

# Cree Medicine Wheel Teachings for Hepatitis C

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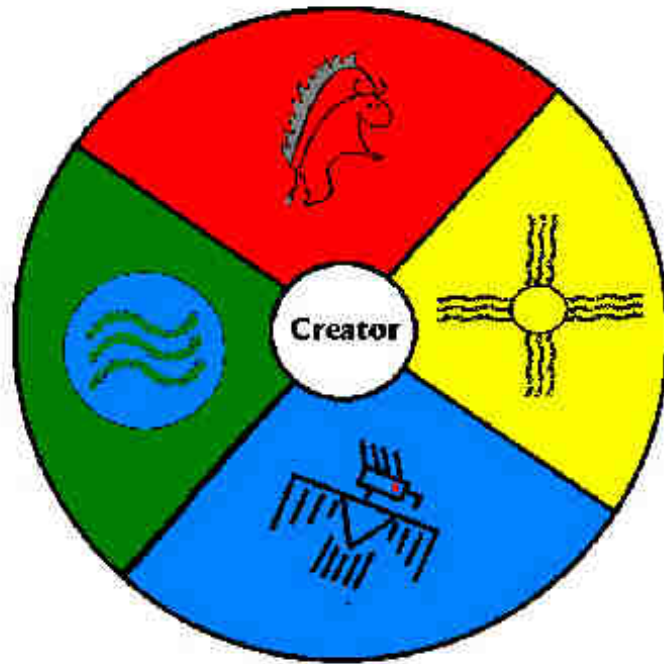
Designed by: S. Hill

for

The John Howard Society of Manitoba, Inc.

# The Seven Cree Teachings:

- Love
- Respect
- Honesty
- Courage
- Patience
- Peace
- Wisdom



# The Seven Cree Teachings

**Love:** in order to understand love, and be able to give love, you must first love yourself....



**Respect:** in order to understand respect, and be able to give respect, you must have respect for yourself....



## Continued...



**Honesty:** Honesty is telling the truth. It's not being afraid of what other people will think. It's about being honest with yourself. It's a good role model....

**Courage:** Courage is being yourself. It is being who you are from your heart. Sometimes it takes a lot of courage to be yourself, but you can do it....

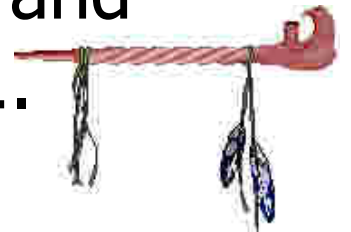


## Continued...

**Patience:** you must have patience with yourself. Life is all a lesson. You are learning as you grow. Allowing yourself to make mistakes and to learn from them will help you to understand others....

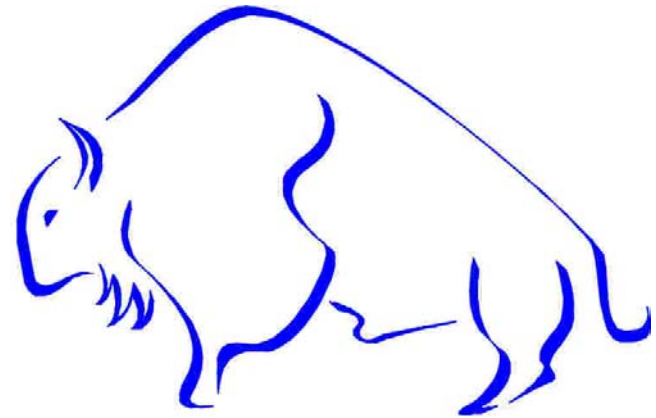


**Peace:** when you have peace within yourself, you will find that love, honesty, patience and courage will be easier for you to accept....

