

e-Deliverance

A Peaceful Death is Everybody's Right

September

Exit International

2006

World Federation Conference Special Edition Newsletter

Exit International is Australia's national Dying with Dignity organisation. With dual headquarters in Darwin, Australia and Wellington, New Zealand, Exit has recently established Exit International US in San Francisco (contact details - see last page of this newsletter).

At the 16th Biennial conference of the World Federation of Right to Die Societies at the Sheraton Centre in Toronto, Exit Director Dr Philip Nitschke will be speaking on the role of Internet Censorship in end of life choices (12.30 Saturday). With Derek Humphry, he is also the co-convenor of the NuTech conference which is taking place on 8am - 4pm Sunday 10 September.

On Saturday 8am, Exit International is delighted to announce the launch of the ground-breaking *Peaceful Pill Handbook* (Churchill Room). Everyone is welcome!

Exit R&D Launches in Nth America

For those who may not be aware, the Exit International Peanut Project launched in October 2005. The Peanut Project is the name given to plan of a group of approximately 20 elderly and seriously ill Exit supporters who came together to synthesis their own barbiturate- based Peaceful Pill.

Fed up with waiting for politicians to pass dying with dignity laws, and wanting to move beyond the elaborate equipment and devices required by Helium and Carbon Monoxide options, the Peanut Project group set out to create a Peaceful Pill that could be stored easily for long periods, then taken as a tablet or drink at a time of the person's choosing.



The initial focus in the development process was on the barbiturate class of drugs, as it is these substances that are utilised in countries where Voluntary Euthanasia/ Assisted Suicide is legal.

With Phase 1 now complete, Phase 2 involves the establishment of professional testing facilities. While the simple tests carried out on the first of the synthesised barbiturates (melting point, density etc) are acceptable, they are not ideal. Elderly and seriously ill people want 100% certainty. Yet with commercial assay services costing ~ \$400 per specimen analysed (not to mention the possible legal difficulties with commercial operators needing to report possible 'illegal activity'), the challenge now is to create in-house assay facilities.



Gas Chromatography/Mass Spectroscopy equipment sought by Exit Research

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Book Launch

The Peaceful Pill Handbook

Please join us for this special event

Dr Philip Nitschke's new *Peaceful Pill Handbook* will be launched by

Derek Humphry (*Final Exit*)

Churchill Room - Sheraton Centre Toronto

8am Saturday 9 September 2006

Everyone Welcome!

About The Peaceful Pill Handbook

In the *Peaceful Pill Handbook* Dr Philip Nitschke draws upon the latest scientific research on end of life choices to share a range of practical and useful strategies that everyone can understand.

By applying Exit's 'Reliability - Peacefulness (RP) Test' to each approach, *The Peaceful Pill Handbook* enables readers to compare for themselves the benefits of various options such as Nembutal from Mexico, Helium and the Exit Bag, prescription drugs, carbon monoxide, cyanide and, of course, the DIY 'Peaceful Pill.'



This unique practical focus serves not only to prevent unnecessary and unwanted mistakes and harm, but upholds people's right to make informed choices in this most sensitive issue.

To ensure that readers know fully where they stand and that responsibility for actions can be taken, *The Peaceful Pill Handbook* also provides a thorough outline of the legal aspects of various approaches. The over-arching paradigm of the book is to ensure the seriously ill and the elderly maintain their respect, dignity and sense of control in EOL decision-making.

Cont P. 1 Exit R&D Launches in Nth America

Exit International is seeking support for the estimated \$30,000 needed to acquire gas chromatography/mass spectroscopy equipment. This equipment will be invaluable in a) assessing the substance produced by the Peanut Project, b) establishing the viability of out-of-date barbiturate drugs, c) assisting Exit's scientists to examine the efficacy of possible natural plant and animal sources for future Peacefull Pill options. The equipment will be housed by Exit International US and based in Nth America. Exit expects to be able to loan the equipment to other research organisations.

Anyone wishing to discuss this project should contact Exit Director Dr Philip Nitschke via the Exit table at the Conference.

Handbook Contents

1. End of Life Considerations
2. Suicide and the Law
3. The Peaceful Pill
4. The Exit RP Test
5. Hypoxic Death & Exit Bag
6. Carbon Monoxide
7. Cyanide
8. Introduction to Drugs
9. Drug Options: Morphine
10. Drug Options: Propoxyphene
11. Drug Options: Nembutal
12. The Peanut Project
13. Overseas Options
14. After it's All Over
15. Concluding Comments

Exit Peanut Project yields exciting results

Phase 1 of the Exit International Peanut Project has produced preliminary results which are extremely encouraging. After almost a year of trials, the Project has now produced a sample of mixed barbiturate. This sample has been synthesised and the crystalline form separated and purified. The equipment needed and the process employed have undergone continual simplification in the months since the group of elderly Exit members gathered in rural Australia to undertake the first Peanut experiment.



