

The Continuing Health Challenge: Chronic Hepatitis B Among Migrants

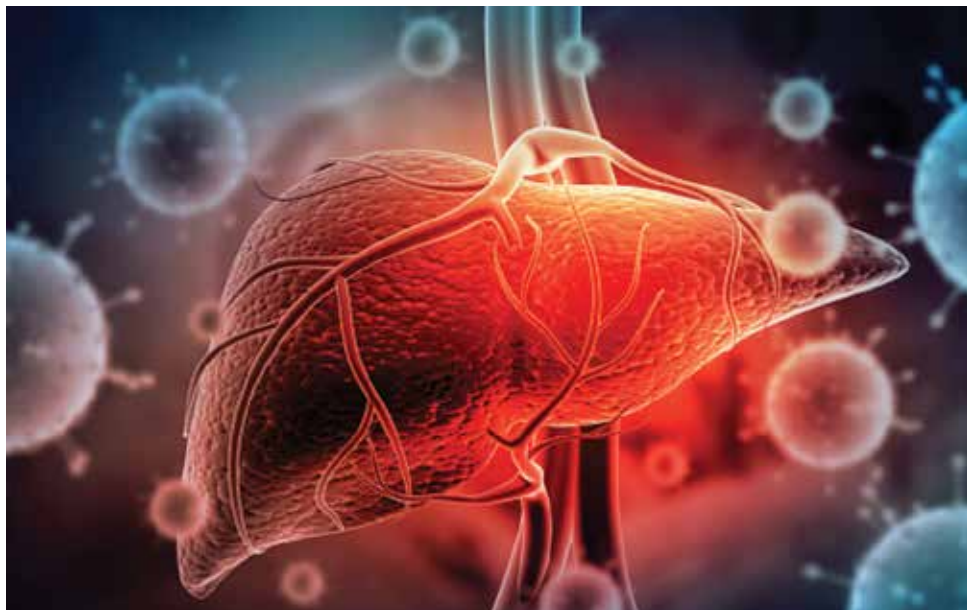
THE latest Viral Hepatitis Mapping Project: Hepatitis B - National Report 2021, produced through the collaboration of the WHO (World Health Organisation) Collaborating Centre for Viral Hepatitis, The Peter Doherty Institute for Infection and Immunity, and ASHM (Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine) detailed the progress Australia and Queensland is making towards the target of elimination of hepatitis B. The last Australia's National Hepatitis B Strategy for 2018-2022 aimed for 80% of people diagnosed and 50% of people engaged in care by 2022.

Unfortunately, we are not on track.

Target: 80% of people with chronic hepatitis B have been diagnosed

What can we all do to meet this target?

Get tested for hepatitis B (and your family) - a simple, specific blood test by your GP will let you know if you have hepatitis B. The report states in 2021 there were an



estimated 200,385 people in Australia living with chronic hepatitis B, and only 72.5% of people were diagnosed.

Target: 50% of all people living with hepatitis B are engaged in care - this means having treatment or monitoring with viral load testing

What can we do to meet

this target?

In Queensland, in 2021, it was estimated 31,665 people were living with hepatitis B, but only 6,500 (21%) were engaged in care, which is lower than the National average of 26%. If you have ever been told that you are a 'carrier of hepatitis B', or know you have hepatitis B

you should see your doctor for regular monitoring. This may save your life!

Chronic Hepatitis B can cause liver damage - including cirrhosis, liver cancer and even death. Regular six-monthly monitoring will help identify any changes to your liver health and your doctor will

be able to arrange treatment, or a specialist referral to help reduce the risks of developing liver cirrhosis and liver cancer.

In Australia, the highest growing rate of cancer is liver cancer - and one of the main causes is hepatitis B. If detected early enough there are very good treatments to manage the cancer and help you live a long and productive life - but it needs to be found early.

Please ask your doctor for a blood test to check whether you or your family members have hepatitis B or have ever been exposed to it or vaccinated in the past. Get

vaccinated if needed - it will protect you from ever having the virus.

