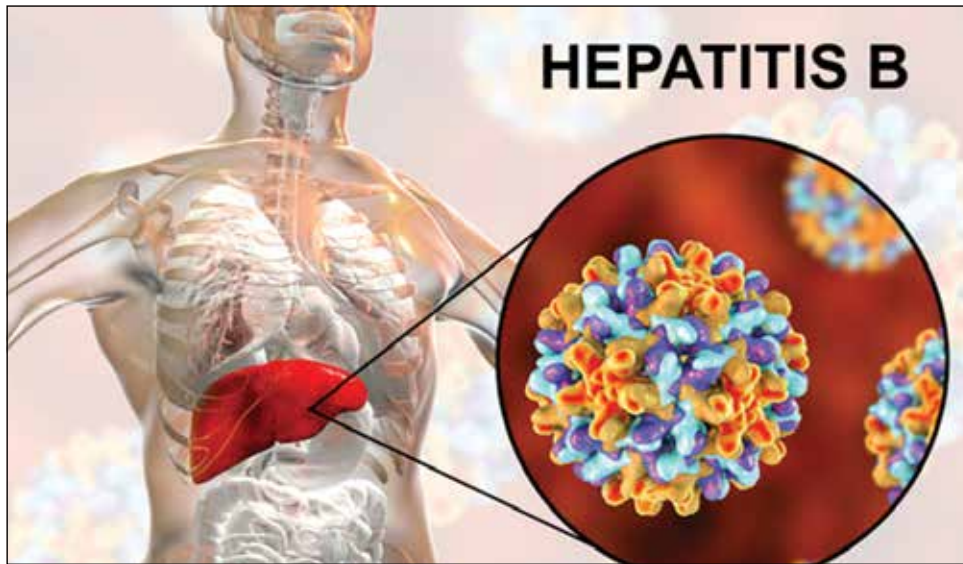


Things to know about taking treatment for hepatitis B

NOT everyone diagnosed with hepatitis B requires medication. The decision for treatment is based on test results obtained through regular liver monitoring by doctors. Therefore, regular liver monitoring (six monthly for most people) is crucial for your doctor to make informed decisions. For detailed information about the tests needed for regular monitoring, please refer to our B Health Booklet at www.eccq.com.au/bbv.

Hepatitis B is caused by hepatitis B virus. The virus can infect people mainly through blood contact (also mother to baby and sexual contact). Hepatitis B medication can reduce hepatitis B virus in the body. If you are required to take medication, it is essential to strictly follow the prescribed dosage and schedule as directed by your health care providers. This will ensure the medication works properly.

Currently there are 3 different hepatitis B medications available in Australia, namely Entecavir, Tenofovir Disoproxil Fumarate (TDF) or Tenofovir



Alafenamide (TAF). It's important to note that each medication requires to be taken differently:

1. Entecavir: Take on empty stomach only; You should not eat food for 2 hours before and after taking the medicine. It is easier if you take this medication first thing in the morning and wait for 2 hours to eat breakfast; or take this medication at bedtime after eating dinner 2 hours or longer.

2. TDF: You can take TDF

with or without food.

3. TAF: Currently this medication is only available with a private prescription. It is not listed under the PBS Schedule. This means you will have to pay full price to buy this medication regardless of having a Medicare Care or not. This medication needs to be taken with food.

REMEMBER:

- Take one pill every day at the same time.

- If you miss a dose, take the medication as soon as possible when you remember if it is the same day and then take your normal dose the next day.

- Do not take 2 doses at one time or in the same day.

- Do not share your medication with other people, such as your family members or friends. Sharing may cause harm.

- Make sure you do not run out of medications; stopping and starting medications can

cause serious problems for your liver and health. Discuss with your doctor if you need time to make sure you have enough medications for your trip.

- Regular tests (every six months, more often in the first year of taking medication) to make sure the medication is working.

- Let your doctor know before taking herbal or traditional medicines or any other medicines. They may interfere with your hepatitis B medication.

TIPS:

- If you cannot remember what time to take your medication, set an alarm on your phone or ask your family member to remind

you.

- You can buy a day of the week medication box from your chemist and fill it once a week. Or you can ask your chemist to make up a Webster pack, these are very helpful if you need to take other medications at different times.

- You can ask your healthcare providers including pharmacists for a free interpreter if you need language help.

- If you do not have a Medicare Card and would like to access cheaper medication, please contact us for further information.