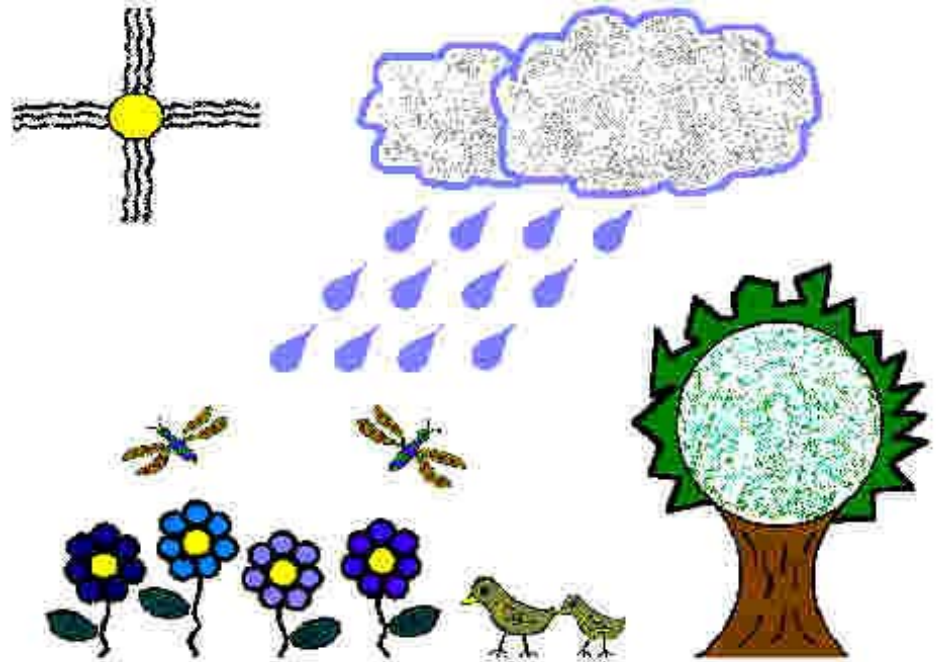


## Continued...

- **Wisdom:** wisdom is your life teachings. It is the sharing of your knowledge. It shows kindness, sharing and caring. If you can look back at your life and laugh, you will have gained one more teaching!

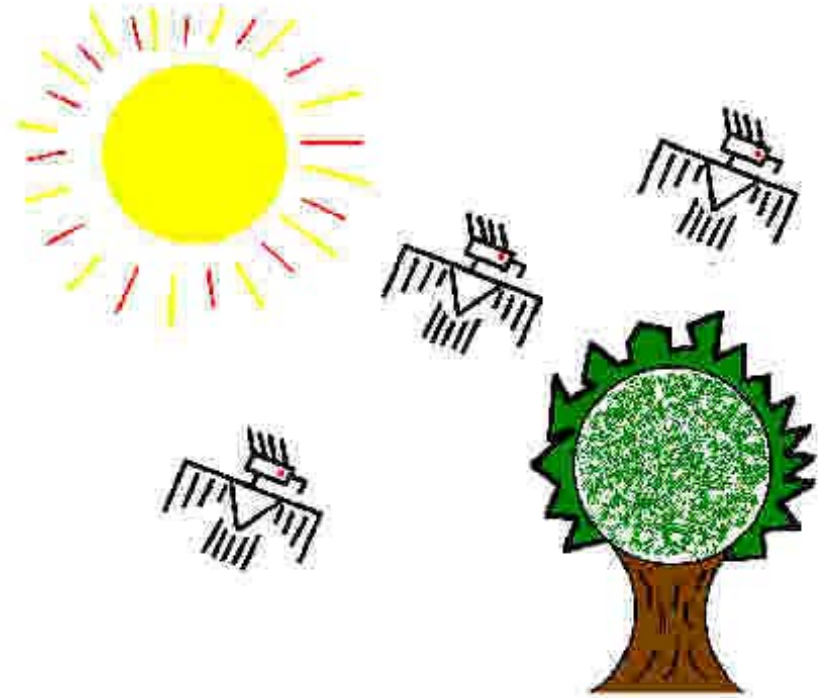


# Direction Child Stage



- East represents the place where all things begin, as in the rising of the sun each day. Here the hepatitis C virus enters into a person's life experience.

# Direction Youth Stage



- South represents learning and exploration.

