

Do you need medication for hepatitis?

MANY people wonder if they need medication for hepatitis B or hepatitis C.

FOR HEPATITIS C:

If you have been diagnosed with hepatitis C you will need medication. Treatment for hepatitis C is very easy and is usually only required for 8 or 12 weeks depending on the medication prescribed. Most people who have completed the treatment can be cured. The most important things to remember when taking the medication:

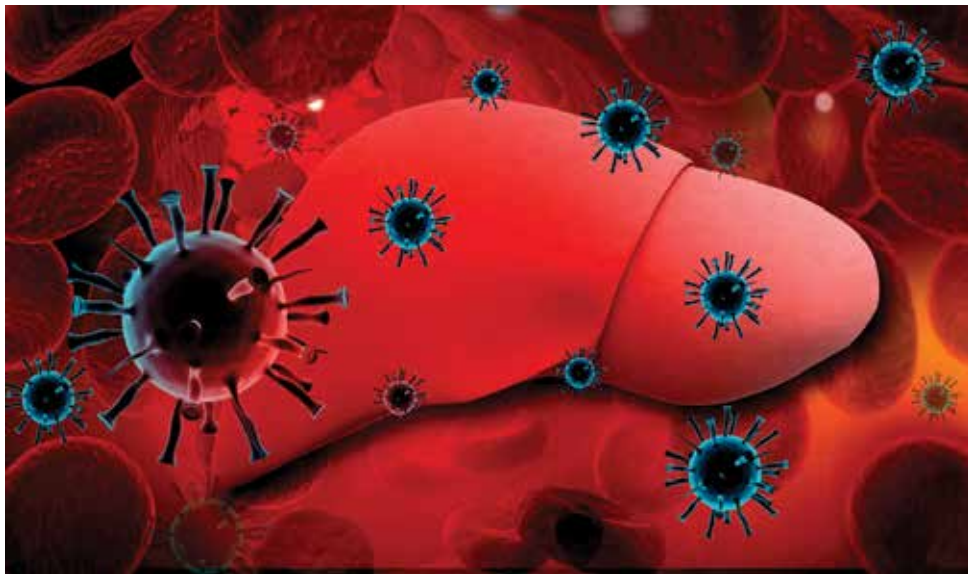
- You need to take the whole course for either the full 8 or 12 weeks.
- You need to take the prescribed medication every day and preferably at the same time every day – set an alarm on your phone to remind you to take.
- You will need to have a blood test after you have finished the medications to check that the virus has gone, and you are cured (at least after 4 weeks of completing the whole course).
- You can get re-infected so make sure you reduce the risk by avoiding any other

person's blood.

FOR HEPATITIS B:

Not all people with chronic hepatitis B need treatment. If your doctor prescribes treatment, it will generally be either entecavir or tenofovir. Important things to remember about taking these medicines:

- Don't stop once you have started – at this time these medications are usually needed to be taken for your whole lifetime. If you need to take during pregnancy your doctor will let you know when you can stop the medication.
- Take the medication at around the same time every day – set an alarm on your phone to remind you to take the medication.
- If taking entecavir you need to have an empty stomach - you must not eat 2 hours before and 2 hours after taking. Sometimes it is easier to take at bedtime and not eating for 2 hours before going to bed.
- Can generally be taken with other medications – ask your doctor if you are



not sure.

IMPORTANT INFORMATION:

If you forget a dose of the medication for hepatitis C, only take if it is within 18 hours of your last dose, otherwise just take as usual the next day. If you forget a dose of medication for hepatitis B you can take the missed

dose if it is the same day, otherwise wait to take your usual dose the next day. Do not double dose medication if you accidentally miss a dose. If you are prescribed medication for hepatitis, you should always tell the doctor if you are taking any other medications, this includes herbal medicines or supplements, over

the counter medicines, traditional medicines or if you are planning to take any of these. Some medication combinations can make people very unwell including medicines that do not need a doctor to prescribe.

