

SILENCE

MEDICAL BOARD STRIPS NITSCHKE OF FREE SPEECH

After four years of investigations and more than 12 politically-driven complaints against Philip Nitschke, the Medical Board of Australia, via a secret mediation agreement, has stripped Australia's foremost Voluntary Euthanasia activist of his right to talk about voluntary euthanasia/ assisted suicide to anyone, not only in Australia but around the world.

In what can best be characterised as a targeted, political campaign of character assassination, the Medical Board's 26 restrictions on Philip Nitschke's medical registration is clearly intended to signal the death knell of Philip's beloved Exit

International. At least that is what anti-choice, Christian groups and depression industry lobby groups are hoping for. That is why they complained to the Medical Board in the first place.

Don't like the views of Exit? Demolish the messenger.

The immediate upshot of the Medical Board's restrictions is that Philip has stepped down as Director of Exit International.

Of course, he will never step down as 'Founder' of Exit. How could he? Just like he can not de-author himself from the *Peaceful Pill Handbook*.

As much as you don't like the truth, it's still the truth. It is still fact. It is what it is. Philip is the author of *The Peaceful Pill Handbook* and that is that. The way in which he seeks to remove his name - as he has agreed he will - remains to be seen.

Of the other restrictions that the Medical Board has placed upon Philip there is the curious requirement that Philip no longer give Nembutal to members of Exit.

This allegation would be laughable were it not one of the very serious restrictions Philip now faces.

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Medical Board Blackout

SILENCE CONT

While one will ever know if Philip's legal team tried to have such fanciful accusations struck out, given the secrecy of the mediation process, it is ridiculous to suggest that Philip partakes in such illegality. This is especially since the whole *modus operandi* of Exit is that you prepare yourself, and don't involve others. This is your best protection from the law.

For the Medical Board to ban Philip from giving out Nembutal shows how little they understand - or care about - the organisation's philosophy or practices.

But perhaps they know this. Perhaps their real motive is to discrediting Philip and his life's work?

What better way to suggest Philip's reckless disregard for the law, than to suggest he dolls out Nembutal to Exit Members? Dirty politics indeed but should we be surprised?

The full list of Medical Board restrictions on Philip can read at: <http://www.exitinternational.net/docs/ConditionsMedBoard.pdf>

POOR LOSERS

Oh, and another bit of dirt. Do you remember the wonderful fundraising that the Exit community contributed to? Much of it via the *Gofundme.com* website?

Well the Medical Board got hold of that too. Despite the Supreme Court ordering that the Medical Board pay Philip's legal costs - they acted illegally which means they lost - well, the Board fought that all the way too.

And, then, when they finally did deign to obey the Supreme Court direction and cough up, they used the amount listed on the *Gofundme* site as justification for what they should pay, and not one cent more.

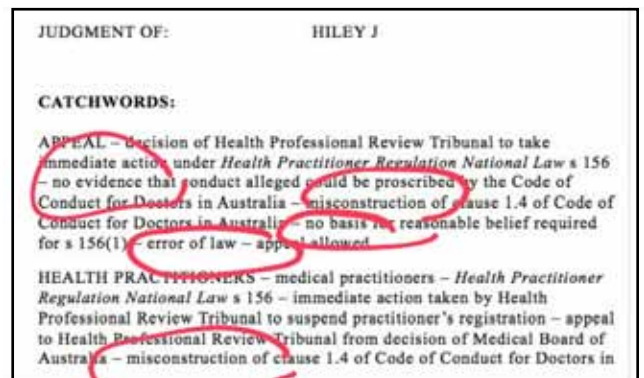
Their secondary goal was thus clear.

They might have embarrassed themselves by losing in Court, but with their unfettered access to Australian tax payers \$\$ to ram home their message, the Board's actions seemed designed to financially bankrupt Philip as well.

The Medical Board are poor and ungracious losers. They are a disgrace to Australia's rule of law and democracy.



Philip & Henny Penny, with Philip's stunning reviews on his comedy debut at Ed Fringe 15: 'Dicing with Dr Death'



How the Medical Board got it so wrong!



