

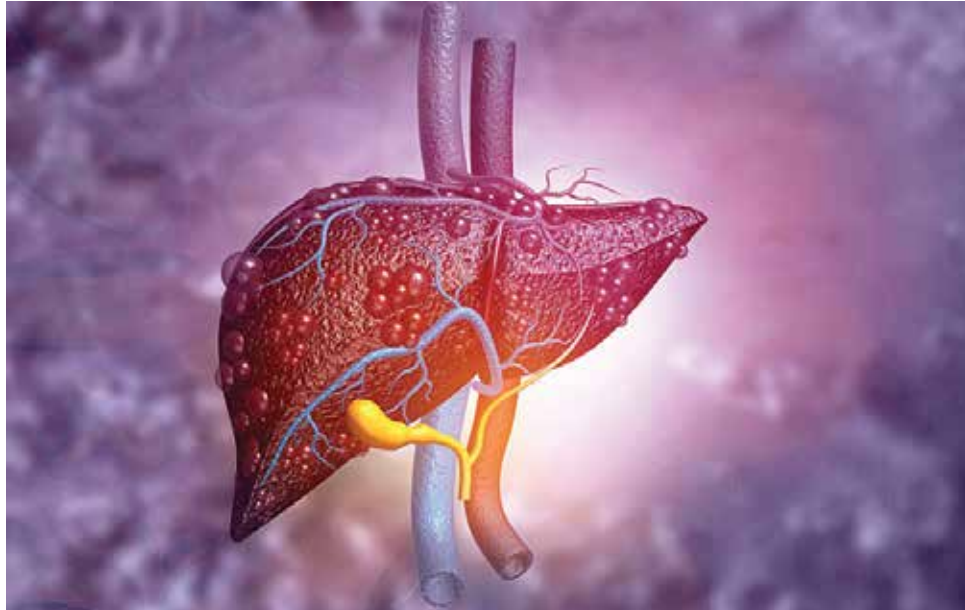
Liver cancer: The fastest growing cause of cancer-related deaths in Australia

EVERY October is a time to raise awareness about liver cancer.

In Australia, liver cancer is the fastest growing cause of cancer-related deaths. In 2020, the incidence of all types of cancer in Australia ranked 7th in the world (The Global Cancer Research Fund. International). The incidence of liver cancer is higher in some countries in East Asia, Central Africa and West Africa.

The incidence rate of liver cancer in Vietnam in 2020 is 23 cases per 100,000 people, ranking 5th worldwide (World Cancer Research Fund International). Also in 2020, liver cancer is the type of cancer with the highest number of cases in Vietnam, accounting for 14.5% of total cancer cases (The Global Cancer Observatory).

Viral hepatitis, including chronic hepatitis B and C, is a leading risk factor for liver cancer in Australia. The Australian Cancer Society also warns about other risks of liver cancer including:



- Overweight or obese
- Cirrhosis
- Drink a lot of alcohol
- Smoke
- Fatty liver disease
- Diabetes
- Hereditary hemochromatosis (a genetic disease that causes iron accumulation in the body)

The risks of liver cancer can be reduced if you:

- Get tested for hepatitis B and C
- Get vaccinated against hepatitis B if you are not immune
- Reduce or stop drinking alcohol

- Quit smoking
- Exercise regularly and have a healthy, balanced diet
- Consult your doctor before taking any dietary supplements, herbs or traditional medicine
- If you have any existing liver problems, including chronic hepatitis B or C or

cirrhosis, see your doctor regularly to monitor your condition. Regular monitoring including blood tests and abdominal ultrasounds can help detect cancer early. This will help care and treatment be effective.

If you or a family member was previously informed that you were a "healthy carrier of hepatitis B", this term is no longer used. You and this loved one must see your doctor regularly to be monitored for hepatitis B. Failure to monitor the disease regularly will put you and this loved one at a higher risk of liver cancer.

