

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

August-Sept  
2011

An Exit International publication • [www.exitinternational.net](http://www.exitinternational.net)

## TGA APPROVED NEMBUTAL?

### EXIT TO RUN TEST CASE ON LAWFUL IMPORTATION OF EOL DRUGS

*With an increasing number of terminally ill patients contacting Exit for information about their end-of-life choices, Exit Director Dr Philip Nitschke has taken the extraordinary step of facilitating an application for the lawful importation of Nembutal to be potentially used as a sleeping medication.*

At the beginning of August, Exit International began work on a process known as the 'special access scheme' administered by the Therapeutic Goods Administration (TGA). This process enables medical professionals to apply for the lawful importation

of drugs hitherto unavailable for prescription in Australia.

Criticised by the President of Palliative Care Australia as having 'no good clinical reason', Dr Nitschke maintains that simply having the drug in their possession will enable the patients to live longer and happier lives with far lower rates of stress.

'It may be a paradox, but anecdotal evidence shows that simply knowing one has access to this powerful drug leads to a greater likelihood of terminally ill patients dying naturally of their disease, rather than by their

own hand' said Dr Nitschke from Adelaide. 'Of course while the patients will need to sign statutory declarations confirming that the drug will not be misused by them, I don't see this as a problem given the comfort the mere presence of the drug is likely to bring.'

In Sydney, Dr Nitschke is working with another GP on behalf of a man with motor neurone disease. In other cities, patients who have requested applications be submitted for them have MND as well as a range of cancers. All are terminally ill.

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Watch the 7 TV News Report (1 August) of Exit's plans to run a test case for TGA approval to lawfully import sodium pentobarbital (Nembutal) at: <http://yhoo.it/p7d3ZZ>

## **REPORT FROM INDIA**

On 6-8 August, Exit was very pleased to travel to India to take part in that country's first planning and strategy conference on the legalisation of voluntary euthanasia and advanced health planning.

Hosted by the Indian Medical Association (which represents around 200,000 GPs) and the Delhi University College of Medical Sciences, the International Workshop hosted speakers from the US, Australia and Indonesia as well as GPs and specialists from each of India's 28 states and seven territories.

The Workshop was held at the International Conference Centre in New Delhi. On the first morning of the conference, Exit Director Dr Philip Nitschke was one of three keynote speakers to address the plenary session. Philip spoke of the Northern Territory experience and gave a global overview of the legalisation of VE and Assisted Suicide since that time.

The steering committee of the meeting is now engaged in producing a number of academic papers to serve as policy positions both for formal publication and for delivery to Indian parliamentarians. Exit looks forward to a return trip in 2012 when Exit India will be launched. The aims and objectives of Exit India will focus upon advocacy for the introduction of laws concerning medical treatment and end-of-life care options.

Exit would like to thank Dr Ashish Goel for his warm welcome and organisation of the conference.



*Final year medical students at Delhi University participating in Q&A following Dr Nitschke's address on Monday 8 August.*



*Dr Nitschke receiving a plaque of appreciation from the Principal of the Delhi University College of Medical Sciences, Professor OP Kalra.*



*A working group examining the cessation of medical treatment in the context of the VE debate.*



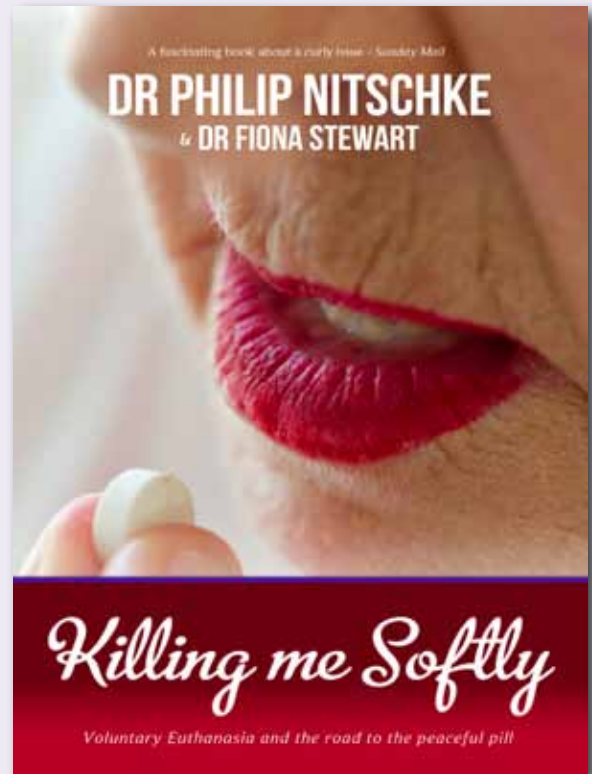
*Philip participating in the working group on the legalisation of VE. Five groups examined a range of VE issues.*

