

Have you ever been told you have hepatitis B or that you are a hepatitis B carrier?

Hepatitis B is a chronic condition that needs regular monitoring. The term 'hepatitis B carrier' is sometimes still used but is actually incorrect.

Any person with hepatitis B should ensure they have the following tests. It is important to make sure we all understand what testing is required, why we need the tests and when they are due. You can ask your doctor for the tests when something is due, especially if you move doctors or do not see the same doctor regularly.

ALL PEOPLE WITH HEPATITIS B NEED THESE TESTS:

- A blood test to check for liver health liver function tests (LFTS) - every 6 months.
- A blood tests to check how much hepatitis B virus is in your blood - (HBV DNA) every 12 months
- Assessment of fibrosis (damage to the liver) - Fibroscan (or similar) every 12 months (if not taking



medication for hepatitis B) Other tests needed may be based on age, where you were born, family history, or other concerns your doctor may have including:

- Liver ultrasound (to check for cancer) and AFP (a blood test to also assess cancer risk) every 6 months if:

- o You are Asian born, a Pacific Islander or Maori male over 40 years of age
- o You are Asian born, a Pacific Islander or Maori female over 50 years of age
- o You are an African born male or female over 20 years of age
- o You are an Aboriginal or Torres Strait Islander person over 50 years of age
- o Have ever been diagnosed with cirrhosis (very damaged liver)
- o Have also been diagnosed with hepatitis D (co-infection)
- o Have a close family history of liver cancer
- o Born in other countries that may put you at risk.

Remember it is important to:

- Know when you are due for what tests and why
- Ask your doctor for the test if you know you are due
- Understand and be proactive in your healthcare
- Do all tests as requested by your doctor - missing tests can lead to damage to your liver, liver failure and cancer - if not problems are not identified early - and you may not feel ill until it is too late
- Ensure your family members have also been tested for Hepatitis B and vaccinated if needed, and

if they have hepatitis B are having the same regular checks with their doctor

- Make time to see your doctor and get the tests done - it may save your life.

For more information about hepatitis B please go to our webpage: www.eccq.com.au/bbv

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)

Skin care straight from your garden

Nimisha Modi
Hetvi Hair & Beauty
0412350013



HEY GIRLS, as Summer is approaching fast there are many garden remedies right in your garden that can be used to make yourself look more beautiful.

HIDE MESSAGE HISTORY

1. **Rose Petals / Gulab**
Most of us are probably familiar with how often roses are used in personal care products as rose water, rose scented lotions and, of course, perfume. Indeed, rose petals are a wonderful tonic for the skin. A cooled infusion (tea) of rose petals can be used as an eye or mouthwash, due to the antiseptic characteristics of the rose. Add in the anti-inflammatory qualities and you've got a wonderful toner for skin troubled by rashes, irritation, or acne. Just spritz it on the skin after cleansing. For acne-prone skin, mix a toner of one part rose infusion and one part aloe juice. Use this after cleansing in the morning and evening.

Rose is also a wonderful tonic for mature and aging skin, due to its vitamin C content and ability to rehydrate and soothe the skin. You can add a few drops of rose essential oil to the moisturizers you already use, or blend an ounce of jojoba oil with 8 drops of rose essential oil. Smooth this on your face at night, or anytime the skin

feels tight and dry.

To cleanse dry skin, try the following: find rosewater or brew some rose petal tea (1tsp of herb per 6oz of water). Combine two tablespoons of rosewater or rose tea with two tablespoons of raw honey and 1/2 cup of almond oil. Massage a small amount into skin. Rinse well and pat dry. This cleanser can be stored in your medicine cabinet, no need for refrigeration. If your skin still feels dry after cleansing, massage in a little more almond oil.

The antiseptic nature of rose also makes it a wonderful treatment for wounds, bruises, rashes, and incisions. To use, take a clean washcloth, dip into the warm or chilled tea (1tbs per cup of water, steeped 10 minutes), depending on the nature of the injury, and place on the wound. For sore muscles, try rubbing the area with a rose-infused oil. Try two parts oil to one part herb. Grind the dry petals and infuse them in the oil. Let this sit at least two weeks in a dark spot, strain, and use, warming the oil as you wish.

2. CHAMOMILE/BABUNA

The health of our liver is reflected in the health of our skin. Chamomile is an herb you can use internally to help tone the digestive system, liver, and kidneys. When these organs are working and healthy, wastes will be processed the way they were meant to be—through elimination—



and not through the skin.

Chamomile is also a wonderful external addition to your skincare regime, especially if your skin is sensitive, mature, or irritated and chapped by the elements. Apply cool chamomile tea as a toner to the skin. Search out a chamomile hydrosol and spritz this on the skin. For helping the skin heal from sun or windburn, try adding a few drops of chamomile essential oil to an ounce of jojoba oil. Apply sparingly as needed. This herb's ability to ease inflammation as well as its ability to soothe the senses will calm the body and the

mind.

To cleanse combination skin), try brewing a strong cup of chamomile tea. Blend this with one half cup of ground, whole grain oatmeal powder and one tablespoon of raw honey (honey is a demulcent, which means it pulls moisture to the skin; it also fights acne and protects against damaging rays from the sun and regenerates skin, protecting against free radicals). Place a small amount of this in your palms and massage into skin. Rinse with warm water. Store the rest in the fridge—without preservatives, this cleanser

won't last long on the shelf.

If parts of your skin feel tight after washing, try a little almond or jojoba oil massaged into dry areas.

Finally, you can also apply chamomile externally as a paste to help heal burns, skin ulcers, eczema. To use, grind dried flowers with a mortar and pestle, add some water and a bit of whole grain oatmeal until you've reached a desirable consistency. Keep the paste moist by covering the area with a warm, damp towel. Allow the affected area to rest for fifteen minutes or so, then bathe in cool water until the paste is dissolved. Repeat as often

as necessary—until comfort is achieved and the area has healed.

Start using these natural skincare from plants. However your body ridding itself of natural toxins. When you start using this you might get some breakout but Allow a few weeks for the skin to adjust and it will settle down. In the meantime, relish in the idea that you are feeding your skin the food it needs. Go outside enjoy gardening. Feel the wind, sun and rain on your chemical-free, toxin-released, beautiful, fresh face.

Nimisha of Hetvi Hair & Beauty (0412350013)