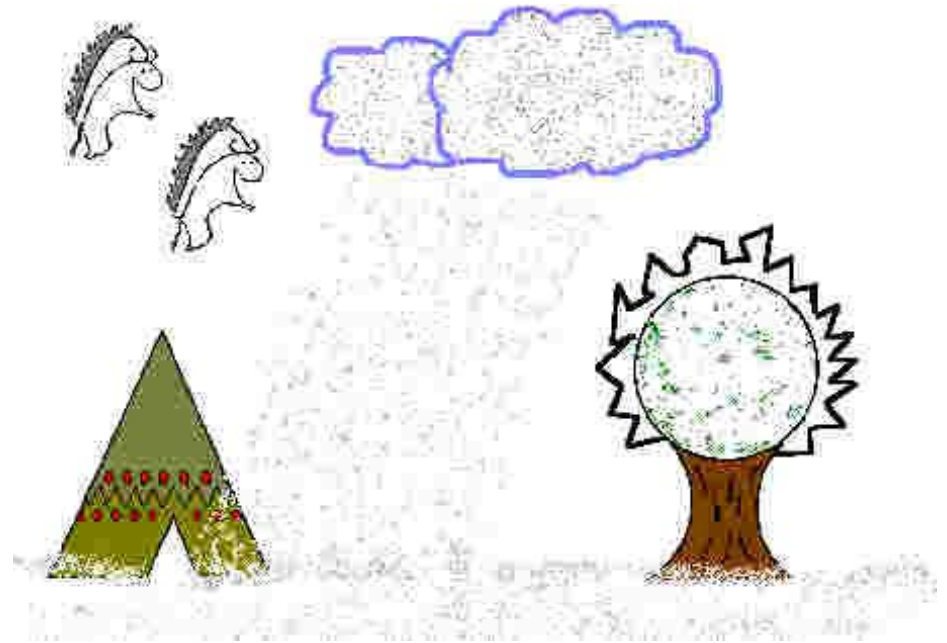


# Direction Adult Stage



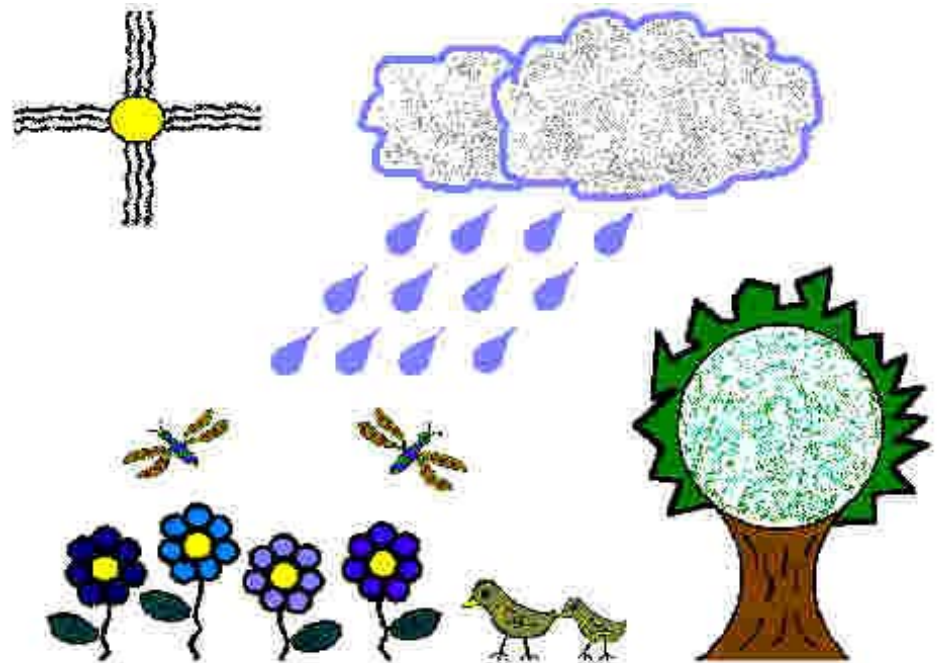
- West represents knowledge and growth.

# Direction Elder Stage



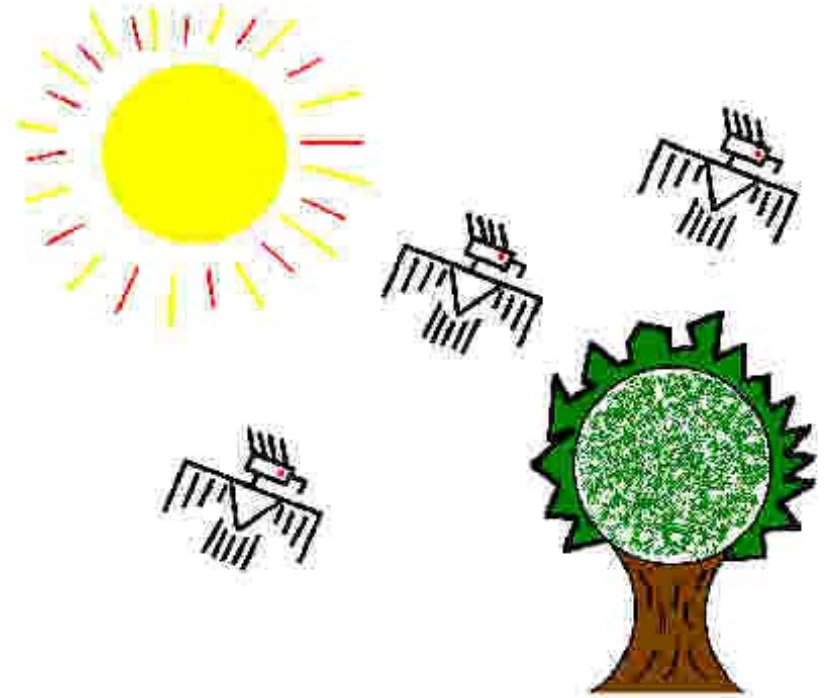
- North represents healing, acceptance and closure.