Don't wait - get tested, get vaccinated, get engaged in care and have treatment if required

For more information, please see our webpage www.eccq.com/bbv or contact us at ECCQ. Either call 07-3844 9166 or email us at health@eccq.com.au

If you live in Cairns, you can also contact:

Faith Bassett

Phone: 07 42264769 or mobile 0405123691

Email: faith.bassett@health.qld.gov.au



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

Baking Soda For Smoother Hair

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HEY GIRLS, this time we are discussing remedies for Baking Soda. Yes I know we all have a box of baking soda always handy in the pantry, these solutions are for smoother hair, brighter skin, smoother feet and hands, and whiter teeth

DRY SHAMPOO

Dry shampoo is an amazingly useful product to have on hand. Apply it on those mornings you hit snooze one too many times, after a gym session, or to simply give your hair some added lift.

Baking soda makes for a fantastic all-natural dry shampoo which really keeps the oiliness in check. Use it on its own, or mixed with a few drops of essential oil - like lavender, lemon or rose - for a pleasant scent.

Those with light coloured hair can just work the powder evenly through the hair, before brushing. Brunettes may need to add a little cocoa powder to the mix first to avoid a grey tinge.

REPAIR "SWIMMERS' HAIR"

If you're a blonde who swims regularly, you probably suffer from some dullness, discoloration or even a green tinge to your hair!

One of the easiest methods

of removing this build-up is by mixing a paste of baking soda and water. Coat the green areas with this paste and leave it to work for ten minutes before rinsing with clean water. Make sure to shampoo the sodium bicarbonate out and follow up with a good conditioner as this can be quite drying. Depending on how to green your hair is, you may have to repeat the process a few times.

In future, soak your hair thoroughly in clean water before entering the pool. This stops the hair from taking up chlorine and other metals from the water which lead to discoloration

BODY EXFOLIATOR

Your skin will look dull and ashy if you allow dry, dead cells to build upon the surface. Speed cell turnover and get an enviable all-over glow by exfoliating once a week. No need to buy an expensive scrub; make your own with baking soda by using the same formula as your face: one part water to three parts baking soda.

DETOX BATH SOAK

Pair baking soda with Epsom salts for the perfect pre-bedtime soak. Not only will this duo help you eliminate toxins, but they will reduce bloating, promote restful sleep and encourage healthy skin.

While running your bath, pour in a half cup of baking soda and a handful of Epsom salts. For added benefit, shake in a few drops of essential oil.



Relax in this soothing blend for 20 to 30 minutes, remembering to hydrate afterwards with a glass of water.

ARTIFICIAL TAN REMOVER

Have you ever applied self-tanner expecting a summery bronzed glow and instead ended up with orange skin or unsightly streaks? Next time you have a self-tanner mishap, you don't have to wait for it to fade away. Use the body exfoliator formula - one part water to three parts baking soda - to gently scrub it away.

DEODORANT

If you have sensitive skin, you may be able to use a dusting of baking soda in place of store-bought

deodorant. Baking soda neutralizes acids and bases, so it removes odours. It also won't stain your clothes the way many antiperspirants can.

RAZOR BURN SOOTHER

A razor burned bikini line can be painful, not to mention unsightly. Soothe your sensitive skin with a solution of 1 cup of water with 1 tablespoon of baking soda. Allow the solution to dry on your skin (it will take about 5 minutes), and then rinse with cool water. Men can also use this same formula for a pre-shave or after-shave treatment on their face as long as they avoid the eye area.

ITCHY SKIN RELIEVER

You don't have to settle



for skin that's dry, itchy, and uncomfortable in the cold winter months. Taking a warm bath (not hot - that'll make your dry skin problem worse!) with a half-cup of baking soda will soften and soothe your whole body. You

can also take a cool baking soda bath in the summer to relieve sunburn or bug bites.

FACIAL SCRUB

Love that deep-clean feeling you get from a facial scrub with microbeads? These products may do wonders for your skin. But for a safe alternative: Make your own exfoliating facial scrub using baking soda. Make a paste of three parts baking soda to one part water. Rub onto your face with gentle, circular strokes, then rinse with warm water.

CAUTIONS OF BAKING SODA ON SKIN

While baking soda has a multitude of uses for hair, skin and more, it can be very drying and may even cause irritation to those with sensitive skin. To ensure baking soda is right for you, test out any treatment using sodium bicarbonate on a small patch of skin before applying liberally. Discontinue use if you experience any unwanted side effects.

No matter your skin type, you should avoid using baking soda too regularly as it may alter the pH balance of the skin - apply no more than twice per week, or less if you have dry skin.

See you all next month where we will discuss even more uses of baking soda. In the meantime, if your face or your hair is giving you too many problems, you can always book a facial or a hair mask with me on 0412350013