

# Stigma and Discrimination – chronic hepatitis B

## WHAT IS THE DIFFERENCE BETWEEN STIGMA AND DISCRIMINATION?

Stigma – is when a person is seen or thought of negatively based on a certain characteristic such as skin colour, disability or even a medical condition etc.

Discrimination – is when a person is treated differently or unfairly based on that characteristic.

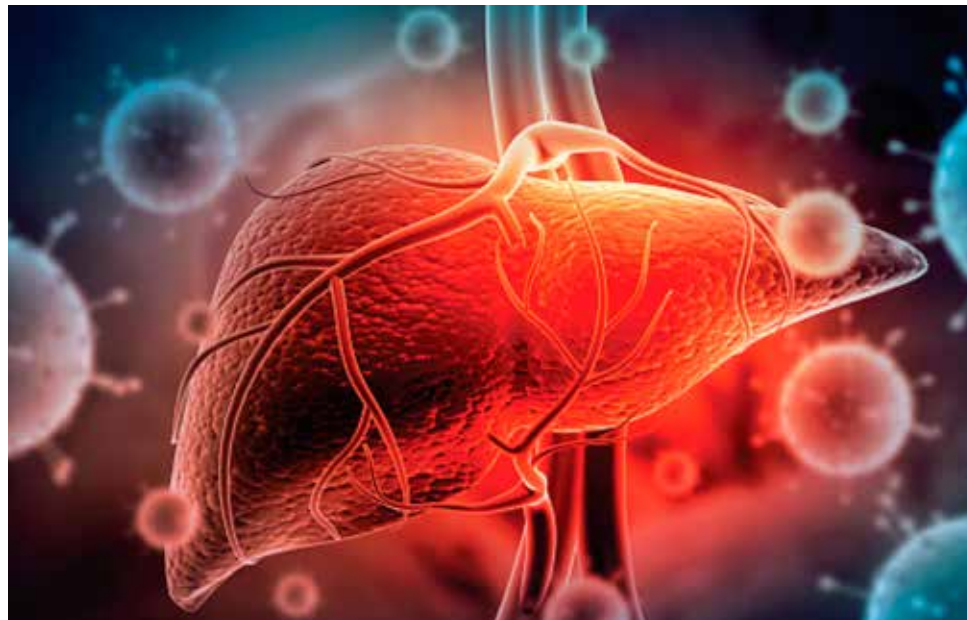
Hepatitis B is caused by a virus that enters the blood. It is mainly transmitted through blood-to-blood contact, and most people are infected by chronic hepatitis B at a very young age.

## STIGMA

People often stigmatise hepatitis B (including self-stigmatisation) due to misconceptions about how it spreads, and worry about infecting their family, friends, or other close contacts.

Many people think hepatitis B is transmitted through sharing food. In fact, it is not transmitted this way.

Hepatitis B is mainly transmitted through blood, such as a mother with



hepatitis B can pass it on to her baby at birth (due to the contact of blood during birth); or someone may be infected by using unsterile medical procedures. Babies and young children being infected can develop chronic hepatitis B. Most young people and adults can clear the hepatitis B virus after being infected, they can have lifelong immunity and do not

need vaccination. Hepatitis B virus can be transmitted – but rarely – through sexual contact. Hepatitis B is not transmitted through saliva or through sharing food, or sharing cups, kissing, hugging, breastfeeding, or any other social contacts.

As hepatitis B is transmitted through blood, people should avoid blood contact and not share

personal items such as toothbrushes, razors, and use band-aids to cover cuts. The best way to prevent hepatitis B is vaccination. You may be eligible for free vaccination if you have never been vaccinated against hepatitis B – talk to your GP.

## DISCRIMINATION.

In Australia it is illegal to discriminate against a

person who has or has had hepatitis B or any other health conditions. There are only a few instances where a person with chronic hepatitis B needs to be disclose their status. It is generally your choice if you want to let anyone know that you have any of these conditions,

For Hepatitis B- you must disclose if you want to donate blood, sperm, organs, if you work in healthcare and perform 'exposure prone procedures', if you want to join The Australian Defence Force and you may need to advise when applying for insurance. You do not need to disclose if you work in any other jobs such as restaurants etc.

If you or someone you

know, have, or feel that you or they are being discriminated against because of having hepatitis B please contact the Queensland Human Rights Commission at qhrc.qld.com.au or call them on 1300 130 670 (remember to ask for an interpreter if you need one).

