

Australia Can't Wait To Eliminate Hepatitis!

DID YOU KNOW:

- There are just over 200,00 people living with hepatitis B in Australia
- 70% of all people living with hepatitis B in Australia were born overseas.
- Whilst the number of people living with hepatitis C is declining, in 2021 there were 7487 hepatitis C notifications in Australia.
- In Queensland in 2022, 830 people were diagnosed with hepatitis B and 1893 people with hepatitis C.
- Around 27% of people with hepatitis B in Australia don't know they have it.
- Around 74% of people who know they have hepatitis B do not have their regular check-ups to help prevent damage to their liver, liver cancer and potentially death.
- There is a cure for hepatitis C - a GP can prescribe.
- In 2019 hepatitis B and hepatitis C were the leading causes of liver cancer in



#WorldHepatitis Day | 28.07.2021
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Australia.

HOW CAN WE STOP THIS?

- Get tested to check

whether you have hepatitis- Don't wait ask your GP for a blood test

- Have regular check-ups

if you have chronic hepatitis - including blood tests, ultrasounds and Fibroscan

- Fibroscan is a non-

invasive test that can detect liver damage available with a GP referral - ask your GP for a referral if you have chronic hepatitis - referral form available on our website.

- Take medication on time if you need it - hepatitis C medication can cure the hepatitis C virus, hepatitis B medications will help prevent liver damage and liver cancer.
- Get vaccinated or your loved ones vaccinated for hepatitis B - this will prevent ever getting infected.
- Learn more about

hepatitis B - see our B Healthy - Your Guide to Hepatitis B booklet.

Help Australia to eliminate hepatitis.

For more information, please go to our webpage www.eccq.com.au/bbv, or contact our team at health@eccq.com.au or call Marianne on 0466 042 799.

You can also visit <https://www.worldhepatitisday.org.au/>



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

Remedies to remove trapped ingrown hair by Hetvi Hair & Beauty

Nimisha Modi
Hetvi Hair & Beauty
0412350013



HEY GIRLS, in this issue find remedies to Expose the Trapped Ingrown Hair. There is nothing more irritating than finding ingrown hair on your legs, hands, and face. The ones that seem like pimples are the scariest of the lot. Ingrown hair is very common in people who have curly or coarse hair but almost everyone faces this problem. It is a condition whereby instead of the hair growing out of the skin, it curls up beneath the skin. It usually occurs as a result of dead skin which blocks the hair follicle.

People, who shave, wax or use tweezers to remove unwanted hair on a regular basis, are generally prone to ingrown hair. Wearing tight clothes and using incorrect methods of hair removal can also cause ingrown hair. The two most common symptoms of ingrown hair are itchiness and rash on the skin. For many people, ingrown hair is very painful as red bumps appear on the skin and can get infected with pus. There are many ways to treat ingrown hair at home without spending a lot of money on expensive products.

HOME REMEDIES TO EXPOSE TRAPPED INGROWN HAIR

1. Warm Compress To soften the tissues around ingrown hair, apply a warm or moist towel on the affected area. Repeat this until the

hair appears close enough to the surface of the skin.

2. Use Tweezers: After applying the warm compress, once the hair is closer to the surface of the skin, slowly pluck the hair with a point tipped tweezers, so that, the end of the ingrown hair is above the skin. Remember the aim is not to pluck the hair out as this is very painful. Don't forget to sanitize the tweezer with alcohol before using.

Note: Sometimes the hair may look like a loop but do not worry about that. The ingrown hair is simply growing back into the skin, and hence, the loop like shape. Simply put a sterilized needle through the loop and gently pull it out.

3. Benzoyl Peroxide: Benzoyl peroxide is particularly good for those ingrown hair which are filled with pus and seem like pimples. Apply it to the affected area several times during the day, for at least a week. While trying this, remove all the dead skin around the affected area. This will cut the bump or swelling which will make it easier for the hair to grow out.

4. Milk and Out-of-date Bread : This may sound silly but it does work, especially on a looped ingrown hair. Warm some milk and dip a piece of bread in it. Now place the bread on the area of the skin with the ingrown hair and keep it there for about 2 minutes or until the bread cools. Repeat again for another 10 minutes. Check if the pore has opened up; if so, use a sterile needle to pull the



loop out.

5. Salt: Salt not only helps in exfoliation, but also increases blood circulation to aid ingrown hair come out. Take 1½ teaspoons of salt and mix it with 1 cup of warm water. Dip a cotton ball into this solution and dab it on the affected area. Do not wipe it off. Best time to do this would be before going to bed, so that the salt can exfoliate and cleanse the skin over night. Repeat this daily until the tip of the ingrown hair appears.

Another method is to add Epsom salt to your bath water. Gently exfoliate the skin with a loofah or washcloth while bathing. Apply moisturizer or aloe vera gel after bath. Repeat it daily until the ingrown hair exposes out.

6. Vinegar: In a bowl, mix together some vinegar and hot water (remember

to keep the mixture warm). Dip a cloth into this mixture and lightly press it on the affected area. When the cloth gets cold, dip it again into the warm mixture and apply again to the affected area. This method takes a longer time and so you may have to repeat it for at least a week.

8. Sugar: Sugar helps in getting rid of dead skin cells and pushing the ingrown hair out. Mix ½ a cup of jojoba oil with 1 cup of sugar. Add 10 drops of tea tree oil and apply this mixture onto the affected area. Now scrub the area in a circular motion and then wash it off with warm water. Do this for two to four weeks or until the ingrown hair surfaces out.

9. Baking Soda: Mix together one cup of water and 1 tablespoon of baking soda. Dip a cotton ball or a cloth



into the solution and apply it on the affected area. Leave it for five to ten minutes and wash it off using cold water. Repeat this two to three times in a day, for faster results.

10. Black Tea Bags: Black tea bags have a high concentration of tannic acid which make the skin smooth and at the same time, reduces inflammation and redness. Rub a warm teabag over the affected area for three minutes every day, for several consecutive days.

Alternatively, you can keep the tea bag in water for

some time and then remove all the excess water from it, into a bowl. Add 1 teaspoon of coconut water to this tea water. Dip a cotton ball into the mixture, and then place it on the affected area. Repeat this twice a day until you see the desired change on your skin.

Do's:- Always keep your body moisturized while trying any of the above treatments. Exfoliate the skin.

Remove the ingrown hair only when you see the tip of the hair above the skin.

Always cleanse your skin

to get rid of any surface dirt.

Don'ts:- Do not use the tweezers into the skin.

Women should avoid using hair removal creams to reduce the risk of irritation.

Do not use any medications or ointments without consulting your doctor.

Do not pluck the tip of the ingrown hair, as it will reactivate the problem again.

Avoid wearing tight clothes around the area which has ingrown hair.

Hope you will get benefit out of this. Nimisha