Against the odds, Philip is still smiling ...

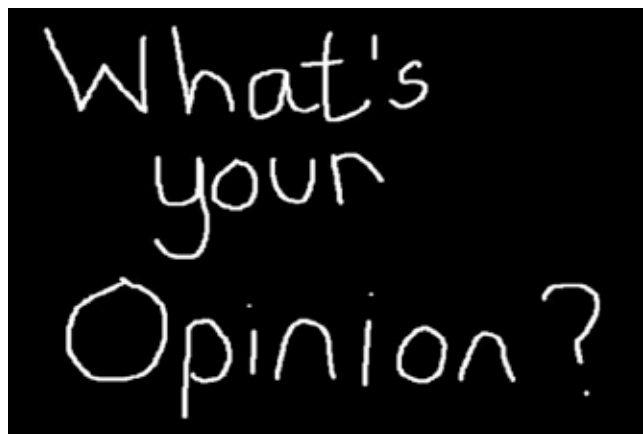
FUTURE OF EXIT SURVEY: CALLING ALL MEMBERS

It was with a gun to his head that in September 2015, Philip found himself voluntarily agreeing to a ridiculous set of restrictions on his medical registration.

The alternative was to sell his home in Darwin to pay the lawyers upward of a million dollars to continue the legal fight in the courts. Philip has run out of money.

While consideration was given to fighting on, Philip reasoned that proving that the Medical Board wrong is an expensive business. He should not have had to go to the Supreme Court to ensure he was treated according to the law. The Medical Board should not be allowed to break the law and get away with it.

Be that as it may, should he have to go to court again just to get the Medical Board off his back? Enough is enough.



As one of the least materialistic doctors on the planet (something which can't be said about many other medics), Philip could have sold his home in Darwin and using these funds to fight on. But even this would not make it a fair fight. It is a tall order for the little person to take on the might of the State in the form of the Medical Board, with their multi-million dollar, government funded budget.

And so instead, Philip has called it quits with the Medical Board and agreed to the restrictions. But this was his decision. Now he wants to hear from you, the members of Exit. Of course, Philip is not currently allowed to speak to you. That is why Exit is asking you instead.

The Future of Exit Survey is now open to Exit members around the world. This is your opportunity to have your say about the future of your organisation.

YOU HAVE 2 OPTIONS:

- 1. Should Philip give up his medical registration and continue his pioneering work at Exit?**
- 2. Should Philip close Exit and keep his medical registration?**

Please note: Philip has not been employed as a doctor since 2007. Indeed, the main reason he kept his medical registration up to date was so he could officiate as the doctor at the boxing matches which were part of Darwin's Arafura Games held every two years.

As anyone close to Philip would know, his work with Exit over the past 20 years has been all-consuming. There has been no time for ordinary patients. Besides, his heart lies elsewhere.

And perhaps this is the irony. The Medical Board tried to de-register Philip, not because his actual practice of medicine was deficient. Their sole grounds was that they do not approve of his political views. They do not approve of Exit.

So, please come on and have your say at:

<http://www.exitinternational.net/survey>

The page is password protected for members-only.
The password is: *exitsurvey*

You will need to enter your name or Exit Member number to have your survey count.

The survey closes Friday 20 November 2015.

EXIT WORKSHOP TOUR: NOV - DEC 2015

Given the Medical Board of Australia's stipulation that Philip is no longer to hold Exit workshops, Exit is delighted to announce that its new Executive Director, Dr Fiona Stewart, has stepped into the role.