For more information about hepatitis B, hepatitis C, please visit our webpage: www.eccq.com.au/bbv or contact us at health@eccq.com.au.

Phone: 07-3844 9166
If you live in Cairns, you can also contact:
Rhondda Lewis
Viral Hepatitis Health Coordinator
Phone: 07-4226 4769
Email: Rhondda.Lewis@health.qld.gov.au



Hepatitis, HIV/AIDS and Sexual Health Program Ethnic Communities Council of Queensland (ECCQ)

BATHROOM BEAUTY TREATMENT

(Splash! Splash! Relax and have fun in the bath)

Nimisha Modi
Hetvi Hair & Beauty
0412350013



BATHROOM Treatment is also very important beauty schedule, as well as a chance to cleanse your body, bath or shower time is perfect opportunity to pamper and polish your skin and indulge in some beauty treat. Try some of these effective body treat on a regular basis.

BODY LOTIONS AND OILS

Seal moisture into your skin with a lotion or oil, making it soft and smooth. Especially concentrate on dry areas, such as feet, elbows and knees. Oily and normal skins benefit from lotions, while cream and oil give moisture dry skins.

EXFOLIATING SCRUBS

Help combat the rough patches and blackheads that can appear on your skin by using a scrub. Use once or twice a week in the bath or shower, rinsing away the excess with clear warm water.

PUMICE STONE

These stones, made from very porous volcanic rock, work best if you lather up with soap before rubbing at dead skin areas of skin in circular motions. Don't rub too fiercely or else you'll make the rashes on the skin. A little but consistently is the best.

LOOFAHS AND BACK BRUSHES

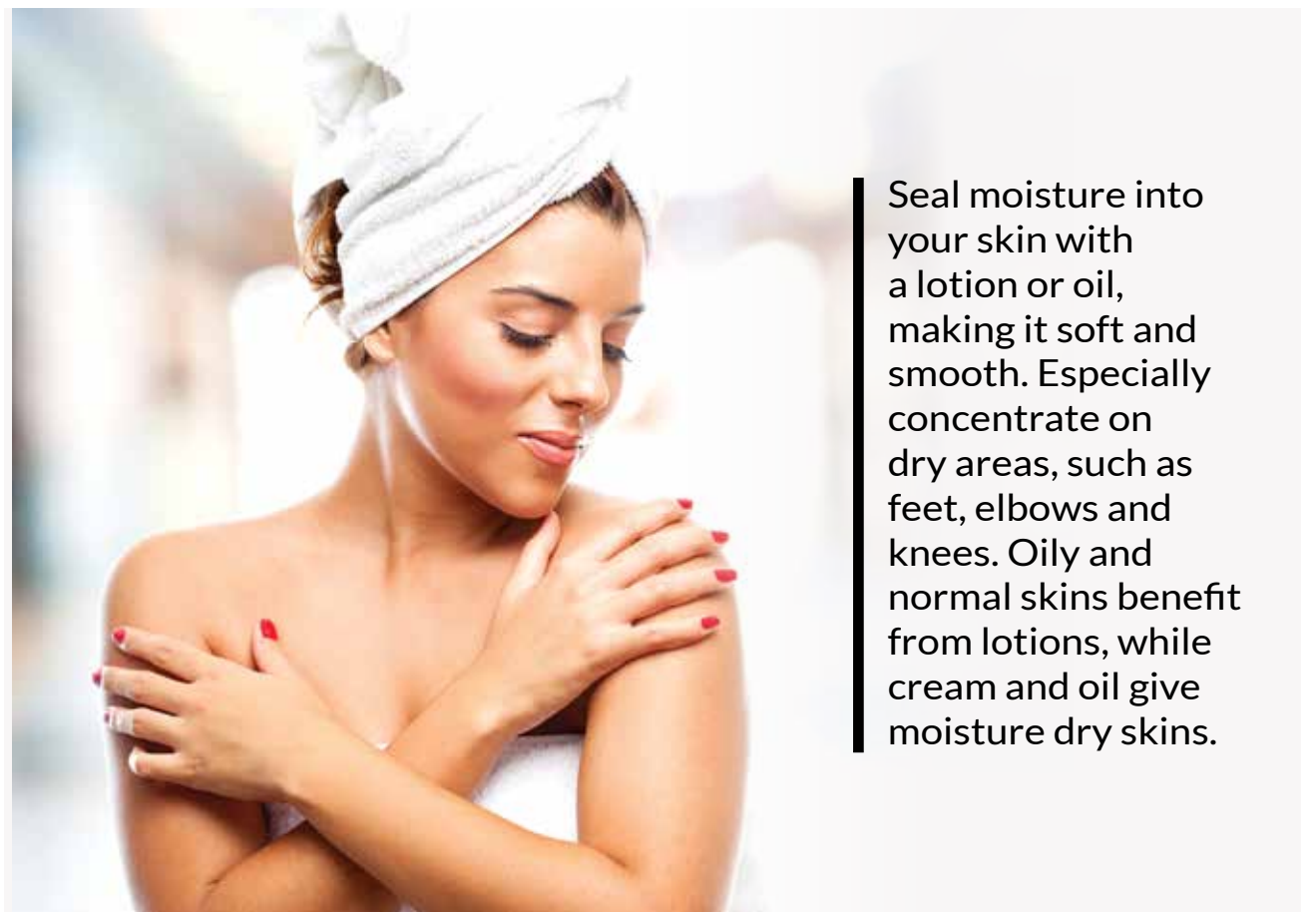
Back brushes or long loofahs are useful as exfoliators, and their length makes them great for scrubbing difficult to reach areas like the back. Loofahs are actually the pod of an Egyptian plant and need a bit of care if they're to last. Rinse and drain them thoroughly after use to stop them going black and mouldy. Avoid rinsing them in vinegar and lemon juice as this can be too harsh for these once living things. Back brushes are easier to care for; you simply rinse them in cool water after use and leave them to dry.