# Phase Child Stage



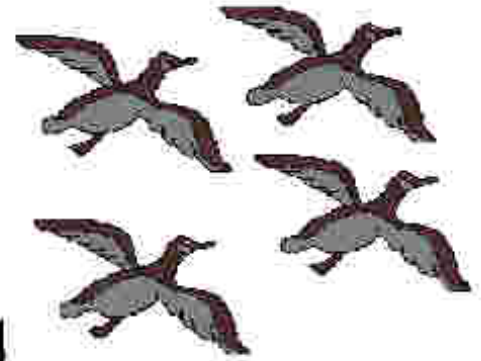
- The **physical** phase represents the invasion of Hepatitis C into the blood system and the body's response.

# Phase Youth Stage



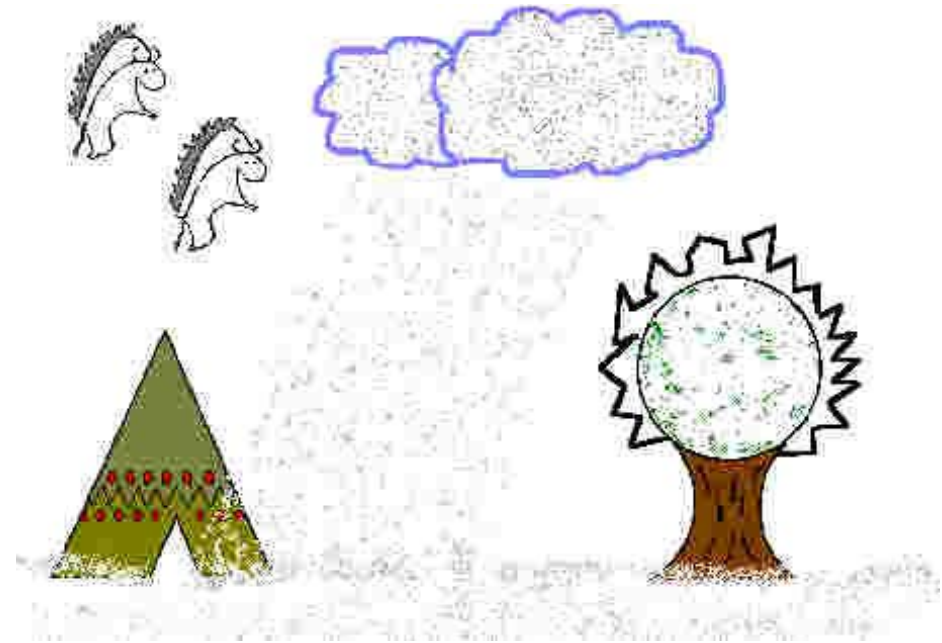
- The **emotional** phase relates to how a person may feel in dealing with a diagnosis of HCV.

# Phase Adult Stage



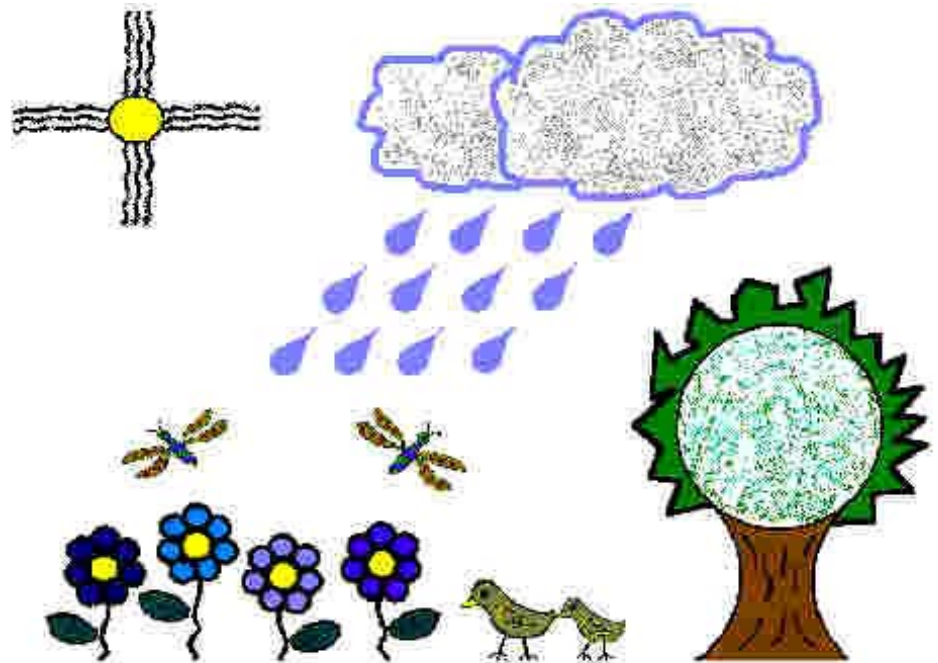
- The **mental** phase is a time when a HCV positive person will make important decisions about treatment, disclosure, living wills, work and other important considerations.