For more information about hepatitis B please visit our website www.eccq.com.au/bbv. You can email us at health@eccq.com.au



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

Korean Rice Water For A Glowing Skin

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HEY GIRLS, hope you all had a lovely Christmas and New Year break. As we return back to our busy schedules, let me share something I started using recently and it works well with my skin: Korean Rice Water for a Glowing Skin.

HOW TO MAKE KOREAN RICE WATER FOR A GLOWING SKIN

Incorporating Korean rice water into your skincare routine is a simple and cost-effective way to achieve a radiant and glowing skin.

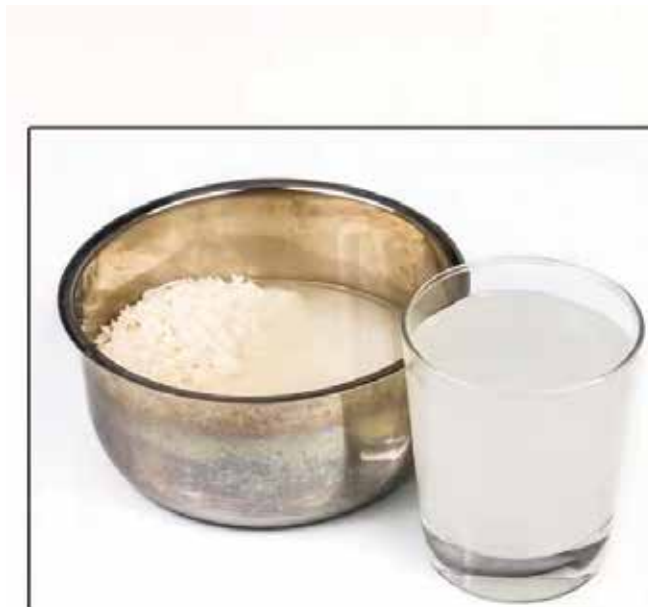
Korean rice water, known for its skin-beneficial properties, has been a traditional beauty secret in Korean skincare routines for centuries. Packed with nutrients, this simple yet effective DIY recipe can help you achieve a glowing complexion.

HERE'S HOW YOU CAN MAKE KOREAN RICE WATER FOR RADIANT SKIN:

INGREDIENTS

Uncooked Rice: Begin with a small cup of uncooked rice. Option you can use any type of rice for the best results.

Water: You'll need approximately 2 cups of water for soaking the rice and extracting the rice water.



STEPS

Step 1: Rinse the rice
Take the uncooked rice and rinse it thoroughly under cold running water. This helps remove any impurities or surface contaminants.

Step 2: Soak the rice
Place the rinsed rice in a bowl and add about 2 cups of water. Let the rice soak for 15-30 minutes. During this time, the water will begin to take on a cloudy appearance.

Step 3: Agitate and

extract rice water
After the rice has soaked, agitate it by gently rubbing the grains between your fingers. This action helps release the beneficial nutrients into the water. Strain the rice water into a clean bowl, separating it from the rice grains.

Step 4: Fermentation Optional
For enhanced benefits, you can opt for fermentation. Leave the strained rice water at room temperature for 24-48 hours. Fermentation

increases the nutrient content and makes the rice water more potent.

How to make Korean rice water for a glowing skin.

Step 5: Storage
Once fermented (if you choose this option), store the rice water in a clean, airtight container in the refrigerator. The cold temperature not only preserves its freshness but also provides a refreshing sensation when applied to the skin.

HOW TO USE IT

1) Cleansing: Use the rice water as a cleanser by applying it to your face using a cotton pad. Gently wipe your face to remove impurities and traces of makeup. This acts as a gentle, natural cleanser that won't strip your skin of its natural oils.

2) Toning: Apply the rice water as a toner. Use a cotton ball or pad to gently dab the rice water on your face. The toning properties help balance the skin's pH, promoting a smoother complexion.

KOREAN RICE WATER, KNOWN FOR ITS SKIN-BENEFICIAL PROPERTIES, HAS BEEN A TRADITIONAL BEAUTY SECRET IN KOREAN SKINCARE ROUTINES FOR CENTURIES. PACKED WITH NUTRIENTS, THIS SIMPLE YET EFFECTIVE DIY RECIPE CAN HELP YOU ACHIEVE A GLOWING COMPLEXION.

3) Mask: Mix the rice water with other natural ingredients like honey or aloe vera gel to create a hydrating face mask. Apply the mixture evenly and leave it on for 15-20 minutes before rinsing with lukewarm water.

4) Bath Soak: For an indulgent skincare routine, add rice water to your bath. The nutrients can nourish your entire body, leaving your skin hydrated.

See you next month, have a wonderful time.