Exit is very pleased to announce the following dates for November and December 2015:

Darwin

2 - 4pm, Friday 27 November
Nightcliff Community Centre
26 Oleander St, Nightcliff

Brisbane

12 noon - 3pm, Wednesday 2 December
Kurilpa Hall
174 Boundary St, West End

Gold Coast

10am - 1pm, Thursday 3 December
Robina Community Centre
196 Robina Town Centre Dve, Robina

Sydney

1- 4pm, Sunday 6 December
Rex Centre
Macleay St, Potts Point
(Enter from Fitzroy Gardens)

Hobart

10am - 1pm, Monday 7 December (new time)
Elwick Room, Glenorchy Library
4 Terry St, Glenorchy

Adelaide

10am - 1pm, Thursday 10 December
Fullarton Community Centre
411 Fullarton Rd, Fullarton

Melbourne

1-4pm, Sunday 13 December
Venue: Sth Yarra Library, 340 Toorak Rd

Speaking about her new role as Workshop Conductor, Dr Stewart said:

'Exit workshops are the organisation's flagship program. While other groups have sought to copy our format, it is Exit Workshops that remain the most important forum for Members to answers to their questions about their end of life choices.

By far, our workshop program and new Book Club are the reasons that Exit exists. Getting accurate information about one's end of life choices is very hard. Contrary to the belief of the Medical Board, a population that lives in ignorance is not a healthy one. Rather, informed decision-making demands the best information available. That is what Exit provides its members.

Exit workshops are free for Exit members. Attendees must be aged 50 years or over, or by other arrangement. Photo ID may be required. Exit reserves the right to refuse entry.

To register, please call 1300 10 3948 (EXIT) or email: contact@exitinternational.net

** London Book Club launches at 11am, Tuesday 10 November @ Dragon Hall, WC2B 5LT*

*** New Zealand meetings will be held in early 2016*

**** Nth America Book Club launches in March 2016*



PHOTO: An Exit workshop in Sydney from December 2012

EXITORIAL

e-Deliverance

HELLO FROM FIONA

Welcome to my first Exitorial, penned as the new Executive Director of Exit International. I have stepped into this role because the Medical Board of Australia has banned Philip from fulfilling many of the tasks that come with this position. No doubt their real aim was to close Exit down permanently. We will not let them to do that! More about me can be found at:



[https://en.wikipedia.org/wiki/Fiona_Stewart_\(author\)](https://en.wikipedia.org/wiki/Fiona_Stewart_(author))

Below is a very short summary of the way in which Philip - my beloved husband - has been treated over the past 18 months. If you are asked, here are the points to be made:

- In July 2014 the Medical Board used emergency powers to suspend Philip's medical registration. This was undertaken in climate of moral panic and media sensation.
- In July 2015, the Supreme Court found the Medical Board had acted illegally in doing this. Philip's registration was immediately restored. Rather than getting the apology he deserved from the Medical Board, they filed another 12 complaints. This Medical Board will stop at nothing in their attack on Philip's reputation. They want to demolish his incredible leadership of the voluntary euthanasia movement in Australia and around the world over the past 20 years.
- In November 2015, a second hearing for the 12 complaints was scheduled. However, after raising hundreds of thousands of dollars to defend himself against the Medical Board's illegal activities, Philip decided he could ask Exit Members for no more. Quite simply, the bank was empty.
- In light of his poor financial state, Philip's only alternative was to enter 'mediation' and voluntarily accept the appalling conditions foisted on him by the Medical Board.

This month's Members Survey is your chance to determine what should happen next. Please use this opportunity to have your say.

35 LETTERS - NOW ON DVD

It is terrific news that the Winner of the 2014 Sydney Film Festival Documentary Competition, Janine Hosking, has made her beautiful film '35 Letters' available on DVD to the Exit community.

'35 Letters' is the poignant story of the life and death of former Exit Member, Melbourne writer, Angelique Flowers. Angelique was only 30 years old when she died from bowel cancer.

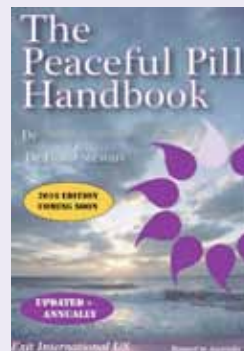


This is a stunning piece of film making. Angelique was clever, brave, beautiful. The DVD is available at the Exit Store at:

<http://exitinternationalstore.com/35-Letters-DVD-35-Letters.htm>

NOV 15 UPDATE - PEACEFUL PILL EHANDBOOK

The 2016-17 print edition of *The Peaceful Pill Handbook* is due to be published around Christmas, making it an ideal gift for friends and family.