BATH TIME TREAT

Soaking in a warm bath has to be one of the most popular ways to relax. You can literally feel your cares disappear as you sink into the soothing water. However, you can also use bath time for a variety of other benefits and beauty boosters.

LEARNING TO RELAX

Turn bath time into an aromatherapy treat by adding relaxing essential oils such as chamomile and lavender to the water. just add a few drops once you have run the bath, then lie back, inhale the vapor and relax. Salts and bubble baths that contain sea minerals that also help to purify your skin and relaxing your body, too. Bath by candlelight and



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listen to relaxing music to make it even more of a treat. put on slice of cucumber as eye pads and relax for 15 minutes.

BE A NATURAL BEAUTY

You don't have to splash out on expensive bath additives- try making your own:

- Soothe irritated skin by adding a cup of cider vinegar to the running water.
- A cup of powdered milk

will soothe rough skin.

- Add a cupful of oatmeal or bran to cleanse, whiten and soothe your skin.

SLEEK SKIN

Smooth your body with body oil before getting into the bath. After soaking for 10 minutes, rub your skin with a soft washcloth- you will be amazed at how much dead skin you remove.

BOOSTING BENEFITS

If you pat yourself dry after a bath, it will help you to unwind, whereas briskly rubbing your skin with a towel will help to invigorate you.

SHOWER TIME TREATS

Shower are a wonderful opportunity to cleanse your body quickly, cheaply and to wake yourself up. Here are some of other benefits.

CIRCULATION BOOSTER

Switch on the cold water

before finishing your shower to help boost your circulation. Strangely, it will also make you feel warmer once you get out of the shower. It also works well if you concentrate the blasts of cold water on cellulite-prone areas, as this stimulates the sluggish circulation in these spots.

Turn a daily shower into a real power shower. Keep smiling by Nimisha of 'Hetvi Hair and Beauty' Mobile 0412350013