 3Z9  
Tel: 705-324-5553  
Fax: 705-324-7184

**MISSISSAUGA CLINIC**  
3047A Hurontario  
Mississauga, Ontario L5A 2G9  
Tel: 905-279-4848  
Fax: 905-279-6934

**NEWMARKET CLINIC**  
17310 Yonge Street, Unit 08  
Newmarket, Ontario L3Y 7R8  
Tel: 905-868-8089  
Fax 905-868-9495

**NORTH YORK CLINIC**  
1050 Finch Ave., West, Ste. 202  
North York, Ontario M3J 2E2  
Tel: 416-736-6279  
Fax: 416-739-1810

**OWEN SOUND CLINIC**  
1161-2<sup>nd</sup> Ave. East  
Owen Sound, Ontario N4K 2J1  
Tel: 519-371-0007  
Fax: 519-371-3114

**OATC PETERBOROUGH**  
215 Sherbrooke Street  
Peterborough, Ontario K9J 2N2  
Tel: 705-748-0995  
Fax: 705-748-5289

**WOODBRIIDGE CLINIC**  
830 Rowntree Dairy Road  
Woodbridge, Ontario L4L 5V2  
Tel: 905-264-1143  
Fax: 905-264-1153

## Hepatitis C Patients, we now have the "POWER" to attack your virus

**W**hether you have just discovered that you have Hepatitis C or already knew, you are not alone. Nearly 1 in every 100 people in North America has been infected with Hepatitis C. Knowing your diagnosis makes you one of a select few, as most Hepatitis C patients have yet to be diagnosed. I would like to briefly review the Hepatitis C Power program and what you can do to help yourself.

Hepatitis means inflammation of the liver. This can be caused by any number of factors including a common viral infection, alcohol, drugs and metabolic conditions. The liver is one of the largest organs in our bodies, made up of two main lobes (or sides, we'll say). All of your blood flows through your liver delivering oxygen, necessary nutrients and materials that need to be removed from the body. The liver acts as a huge

filtering and detoxification system; the liver is the main source where toxins are broken down, including drugs and alcohol.

Our liver is also responsible for building proteins, carbohydrates and fat; these are the three essential components of the body. It also aids in keeping your blood sugar steady by storing glucose (sugar). Most often patients with hepatitis present without symptoms and the disease is only detectable through blood sampling. People who do experience symptoms may feel tired, and a yellowing of the eyes and skin may occur. This is called jaundice. Some people also experience nausea, abdominal pain and a decrease in appetite.

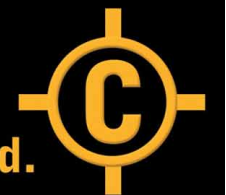
The Power against Hepatitis C virus is a Hepatitis C treatment program sponsored by the Schering Pharmaceutical Company. This is a complete one year program

available to all qualifying patients. Qualifying for this program is decided by your disease state, lab results, and requires discussion with you and your physician. The newest treatment for Hepatitis C is a drug called Pegatron. This drug consists of two active medications: Ribavirin capsules and Peginterferon alfa-2b powder, which together comprise the Pegatron treatment. Ribavirin fights infection but does not work effectively by itself. The addition of Peginterferon alfa 2b helps the body's immune system to fight infection. This combination works to fight the Hepatitis C Virus. This treatment consists of capsules taken daily by mouth and one small injection under the skin once a week. Ultimately this treatment decreases the amount of Hepatitis C virus found in

*continued on page 2*

### HEPATITIS C.

Get Informed. Get Tested. Get Treated.



Hepatitis C Virus

Continued from page 1

the blood stream, often to and provide you with all the necessary aids for health teaching. You will receive an information package explaining the drug, side effects and means of treating the side effects that you take home with you to review. The Power program is showing very promising results to date in the treatment and cure of the Hepatitis C Virus.

Along with treatment available you must help yourself to overcome obstacles associated with being infected with Hepatitis C. For example, regular exercise and a healthy diet are always beneficial in maintaining a healthy balanced system. There are things to stay away from as well. Most important is alcohol, as alcohol is almost completely eliminated from you body by your liver. Forcing your liver to take on extra work by dealing with alcohol can cause further damage, and this won't help in your recovery process.

Quit smoking if you can, and if necessary, ask your physician about programs and nicotine patches. Continued smoking can further the Hepatitis C disease process. As well, if you were to require a liver transplant you may not qualify to receive one if you have any lung problems. Also, approach all over the counter drugs with caution. One of your liver's func-

tions is to break down and detoxify drugs, so any medications can further stress an already damaged liver.