I say this because one of the goals of Exit is encouraging open discussion about planning for the future, and this includes how one might end one's days.

It can be vitally important for family and friends to be aware of one's political beliefs and one's wishes.

Giving a copy of *The Peaceful Pill Handbook* is one way to get the conversation started. This is especially since over five chapters concern the philosophy of end of life choices, rather than the more practical information in between.

The next update to *The Peaceful Pill eHandbook* is due out later this month, jam-packed with news from Central & Sth America, Asia and the latest on the new Nembutal scammers on the Internet.

Dr Fiona Stewart

A LIFE WELL LIVED: A DEATH JOURNEY UNEXPECTED

Exit's Canberra Chapter Coordinator, Dr David Swanton, writes of the life and death of his beloved mum in The Canberra Times.

I am exasperated, devastated, and relieved. I've experienced these emotions during the recent death of my mother. She said, in one of her last phone calls to me, that 'I was told that it would be painless, and I'm so cranky'.

My mum, Bet to her friends, had pancreatic cancer. From her diagnosis in April until her death in September there were some bright moments, but we all knew there would ultimately be a downward slide. Even though she was told that her death by cancer would be made painless, she interpreted that as meaning that there would definitely be no pain or suffering, and was confident that would be the case. Unfortunately, she was wrong.

The Canberra Times

Her brother had recently died of the same disease, and had had significant surgical intervention. After medical advice, mum opted against major surgical intervention (though a couple of stents were inserted), chemotherapy or radiotherapy, not that those were really options for someone who was otherwise healthy, but was in her eighties and somewhat frail.

The reason I am exasperated, when mum was just cranky, is because my disposition is not as uplifting and indomitable as hers. Nobody's could be. She never once asked "why me", and she never complained about her situation. When we asked mum about her pain level, and hoping she had no more extreme pain flare-ups (a fact of life for many cancer patients, but she could not recall being forewarned), she would give a thumbs up, and try to manage a smile. She didn't want us to feel down.

Advertisement

She left a message in April to inform me of her diagnosis and said 'Darl, it's all OK, just calling to let you know I've got the results back and I've got pancreatic cancer. No need to call

back. Bysie Bye'. It is easy to be exasperated when a person of such wonderful spirit had expectations of a painless death that could not be met.

Her poor quality of life in the last months was not the fault of her palliative carers. Her doctors and nurses at her hospital were professional, compassionate, and according to mum, "excellent". All staff were committed and sensitive to the needs of patients in pain and suffering. However, more money is needed for the palliative care hospital system. Mum's needs have always been simple, but she couldn't use a phone or TV because, apparently, three quarters of the phones and televisions in the hospital didn't work.

We had to buy and teach her how to use a mobile phone in her last month (so she could call us as required). In the absence of a working TV that would have taken her mind off things, she existed to think, breathe and stare at a ceiling when we weren't there. We can do better for our terminally ill in contemporary Australia.

Perhaps it is now moot, but it is interesting to speculate what mum would have done if she knew that she would eventually have two episodes of excruciating breakthrough pain: one requiring dramatic ambulance attendance, and the other while in palliative care. As well as these pain events, there is also a lack of dignity associated with this disease. She was toiletted and showered, there was a cocktail of pills and suppositories, ongoing and frequent injections of painkillers and antiemetics, cannulas, little vomiting episodes, dryness, artificial saliva sprays (because drinking was nil or minimal), lack of appetite, nil food for the last week, emaciation, and gurgling respiratory infections. And that was in addition to the bowel blockage, the appearance of being six-months pregnant, the threat of possibly vomiting fecal matter, and knowledge that she would not be sedated so that scenario could never arise. And perhaps she should have buzzed the nurses every half an hour for extra pain relief, rather than waiting...

Until the last three days she still had a bit of spark. At that stage she indicated she would be happy to die then. She was then consumed by the disease, her optimism and vitality

A LIFE WELL LIVED: A DEATH JOURNEY UNEXPECTED CONT

overrun as she drifted in and out of light sleep, signaling the onset of the inevitable. There was lots of hand-holding, lots of support, and distress at the discomfort of our loved one.