# Phase Elder Stage



- The **spiritual** phase is a time when a person with HCV is confronted by the nearness of death. As the physical body weakens, the need for spirituality may grow stronger. As death approaches, this may be a time of healing with family, resolving old issues and finding closure.

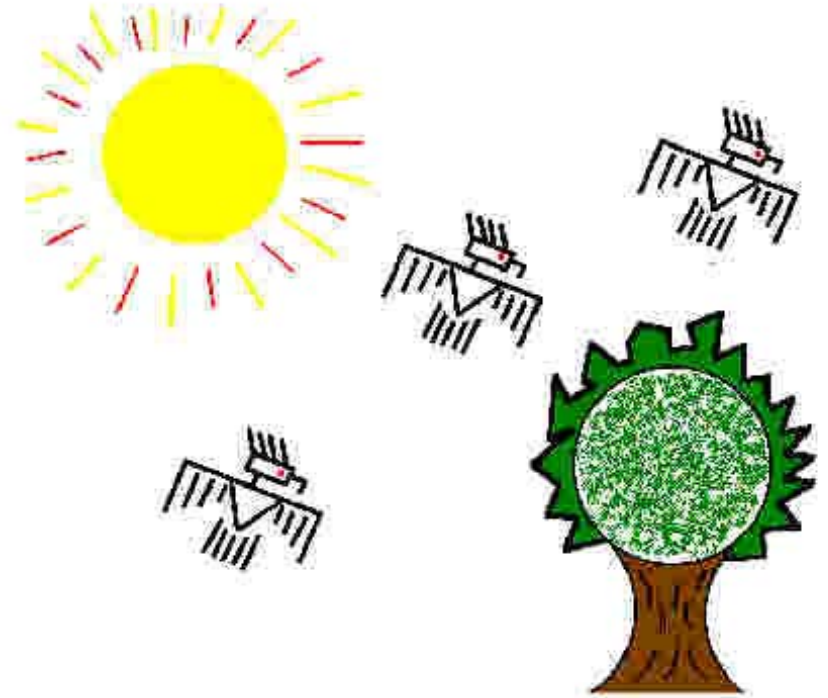
# Progression Child Stage



- HCV enters the blood stream, attaches to liver cells, and begins to reproduce. New virus made in infected cells, invades more liver cells and infects them. Some people (approx. 18%) will be able to fight off the virus and never show symptoms, however they will still be carriers, and will be able to pass on the virus to others.