To find out more

information and receive Vietnamese language assistance, please contact: Vietnamese phone: 0428 223 052

Vietnamese email: vietnamese@eccq.com.au Vietnamese website: www.eccq.com.au/bbv-vietnamese

Facebook: Vietnamese and Gan Abc

All your information is kept confidential

In Cairns, please 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)

How to Get Rid of Hyperpigmentation

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0412350013



Contd. from Sep. Month

HI GIRLS, spring is approaching and here are some tips which will benefit you. This is continuation of article from last month.

6. ALOE VERA



Aloe vera works excellently on hyperpigmented skin due to the presence of mucilaginous polysaccharides in the gel. It can remove the dead skin cells and promote regeneration of new skin cells. Before going to bed, apply some fresh aloe vera gel on the hyperpigmented skin and leave it on overnight. Rinse it off in the morning. Follow this remedy daily for a few weeks to get positive results. Combine two tablespoons of aloe vera gel and one-half tablespoon of raw honey. Mix well and allow it to settle for 10 minutes. Now apply the mixture to the pigmentation and let it dry naturally. After 20 minutes, wash it off with lukewarm water. Follow this remedy once daily for at least two weeks and every other day thereafter until you get the desired results.

7. ORANGE PEEL



Next time you eat an orange, keep the peel. It contains citric acid that has bleaching properties and can help get rid of dark patches on skin. Add one teaspoon each of lemon juice, milk and honey to one tablespoon of dried orange peel powder. Mix all the ingredients well to get a smooth consistency. Apply the paste on the affected skin. Leave it on for about 20 minutes, and then massage gently. Finally wash it off with lukewarm water. Follow this treatment at least three or four times a week to encourage cell renewal and reduce dark skin patches.

8. AVOCADOS



Enriched with fatty acids, vitamin C and oleic acid, avocados can effectively help reduce the appearance of hyperpigmentation. Plus, the various enzymes and high amount of vitamin E in avocados can also reduce pigmentation. Mash one



ripe avocado into a smooth paste. Apply the paste on the affected area. Leave it on for half an hour, and then wash it off with lukewarm water. Follow this remedy twice daily for at least one month to get positive results. Alternatively, mash half of a ripe avocado into a smooth paste and mix in two teaspoons of honey and one teaspoon of milk. Apply the paste on the affected area. Allow it to dry on its own and the rinse it off with lukewarm water. Do this once daily for a month.

9. SANDALWOOD

Sandalwood is known to enhance skin complexion and it also works effectively for hyperpigmentation or other types of skin blemishes.



It is a stimulant, cooling agent and blood purifier. All these properties work together to reduce the appearance of dark patches and give your skin a natural, youthful tone. Mix two tablespoons of sandalwood powder with

enough rose water to form a thick paste. Apply this mask over the affected skin area. Leave it on for half an hour, and then wash it off with lukewarm water. Follow this remedy twice daily for a few weeks to get positive results.

Alternatively, make a paste using two tablespoons of sandalwood powder, one tablespoon of turmeric powder and three to four tablespoons of milk. Apply it as a mask on the affected skin. Allow it to dry on its own and then rinse it off with lukewarm water. Follow this remedy on a daily basis to reduce discoloration.

10. ALMONDS

Being a rich source of vitamin E, almonds are



good for skin and especially hyperpigmented skin. Soak five almonds in milk overnight. Next day, remove the almonds from the milk and grind them, adding milk to get a fine paste. Add one teaspoon of honey and few drops of lemon juice to the paste and mix well. Spread the paste over the affected skin before going to sleep. Wash it off in the morning with cold water. Follow this remedy every night for two weeks, and then do it twice weekly. You can also eat almonds on a regular basis to minimize hyperpigmentation.

Along with these remedies, there are many preventive measures that you need to bear in mind. For instance, to prevent hyperpigmentation, avoid excessive sun exposure and if required to go in the sun then apply a sunscreen with a minimum SPF of 30. Also, reapply the sunscreen every three hours. Plus, to enjoy healthy skin you must follow a proper skin care routine - cleansing, toning, moisturizing and exfoliating.

Enjoy warm session and will see you next month. Nimisha