Your mental health throughout this process is key to aid in all the above. A clear mind is essential to

decrease any added stressors in your life. Finally, take time to rest or nap when possible. A relaxed mind will help with available energy to alleviate symptoms and decrease fatigue.

So in review we need to understand the function

and importance of our liver to maintain our health and its health. Be well informed in order to receive proper treatment and good care. Seek out resources such as nurses and doctors to answer all your questions, and to ensure that you receive treatment as quickly as possible..

**Have you ever considered joining a support group or felt that you would like help in managing your recovery? If you have, this would be an interesting read!**

The group is a safe place where we talk about recovery. The advantages of attending are many. Firstly, you get to meet other people with similar experiences who understand where you're coming from and what you are facing. This means that no-one is judged and you get to speak and listen to things that matter to you, as they relate to recovery.

Secondly, think of group as your social support. The members are a cohesive group of people who come regularly and support one another. The group is also open in nature. This means that you are welcomed to join, no matter in what stage of recovery you're at. We have individuals who just began taking their first steps toward sobriety and others who have been taking part of group for many years. Therefore, everyone are welcomed!

Thirdly, the group is a good place to learn important skills that will assist your recovery. There are no tests. Everyone's opinions and experiences are important and valued. In addition, research shows that successful recovery often involves taking part in psychotherapy.

So if you are serious about your recovery and need extra support, new ideas and to be with people who understand what you are going through, consider joining us. To join, ask our clinic staff and/ or your Doctor for info on group schedules.

Good Luck and hope to see you in one of our groups soon.

**Barak Raz  
MA., Psychotherapist**

The "Clinic" Corner  
Here We Grow Again!

Spring is generally a time of growth and new beginnings. The weather is finally nicer, the birds are returning and new growth is springing up everywhere.

Many of you are also experiencing new growth and beginnings. For many, it is a new brave step taken in joining an OATC clinic. For many others, it is sharing positive experiences with loved ones and friends, and for others it is finding a new lifestyle.

Ontario Addiction Treatment Centres has had its own new growth and experiences. We are pleased to welcome the addition of four new physicians who bring an enormous amount of specialized expertise to our services. They are Dr. Fred

Crouzat, Dr. Duncan Scott, Dr. Mike Lingley and Dr. Douglas MacIntosh.

We are extremely delighted to have Dr. Fred Crouzat join us. He comes to us from downtown Toronto where he has amassed significant experience working with HIV- positive patients. He is currently working in our Newmarket Clinic and has quickly gained the acceptance and respect of patients there.

Dr. Mike Lingley has also recently joined our team of physicians, focusing his efforts in Peterborough and Lindsay. He is an Infectious Disease specialist, a well sought out clinician who brings enormous value to us in his understanding of Hepatitis C, HIV and other sexually transmitted or communicable diseases.

Dr. Duncan Scott is a well know Psychiatrist throughout the correctional system having worked for many years at Millbrook, Quinte and now at the Central East

Correctional Centre in Lindsay. Dr. Scott brings with him a particular insight into psychological underpinnings of addiction medicine and has become a very welcomed addition to our Belleville, Peterborough and Lindsay Clinics.

We are also particularly thrilled to have Dr. Douglas MacIntosh join us. Dr. MacIntosh is a well known Hematologist from the Quinte Health Centre in Belleville and he brings lots of knowledge with him from his experience working with methadone maintenance programs at the Street Health Centre in Kingston.

Our clinics have undergone many changes themselves. The Oak Ridges Clinic, with 10 years of history, has moved from its dark, cramped quarters to a bigger and brighter space at 17310 Yonge Street, Unit 08, Newmarket.

The Peterborough location opened up at 215 Sherbrooke Street. It is extremely accessible by public transportation and is staffed by Diana, a nurse previously from the Woodbridge Clinic, Angela, a nurse new to our staff, and Linda, a nurse currently working

at both the Peterborough and Lindsay Clinics and also heading up the Hep C program there. The clinic also relies on the strength of the support staff, Christine, and Deb, who also work at the Lindsay Clinic.

The Lindsay Clinic has moved from our cramped quarters on Kent Street to our own building at 27 William Street, downtown Lindsay. Deb, Amber and Christine are the support staff dealing with your appointments and concerns, while Linda and Angela dispense your methadone and prescriptions.

The last change to occur so far this year is the opening of the Belleville Clinic. While the location is very temporary in the Maze Mall, the clinic is growing strong with the support of Dusty and Barbara, and nurse Peg. We are pleased to announce that the Belleville Clinic is moving to a new location, at 257 Front Street, downtown.