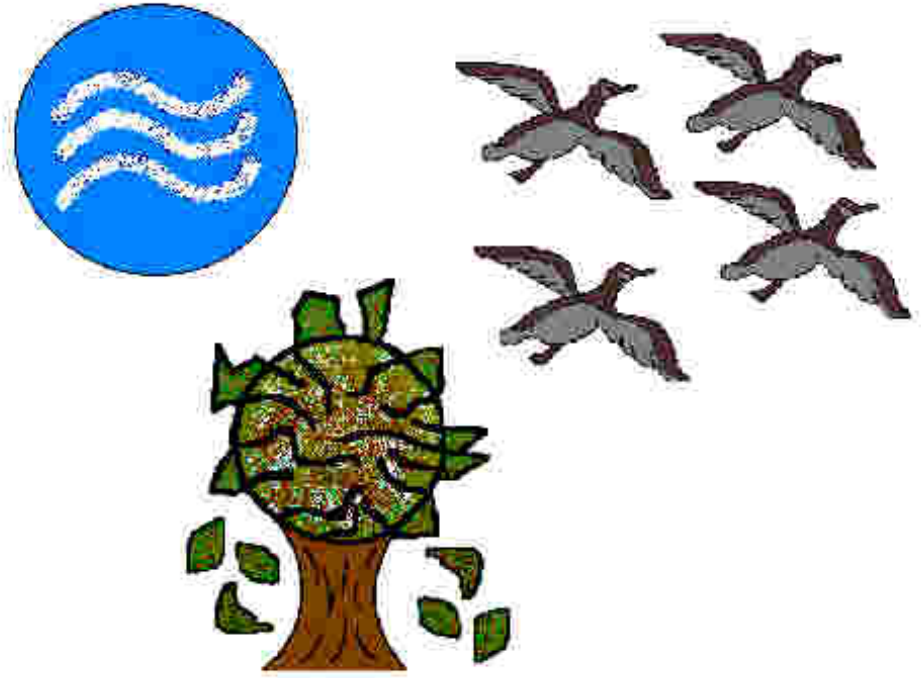
# Progression Youth Stage



- Infected liver cells become inflamed. The inflammation causes liver cells to die. This stage can occur for approx. 10 years, depending on your lifestyle (High risk behaviors will contribute to the virus progressing faster).

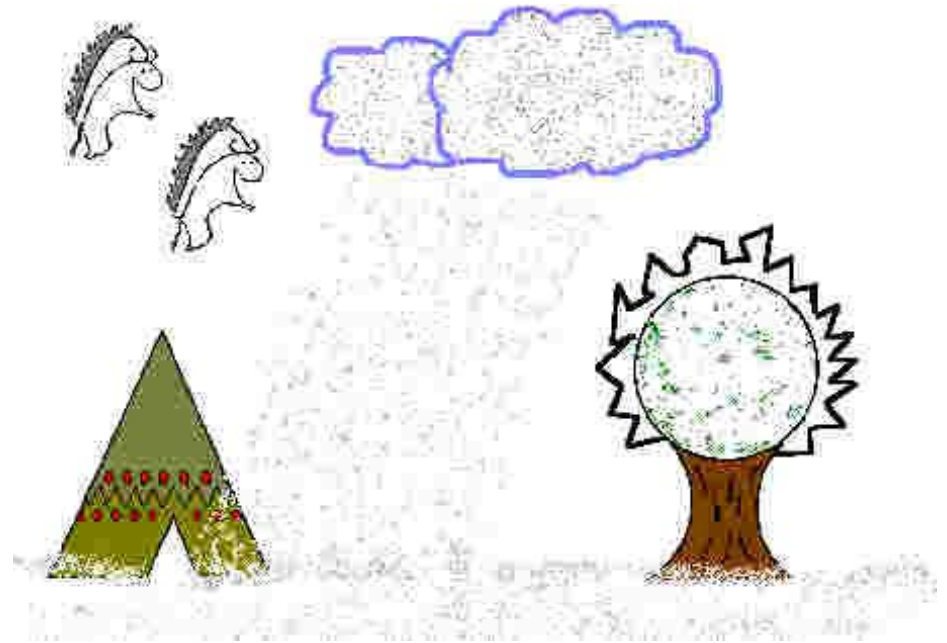


# Progression Adult Stage



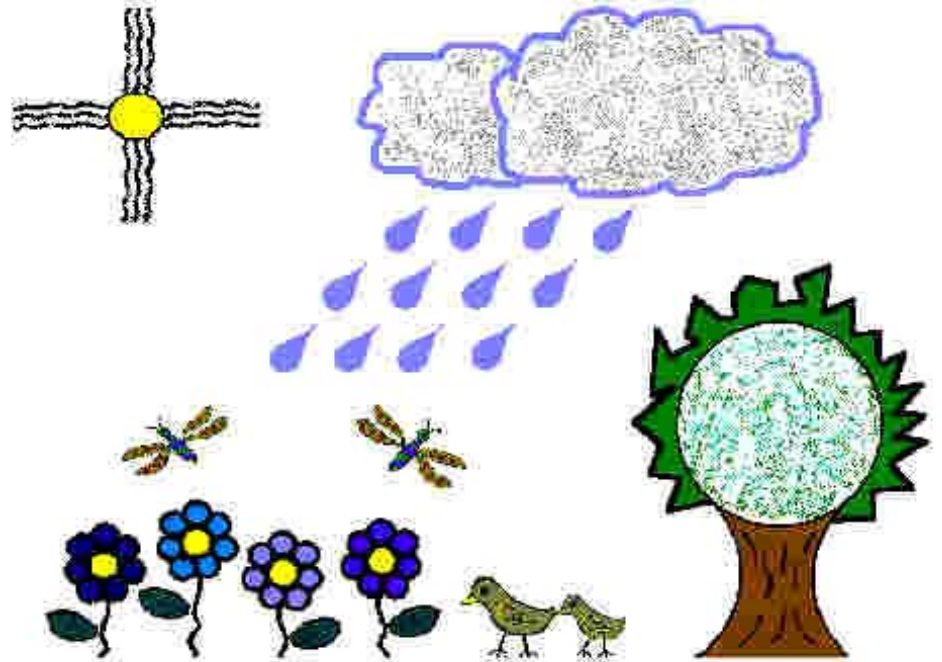
- Over time, HCV commonly progresses to fibrosis (scarring). Among the healthy inflamed liver cells strands of scar tissue develop. If your liver biopsy shows significant fibrosis, it usually means you have been infected with HCV for 10 years or more.