## DONATE A BOOK FOR EXIT LET'S EDUCATE THE NATION

This month sees Exit launch our first-ever 'donate a book' campaign aimed at stocking public libraries everywhere with Philip Nitschke's first book, *Killing Me Softly: Voluntary Euthanasia and the Road to the Peaceful Pill* (published first in 2005 by Penguin and republished this year by Exit International US).

*Killing Me Softly* provides an in-depth analysis of the VE/ Assisted Suicide debate, predicting the shape of things to come as the population ages and as an increasing number of 80-somethings desire control and dignity over how they die, regardless of whether or not they have a terminal illness.

**A one-off donation of AUD\$45 will allow Exit to provide a local library of your choice with a copy of *Killing Me Softly*. The book will be mailed by Exit to the library with the option of an 'ex Libris' (bookplate) to signify donor.**



*Exit's bookdrive aims to get KMS into every public library*

## TO DONATE A LIBRARY BOOK

Complete the donation form on page 8 of *Deliverance*. You will receive a letter & receipt acknowledging your donation, as well as confirmation from your nominated library.

## 4 AFP VISIT EXIT MEMBER

At around 7.30pm on Wednesday 24 August, one unfortunate Exit Member in Melbourne opened his front door to find a 4-man squad of Australian Federal Police officers, armed with a search warrant wishing to enter and search his house. In their usual heavy-handed manner, the AFP officers alleged to the Exit Member that he had attempted to import Chinese Nembutal.

Exit wants to take this opportunity to remind members, **not to say anything to police** should they ever arrive on your doorstep. Nor should you volunteer to 'come

down the station' for a friendly chat. Remember nothing you say is 'off the record', despite what the police may tell you. **Finally, never submit to a police interview without a lawyer present.**



Exit will report more on this Member's situation as it comes to hand. Melbourne solicitor, Tony Hargreaves, has prepared advice for Exit members at: <http://www.exitinternational.net/documents/TonyHargreaveslegal.pdf>

## TRINITY COLLEGE DUBLIN DEBATE - 17 NOV

ON 17 November, Philip will take part in his first debate at the University Philosophical Society at Trinity College Dublin. He will be joined on the affirmative team by Sir Terry Pratchett and Exit Europe's Tom Curran.

'The Phil' as the Society is known is the world's oldest debating society, dating back to 1683 and counts John B. Yeats, Bram Stoker and Oscar Wilde as alumni. Based on London's Royal Society, The Phil was 'intended as an intellectual playground, a place where members could 'discourse of philosophy, mathematics, and other polite literature'.

On the opposition team for this 328th Session will be Professor Maureen Junker-Kenny, Trinity Professor of Theology and Dr Kevin Fitzpatrick, of the disability advocacy group, Not Dead Yet.

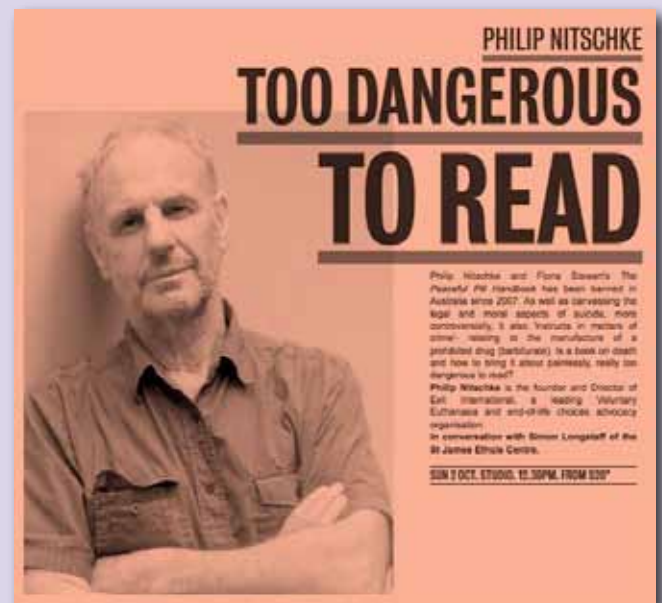
The debate topic will be 'This House Would Facilitate Assisted Suicide for All Adults'. The debate will be held at 7.30pm in the The Chamber of the Graduates Memorial Building (1904) at Trinity College Dublin.