Petrie dish with synthesised mixed barbiturate

(See <http://bulletin.ninemsn.com.au/bulletin/site/articleIDs/157CD441095812F4CA2570AA00831608>)

While the relative ratio of the component barbiturates is yet to be determined, specimens have already been sent for analysis with Gas Chromatography/Mass Spectroscopy in Adelaide, South Australia. These results will be available mid September.

The main component of the sample is amylobarbitone. However, up to 25% of the total weight could be psychoactive “contaminants”, one of which is Veronal. It is to be stressed that the presence of these contaminants in no way detracts from the usefulness of the product. The resulting mixture is likely to be a *more effective* agent in providing a peaceful death than a pure sample of amylobarbitone.

The simplification of the necessary equipment and the techniques used ensures that this process is much more accessible to elderly and seriously ill people who are seeking real choice at the end of life.

A spin-off from this R&D is the development of a process that modifies liquid barbiturates so that they can be stored as solids, almost indefinitely without fear of degradation. It will therefore be no longer necessary to transport these substances as liquids.

DIY Helium Flow-kit on Display

In keeping with Exit’s philosophy of empowering the individual, Exit researcher John Edge has developed a simple tool that can be used by most people to make their own Helium flow kit.

For some time now, flow control has been seen as providing a useful benefit for a person planning to make use of the traditional Exit bag and Helium gas. This is especially the case when a person does not have access to outside assistance.

The jet method of flow control developed by Exit has led to the creation of a customised fitting for the standard 420 litre Worthington helium tanks. This fitting is made by modifying the nylon coupling that comes with the tank. The positioning of a jet then restricts gas flow to ~15 litres/min for a full (220psi) cylinder.

This means that it is not necessary to use the cylinder tap to control the gas. The tank is simply switched on and gas flows at a useful rate for at least 20 minutes.



DIY Helium Gas Flow Control manufacturing

The tool developed by Exit that enables people to make their own flow control kit is shown in the photograph. The tool will be demonstrated by Exit researcher Elaine Arch-Rowe at the Sunday NuTech conference.

Contact Us

Exit International
PO Box 37781 Darwin NT 0821 Australia
Outside Aust 64-4-293-6965
Fax 61-2-8905-9249
contact@exitinternational.net

Donate to Exit

Exit relies on donations to fund its workshop,
private visits and R&D programs.
Bequest forms can be obtained from Exit.



Support Exit International

About Exit International

Exit International was established in 1996, shortly after the Australian parliament overturned the world's first dying with dignity legislation - The Rights of the Terminally Ill Act (Northern Territory). Founded by Dr Philip Nitschke, in the past decade Exit International has grown to become one of the world's foremost dying with dignity organisations.

With a focus upon DIY technologies, Exit conducts information and practical workshops in Australia, New Zealand (and commencing in 2007, North America) aimed at providing the elderly and seriously ill people with information and the skills to make their own end of life decisions, regardless of the law.

Exit International has dual headquarters in Darwin, Australia and Wellington, New Zealand.

Contact Details

First Name(s).....

Last Name.....

Address.....

.....Postcode.....

eMail

Telephone.....

Occupation.....

Date of Birth.....

Exit International

PO Box 37781
DARWIN NT 0821
Australia

Tel outside Aust + 64 4 293 6965

Fax + 61 2 8905 9249

Email contact@exitinternational.net

www.exitinternational.net

About Exit International US

Exit International US was established in 2006 as the new partner organisation of Exit International.

Headquartered in San Francisco California, Exit International US opened its doors with the publication of *The Peaceful Pill Handbook*. With Exit International's services in demand in many countries, Exit International US is already providing critical research and administrative support to its Australian counterpart.

In 2007, Exit International US is expected to take possession of Exit International's new R&D Gas Chromatography/Mass Spectroscopy equipment which will be made available to other North American research organisations.

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Exit International US

297 Kingsbury Suite D
PO Box 4470
Lake Tahoe NV 89449-4470
USA

Tel 415-320-9109

Fax 702-537-7006

Email info@exitinternationalus.com

www.peacefulpillhandbook.com