For more information, please see our webpage [www.eccq.com/bbv](http://www.eccq.com/bbv) or contact us at ECCQ. Either call 07-3844 9166 or email us at [health@eccq.com.au](mailto: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](mailto: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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## HEY GIRLS,

Hyperpigmentation of the skin can cause uneven color and dark patches. Excessive production of melanin is responsible for this condition. Hyperpigmentation can occur on almost any part of the body, including the face, neck, hands, arms and legs.

The root cause of excess melanin production is generally attributed to internal factors like hormonal changes in the body, pregnancy and various health problems. External factors like excessive sun exposure, skin injury, burning, emotional stress or contact with certain chemicals can also cause hyperpigmentation.

You can get rid of hyperpigmentation naturally with the help of some simple and easy home remedies. Here are some ways to get rid of hyperpigmentation.

**1. Lemon:** - Lemon contains citric acid that helps bleach the skin, making it a popular home treatment for hyperpigmentation. This natural bleaching agent can effectively fade dark blemishes on your skin.

Extract fresh lemon juice and rub it on the skin using a cotton ball. Leave it on for about 10 to 15 minutes, and then wash it off with water. Follow this remedy twice daily for a few months until you notice improvement.

Alternatively, you can

prepare a facial mask with equal amounts of lemon juice and raw honey. Mix the ingredients well and then apply it to the affected skin. Cover the skin with a warm towel for 15 minutes, then rinse it off with lukewarm water. Do this once a week for a few months.

**Note:** Those who have sensitive skin must dilute the lemon juice with a little water before using it.

**2. Raw Potato:** -Raw potato works very well to help lighten hyperpigmented skin as well as other spots and blemishes on the skin. Potatoes contain catecholase, an enzyme that is believed to help lighten skin tone.

Peel a potato and cut it into thick slices. Put a few drops of water on the surface of a potato piece and then rub it on your skin for five to 10 minutes. Then rinse it off with lukewarm water. Do these three or four times a day for at least a month.

Grate one medium-size potato and squeeze the juice out of it. Add an equal amount of lemon juice to it and mix well. Apply the solution on the pigmented area and leave it on for about 20 to 30 minutes before washing it off. Do this twice daily for a month.

**3. Apple Cider Vinegar:** -Apple cider vinegar is simply miraculous when it comes to reducing the appearance of dark patches on the skin due to hyperpigmentation. It has excellent skin lightening as well as astringent properties that can help restore your skin's natural color.



Mix equal amounts of apple cider vinegar and water. Use this solution to rinse the affected area. Leave it on for two to three minutes, and then rinse it off with lukewarm water. Follow this remedy twice a day for a few weeks.

Alternatively, add two teaspoons of apple cider vinegar to half a glass of warm water. Then mix in one teaspoon of honey. Drink this solution twice a day, morning and night, for a couple of weeks until you notice improvement.

**4. Vitamin E:** -Often referred to as the skin vitamin, vitamin E is an

obvious treatment for skin hyperpigmentation. Being an antioxidant, vitamin E neutralizes the effects of harmful UV rays of the sun and repairs and protects the skin.

Puncture one vitamin E capsule and put the contents in a bowl. Add three or four drops of castor oil to it and mix well. Apply the mixture on the affected skin before going to bed. Rinse it off the next morning. Follow this remedy daily for two to three weeks.

You can make a homemade mask with one-half cup of Fuller's earth, one tablespoon of blended papaya and the contents of



two vitamin E capsules. Mix the ingredients together to form a thick paste. Apply the mixture evenly on the affected area, leave it on for 20 minutes and then wash it off with lukewarm water. Repeat this regularly, once a week.

You can also massage vitamin E oil into the affected skin for 10 minutes twice daily to reduce hyperpigmentation. Follow this simple remedy for a few weeks until you get positive results.

**5. Turmeric:** -Turmeric has bleaching properties that can help get rid of the symptoms of hyperpigmented skin. Plus, turmeric can keep

the skin free of infection.

Mix one teaspoon each of turmeric powder and lemon juice. Apply it on the affected area. Allow it to sit for 20 minutes and then rinse it off with cold water. Avoid going out in the sun for an hour after following this treatment. Do this once daily before showering to maximize results.

Alternatively, you can make a paste by mixing five tablespoons of turmeric powder with 10 tablespoons of milk. Apply this paste on the affected skin and gently massage for five minutes. Leave it on for 20 minutes and then wash it off with warm water.