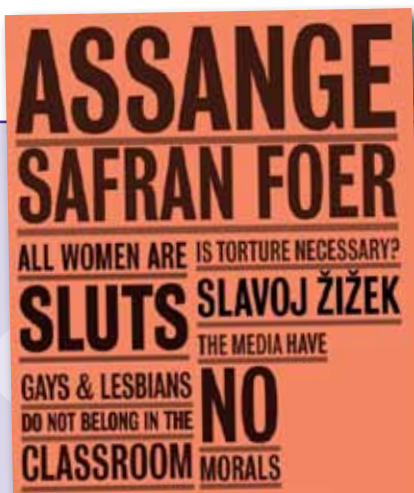
## FESTIVAL OF DANGEROUS IDEAS

AS THE author of the only currently banned book in Australia, on Sunday 2 October Dr Nitschke will join Dr Simon Longstaff of St James Ethics Centre to discuss why *The Peaceful Pill Handbook* has been deemed 'too dangerous to read'.

The session will be held at 12.30pm in the Studio at the Sydney Opera House. Tickets are \$20 and available from the Box Office on 02 9250 7777 or online at: <http://bit.ly/o201Lj>



*Sydney Opera House - 2 Oct*



*The Festival of Dangerous Ideas*

**EXIT MEMBERS ARE ASKED TO BRING THEIR COPY OF THE PEACEFUL PILL HANDBOOK ALONG ON THE DAY FOR A GROUP PHOTO WITH PHILIP AT 2PM ON THE OPERA HOUSE STEPS.**

## SUICIDE COUPLES

WITH another couple deciding to exit together, and only one of them seriously ill, my forthcoming guest editorial in the *Australian and New Zealand Journal of Psychiatry* seems particularly timely. Nelson couple Desmond and Elizabeth Jackson (Bob and Betty) were already in their 80s when they joined Exit in 2008. Their specific goal was to equip themselves with the knowledge of how to die peacefully and with dignity, at a time of their choosing. In this respect they succeeded.

Their deaths come on top of NZ Prime Minister John Key's announcement early in July that he intends to re-examine the need for the introduction of VE legislation in that country. Yet while the trend of a lawful joint suicide by a couple where only one (or neither) of the pair is terminally ill is noticeable, these suicides do not benefit from the introduction of VE laws. This is because no law is broken, especially if the deaths do not involve the unlawful importation of Nembutal (as the Jackson's did not). Secondly, even if a VE law were in place, no law anywhere in the world allows for a well partner to receive help to die, even if their terminally ill husband or wife does qualify for lawful assistance.

I examine this quandary in depth in the *ANZJP* editorial.

## THREE MORE PATIENTS JOIN TGA LIST

SINCE Exit's announcement of using the TGA scheme to potentially lawfully import Nembutal, three more terminally ill patients have approached Exit asking to be included with the original six people.

## NITROGEN UPDATE

EXIT is pleased to announce this month that we have been able to source a suitable, compact Nitrogen regulator and cylinders in several key countries. Details will be provided in the October edition of *Deliverance*. This development is particularly important given recent calls by the NZ Coroner, Ian Smith, to have helium cylinders adulterated with oxygen

(rendering them unsuitable for hypoxia) following the tragic death of a 22-year-old university student.

## FOLLOW ME ON TWITTER BY PHONE

INCREASINGLY, I am using Twitter SMS to notify members about interesting events we are involved with and/or forthcoming media. The immediacy of Twitter means that you never miss an announcement & you don't need a Twitter account. To get my Tweets by mobile/ cell phone (approx 2-3 times each week), here is what you need to do:

Send the message: FOLLOW philipnitschke

In *Australia*, send an SMS to: 0198089488 (Telstra).

In the *UK*, send an SMS to: 86444 (Vodafone, Orange, 3 & O2 customers).

In *New Zealand*, 8987 (Vodafone & Telecom NZ)

In the *US*, send an SMS to: 40404 (all networks).

If you are a customer of an alternative network or in another country, visit Twitter at: <http://bit.ly/ouZKaG> for specific, easy-to-follow instructions.