After her many pain events (minor events though were well managed in palliative care) and suffering, she died in the company of a nurse, while her loving husband and I, her eldest son, were but ten minutes away from being with her. She would have preferred dying in the company of her loving family and relatives, and preferably at home. Who wouldn't? If she could have chosen her time of death, then the family could have been there for her. The extended family has been devastated.

Bet suffered more than I could or would wish to endure. I am a chapter co-ordinator for Dr Philip Nitschke's voluntary euthanasia organisation, Exit International. Exit members, mainly your average grandparents, have access to information that would allow them to, for example, procure drugs that lead to a peaceful death. Such processes are currently illegal in Australia, despite overwhelming public support. Nonetheless, thousands of Australians have procured and are procuring their illegal drugs, just so they have the option of dying before their pain and suffering becomes unbearable.

Many patients would benefit if increased funding were made available for the palliative care system, which is more likely if voluntary euthanasia were a legal option. If I were in my mum's position, I would have chosen, intentionally, to die earlier, rather than suffer as mum did. If mum had been better informed and had chosen that option, she would not have suffered as much.

Given the cost of doctors, nurses, medications, hospital beds, leave from work for visiting relatives and friends, there is a substantial cost to keep patients alive and in a relatively pain free state. This is a cost society chooses to bear, humanely, for those patients who wish to hang on to the natural end, such as my mum. We wouldn't want it any other way.

On the other hand, there are better opportunities for governments to expend scarce health budget funds rather than where they are not wanted, especially in these times of austerity. Many patients don't want excessive funds spent on them and would rather, if legal options were available, choose voluntary euthanasia rather than pain and suffering.

I want the option – I hope I will have the legal option – of voluntary euthanasia. Bet chose not to have euthanasia. Whatever her choice was, it was her individual choice about her life, and it needs to be respected, as everybody's choice should be. Bet is no longer suffering, and for that we are relieved. She had a great life. She loved and was well loved. She might have joked that mums are always right, but on her chosen end-of-life journey, I suspect even she would say it didn't meet expectations.

Dr Swanton is director of Ethical Rights and ACT chapter co-ordinator for Exit International.

The article was published 1 November 2015 & can be found online at: <http://bit.ly/20u3ASd>



The author, Dr David Swanton, at Exit's National Day of Shame in Canberra, March 2007

PEACEFULPILLSTORE.COM



THIS BOOK IS NOT BY PHILIP NITSCHKE

The Peaceful Pill Handbook (2014 edition)
Within US: US\$48 (includes shipping)
Rest of World : US\$45 (excludes shipping)



THIS BOOK IS NOT BY PHILIP NITSCHKE

The Peaceful Pill eHandbook
(Updated: 15 Sept 2015 online)
24 month subscription: US\$85
- Updated 6x year



Killing Me Softly: VE & the Road to the Peaceful Pill by Dr Philip Nitschke
Within US: US\$33 (includes shipping)
Rest of World : US\$48 (includes shipping)

EXITINTERNATIONALSTORE.COM



Exit He Gas Flow Controls (with Plumbers Tape + Tube)
Price: AUD \$200
(ships DHL express courier/ express mail)



Exit Drug Test Kit (Qualitative)
Price: AUD\$35 (incl shipping globally)



Max Bromson Quantitative Barbiturate Test Kit
Price: AUD \$275
(ships DHL express courier/ express mail)



THIS BOOK IS BY PHILIP NITSCHKE

Damned If I Do (autobiography) by Dr Philip Nitschke & Peter Corris
AUD \$45 (incl shipping globally)

Join Exit International

I wish to join/ rejoin/ donate to Exit International
(12 Months: Aust - AUD\$110 inc GST \$10; (couples \$165 inc GST \$15); US/Canada US\$100; UK/ Irel £62/ €73)
Life membership - \$1100 (inc GST \$100)

Please send me the paperwork to consider Exit International in my Will

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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