# Progression Elder Stage



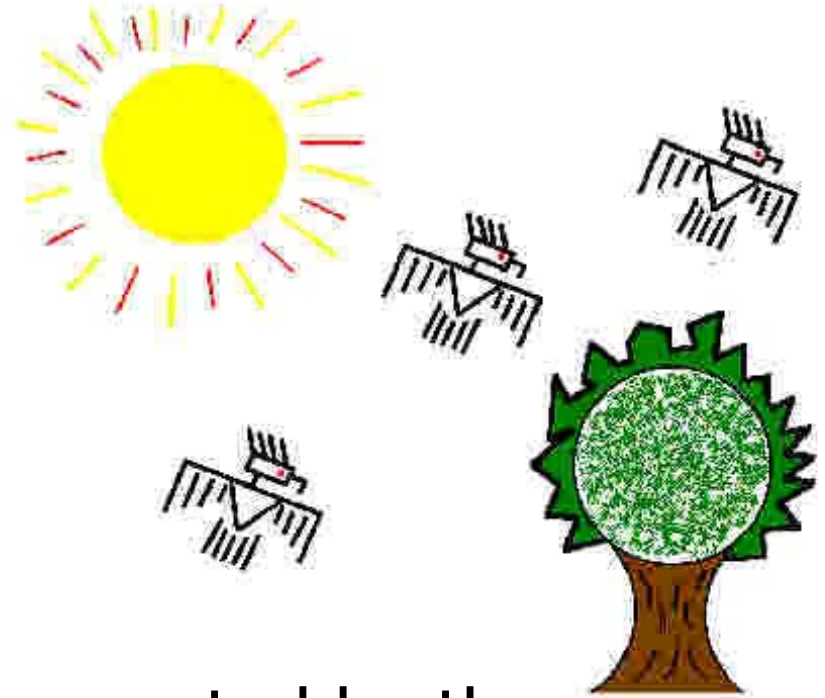
- When fibrosis increases, cirrhosis begins to appear. Cirrhosis affects how blood flows in and out of the liver. Liver failure occurs at the end stages of chronic liver disease.

# Color Child Stage



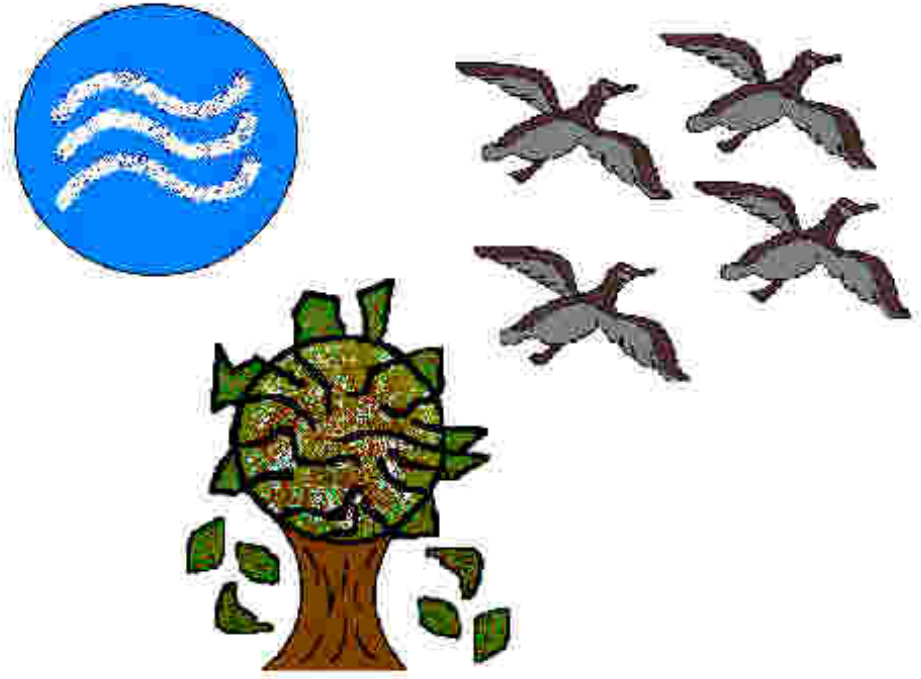
- Yellow represents birth, a new beginning. Here is where you could have contracted HCV through a blood transfusion (before 1992), unsafe sex or tattooing, sharing needles, blood brother rituals, or other blood to blood contact.