## BETRAYAL BY PALLIATIVE CARE

PALLIATIVE CARE is a discipline of medicine which prides itself on compassion. This is why the recent decision of palliative care at Port Augusta Hospital in South Australia to call in the police following the death of Ken Packer from oesophageal cancer at home last week is so despicable. At precisely the moment when his wife Debbie was deep in grief at losing her life partner, local detectives arrived at her home quizzing her about why she had phoned me less than an hour before Ken died. Debbie phoned me on that and other mornings for moral and emotional support in the face of awful circumstances. Dying at home can be very difficult and even traumatic for carers. Ken wanted to die at home and Debbie moved heaven and earth to make it happen. She did not deserve police harassment at this most vulnerable time. The palliative care staff would be better placed on improving their care than on the watch for the world's greatest crime. Read the story at: <http://bit.ly/qe1bzy>

## NOVEMBER 2011 UK TOUR

Dates are now confirmed for Exit's final UK tour for 2011. Public meetings are open to all. Exit Seminars are open to Exit members and others aged 50 years or over and of sound mind.



**Seminars** - Free for Exit members  
- £40 others  
- £25 PPeH subscribers

**Exit Membership** - £62 per annum

### London

Saturday 12 November, 2.15 - 6pm  
Dragon Hall, 17 Stukeley St, WC2B 5LT

### Eastbourne

Monday 14 November, 10am - 2pm  
Riviera Hotel, 26 Marine Pde, Eastbourne

### Edinburgh

Saturday 19 November, 2.15 - 6pm  
St Marks Artspace, 7 Castle Tce, EH1 2DP

### York

Monday 21 November, 11am - 3pm  
The Priory St Ctr, 15 Priority St, YO1 6ET

*To book, complete the registration & return to Exit Europe or call +44 (0)2071-931-557 or email: [contact@exitinternational.net](mailto:contact@exitinternational.net)*

## AUSTRALIAN SEMINARS

Exit will be holding four final Australian workshops for 2011.



**Seminars** - Free for Exit members  
- \$82.50 (inc \$7.50 gst) others  
- \$44 (inc \$4 gst) PPeH subscribers

**Exit Membership** - \$110 (inc \$10 gst) per annum

**Gold Coast**, Sat 5th Nov, 1-5pm, Carrara Community Ctr

**Adelaide**, Wed 7th Dec, 1-5pm, Burnside Community Ctr

**Katoomba**, Tues 13th Dec, 10.30-2.30pm, Masonic Hall

**Newcastle**, Fri 16th Dec, 9am-1pm, Trades Hall, King St

*To book, complete the registration & return to Exit or call 1300-10-3948 (EXIT) or email [contact@exitinternational.net](mailto:contact@exitinternational.net)*

## GERMAN LANGUAGE EDITION OF PPH

Exit is excited to announce that the German-language edition of the *Peaceful Pill Handbook* will be launched in Zurich in November.

Long-overdue, '*Das Friedliche Pille Handbuch*' (working title) is Exit's first venture into publishing in a language other than English.

The German edition is a welcome addition as it will satisfy the many requests received by Exit over the years for multiple language editions.

With the translation of *Das Handbuch* now complete and the German edition of the online *eHandbook* close behind, Exit expects both books will be available by year's end.



Details of the November launch will follow in the October edition of *Deliverance*.

## NZ COUPLE IN SUICIDE PACT

Elderly Exit members Bob and Betty Jackson made national news in New Zealand last month when they were found at home, having died peacefully together after successfully using the helium approach.

Well known Quakers in the Nelson community, Exit's Nelson spokesman, Christopher Vine, told the *Nelson Mail* that they were a 'very devoted [couple], and just felt the life of one without the other wasn't worth it'.

In a similar situation to Don & Iris Flounders, only Betty was ill at the time of death. However Bob had decided that he would rather not live on without her. The couple had originally emigrated to NZ from the UK in the 1950s. Read their story at: <http://bit.ly/nMIEV1>

## NITSCHKE TALKS - 6 WORKSHOPS; 4 DEBATES & MEDIA

Over the past two months, Exit has set a blistering pace with Dr Philip Nitschke delivering six workshops on Australia's east coast, participating in four public debates as well as undertaking a trip to the sub-continent.

During this time, workshops have been held in: Melbourne, Bendigo, Gosford, Wollongong, Sydney and Townsville. Workshops planned for Coffs Harbour and the Gold Coast were cancelled due to illness.

Of the four debates to involve Exit, it was the conference of the Australian Nurses Federation in Adelaide which was the highlight. While Exit always knew Philip enjoyed strong support from the nursing profession, no one expected the rock star welcome he received when he stood up to speak.

On the affirmative side for this debate were the South Australian Greens MP, Mark Parnell and nurse educator / academic Sandy Bradley. While Exit's relationship with the Family First political party has never been friendly, Philip was impressed by the intellectual generosity of SA Family First MP Dennis Hood who approached Philip after the debate saying 'you won that one fair and square'. In politics, such magnanimity can be hard to find.

Other debates included a one-on-one debate with palliative care specialist Dr Megan Hicks at the Australian Medical Students National Conference at Darling Harbour in Sydney; another at the University of NSW which was co-hosted by the University's Debating Society and the Law Students Society. On this team, Philip was joined by Exit member Dr Sarah Edelman (representing the VE society of NSW). The final debate took place in Launceston at the University of Tasmania

where Dr Nitschke was joined by Mrs Nica Cordover (widow of Robert whose story was appeared in *Deliverance* in June 2009) & Mr Neil Francis representing the Victorian DWDV. An interview with Philip is available at: <http://bit.ly/nRjpw>



*Philip Nitschke as photographed by The Examiner in Launceston on Thursday 4 August 2011*



*Dr Nitschke summing up the affirmative's argument watched by members of the opposing team, GP Dr Frank Madill & pro-life proponent, Mr Paul Russell.*



## AND YOU HEARD CHINESE NEMBUTAL DOESN'T WORK ...

THIS MONTH Exit was heartened by a particularly poignant incident involving Exit members. A dying father requests a move to a private room in his palliative care hospice. Meanwhile at his father's request his son obtains Chinese powder in the mail. The son gives it to his mother. His mother - the dying man's wife - mixes the Nembutal in water for her husband. He drinks it down and is asleep in minutes. His wife leaves the hospice quietly. Two hours later staff ring to say her husband died peacefully in his sleep. He is cremated a few days later.

## EXIT INTERNATIONAL STORE (US)

Mail Order: Box 4250 Bellingham WA 98227 USA Fax 1-360-844-1501 Phone: 1-248-809-4435



Print Edition (Oct 2010) - **The Peaceful Pill Handbook** (ONLY available from Exit US)  
Within US: US\$30 (includes shipping)  
Rest of World : US\$40 (includes shipping)



**Killing Me Softly (2nd Edition)**  
Within US: US\$30 (includes shipping)  
VE & the **Road to the Peaceful Pill**  
rest of world : US\$40 (includes shipping)

## EXIT INTERNATIONAL ONLINE STORE - WWW.PEACEFULPILL.COM



**Exit Drug Test Kit**  
Price: Australia US\$65 (incl GST \$5) Rest of World: US\$80 (includes shipping)



**Exit Gas Flow Controls + Plumbers Tape + Plastic Tube**  
Price: Australia US\$65 (incl GST \$5) Rest of World: US\$80 (includes shipping)



**The Peaceful Pill eHandbook (online edition)**  
Price: US\$75 (incl 24 months of updates)  
**INSTANT ACCESS - UPDATED MONTHLY**



**Mademoiselle & the Doctor (She didn't want to turn 80)**  
Price: AUD\$40 (incl GST \$3.50) (includes shipping globally)



**Exit Pressure Gauge** - US\$60 (globally) (includes shipping globally)

## Join Exit International or Donate KMS to your Local Library

- I wish to join/ rejoin/ donate to Exit International  
(12 Months: Aust - AUD\$110 inc GST \$10; US/Canada US\$100; UK/ Irel £62/ €73) Life membership - \$1000
- Please send me the paperwork to consider Exit International in my Will
- I wish to donate a copy of Killing Me Softly to \_\_\_\_\_ public library - \$45 (inc postage) Please include/ DO NOT include an 'Ex Libris' bookplate with my name as donor.

First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Address \_\_\_\_\_  
Post/Zipcode \_\_\_\_\_ Country \_\_\_\_\_  
eMail @ \_\_\_\_\_  
Phone \_\_\_\_\_

I am paying \$ \_\_\_\_\_ for \_\_\_\_\_  
Payment Options: Visa /Mastercard \_\_\_\_\_  
Credit Card No \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_  
Expiry Date \_\_\_\_\_ / \_\_\_\_\_



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