# Color Youth Stage



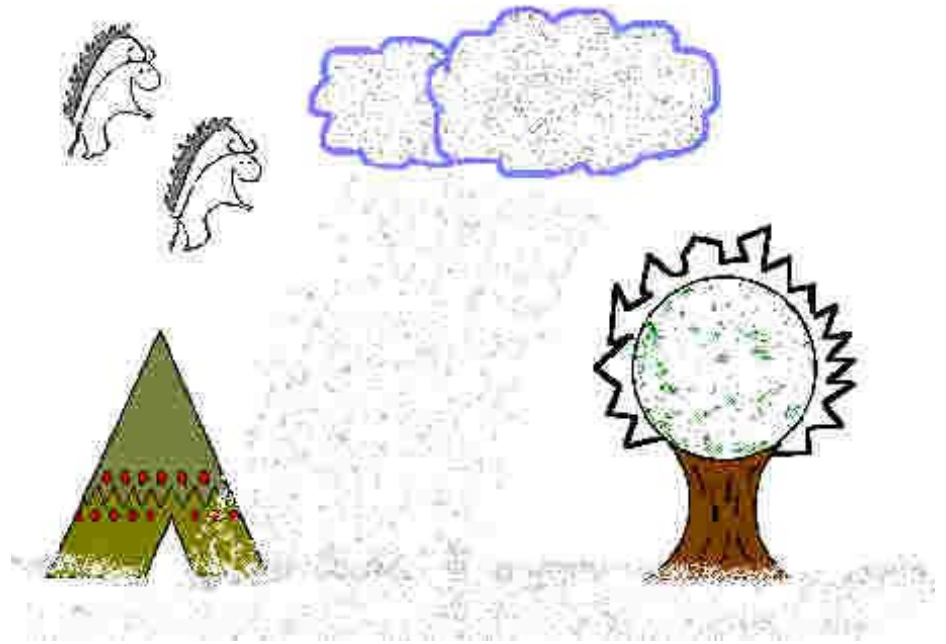
- The youth stage is represented by the color sky blue. This is where you need to start educating yourself on HCV and ways that will help to slow the progression of the virus. For example: reducing risky behaviors, knowing what to eat, exercise, etc.

# Color Adult Stage

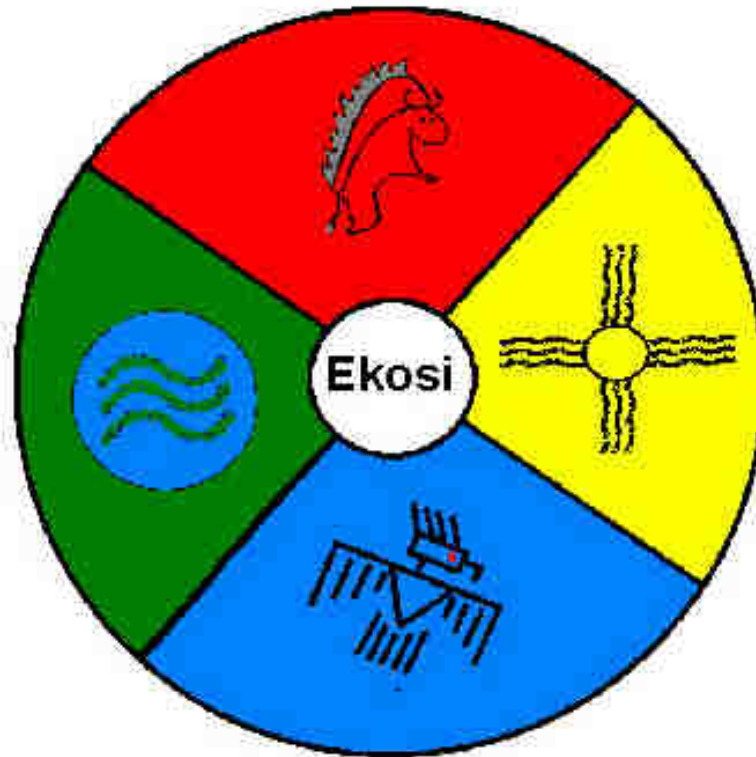


- Forest Green represents mother earth and the plant world. It also represents hope, knowledge and acceptance of a diagnosis of HCV. Here is where you will make decisions about medications and treatment.

# Color Elder Stage



- Red represents the blood. Our life source. Protect your blood – It is the river of the body!



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