

# Women and Hepatitis B

EVERY year International Women's Day is celebrated around the world on March 8th. The theme for this year is 'Inspire Inclusion'. The first International Women's Day in Australia occurred in Sydney in 1928 and has grown to be a day to celebrate all women regardless age, race, body image faith, ability and how they identify ([www.internationalwomensday.com](http://www.internationalwomensday.com)).

One of the actions of the Inspire Inclusion Campaign is to help girls and women make informed decisions about their health. Hepatitis B is a viral infection affecting people from all ethnicities and here in Australia in 2021 affected just over 200,000 (ASHM), with approximately 70% of people affected with chronic hepatitis B having been born overseas.

The Queensland Health Blood Borne Viruses and Sexually Transmissible Infections Surveillance report from January to September 2023 identified 668 new notifications for hepatitis B with almost half identifying as female. Of these 337 females around half would be considered of



childbearing age.

Therefore, it is important for anyone diagnosed with chronic hepatitis B to ensure they make time to manage their condition. Whilst many females traditionally undertake a significant proportion of the day-to-day care of their household ([www.abs.gov.au](http://www.abs.gov.au)), they do need to make time to care for the carers.

**THIS INCLUDES:**

- Minimum 6 monthly

blood tests to check the health of their liver, and yearly hepatitis B viral load and yearly fibrosis (potential damage in the liver) assessment such as Fibroscan.

- If Asian, Maori and Pacific Islander born females over the age of 50 years or any age has a family history of liver cancer or has been diagnosed with cirrhosis, then also needs 6 monthly ultrasounds to check for liver cancer.

- If diagnosed and managed during pregnancy - need to ensure ongoing routine monitoring - this also includes ensuring the baby is not only fully vaccinated but also has a blood test after 9 months of age to check immunity.

- Having hepatitis B does not prevent breastfeeding the baby except if the nipples are cracked or bleeding. Also it is not recommended to have a caesarean birth unless medically needed.

- If you have been diagnosed with hepatitis B and have not been undertaking regular checks talk to your doctor/nurse practitioner as soon as possible.

- If you have chronic hepatitis B do talk to your doctor before taking any supplements, herbal or traditional medicines as they may be harmful to your liver. This includes common supplements for common concerns such as menopause, beauty, weight reduction and immunity to name a few.

- Maintain a healthy weight, undertake regular exercise, do not smoke, only drink alcohol to safe drinking standards ([www.nhmrc.gov.au/health-advice/alcohol](http://www.nhmrc.gov.au/health-advice/alcohol))

unless previously diagnosed with cirrhosis or liver cancer - then you should avoid alcohol.

If you are unsure if you are fully vaccinated - ask your GP for a blood test to check - you may be eligible for free hepatitis B vaccination ([www.health.qld.gov.au](http://www.health.qld.gov.au))

**Remember:** this year's theme is Inspire Inclusion - therefore include regular health checks in your schedule.

If you would like more information about hepatitis B please visit our webpage [www.eccq.com.au/bbv](http://www.eccq.com.au/bbv) for information in your language. You can email us at [health@eccq.com.au](mailto:health@eccq.com.au)



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# Tips for long lasting makeup by Nimisha

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**HEY GIRLS!** Today I thought it would be super fun to share Formal or Semi- Formal long-lasting makeup tips.

**TAKE TIME TO PRIME:**

The key to long-lasting foundation and colour is the most commonly skipped step: primer. Seriously—the stuff works. All you need is a pea-size dot of a lightweight, oil-free formula; apply it to moisturized skin before your concealer and foundation. We like Colour Correcting Primers (they have three oil-free formulas for different skin types).

**BE DENSE:**

Blemishes and blotchy skin don't vanish in the hot weather, but the wrong concealer definitely can. What you want is a densely pigmented (but not liquidy) cream formula. Circle Block. Use your ring finger to dab the concealer on dark circles; apply to red spots with a small brush, and then pat with your finger to blend the cover-up into the skin

**SWITCH TO SILICONE:**

Wear a full face of foundation and you're asking for trouble. Still, we get it—sometimes you want the coverage. The solution is a lightweight silicone-based formula. The silicone acts as a film between your skin and the humidity, preventing foundation from seeping into

your pores or dribbling down your chin

**LIGHTEN UP:**

Think of foundation this way: The less you put on, the less there is to slide off. A dampened makeup sponge is the ideal tool for applying it so that it goes on light and sheer. Put a few drops on a damp foam-latex sponge, and swipe it from the middle of your face outward in short strokes. Give it a minute or so to set before you apply other makeup.

**CHOOSE CREAMY SHADOW:**

When sweat and powder mix, the result isn't pretty. Sheer cream shadows tend to cake less in hot weather (plus, they glisten in the sun). Crème Eye Colour contains silicone that locks the colour in place and Benefit Creaseless Cream Shadow/Liners stand the test of time without smudging.

**LOOK TO LIQUID:**

Liquid liner may take patience and practice, but once on, a good formula won't budge or smudge in the heat.

**SWEAT PROOF YOUR LASHES:**

Waterproof mascara is a no-brainer in the summer. It can withstand the office, the gym, the pool, and the bar without smudging. But some can fade to grey in a few hours. A-Lash Waterproof and Inimitable Waterproof Mascara.

**FLUSH WITH GREATNESS:**

As with powder shadow, powder blush and perspiration don't mix. Instead, rub a bright pink or coral cream or gel blush on the apples of your cheeks, and blend.

**TINT YOUR LIPS:**

Lip gloss just looks right come summer: it's fun. It's easy... But it can also get runny and sticky in the sun. A tinted lip balm with a high wax content won't turn to mush in your bag or on your mouth.

**TINTED MOISTURIZER:**

The summer heat really dries out your skin, and heavy foundations can dry your skin as well, so what better than a tinted moisturizer! It keeps your skin soft and moisturized and adds a bit of colour to even out your skin tone without all of that heavy foundation clogging up your pores. It's light and perfect for summer! (Quick tip - Don't have tinted moisturizer -or- don't want to spend the extra money to buy one? You don't have to! Instead, take some of your daily facial moisturizer and pour a little bit [enough to cover your face and neck] onto the back of your hand or a paper plate. Now, mix 1-2 little blobs of your foundation into the moisturizer, and tada! Instant tinted moisturizer! [You can add foundation depending on how much coverage you want])

**STOP SHINE:**

To reduce shine and set your makeup, take a large fluffy brush and dust a translucent loose powder



across your T-zone. Because it's colourless, there's less of a chance it will cause problems in the heat but use a light hand to be sure.

**BLOT IT OUT:**

Instead of repowdering throughout the day—extra layers can cause cakey product build-up in warm weather—keep plasticky oil-blotting sheets at your desk and in your purse. Dabbed over your face, they soak up excess oil without messing up your makeup. Keep handy Oil Absorbing Sheets.

**WATER + SLEEP:**

I'm sure you've heard this a million times, but that's because it is so true. Drinking lots of water [shoot for 8 glasses a day] and getting at least 8 hours of sleep every day is a must for a healthy, pretty you. Keeping up with these two things cover all of the bases - your skin will be smoother, look healthier, and be less prone to breakouts, your hair will be healthier and have more life to it, your eyes will be brighter and more awake, you'll be in a better mood which means you'll be smiling more...the

benefits are endless!

**SPF 15 OR HIGHER**

Even if it's cloudy outside or you're not out in the sun all the time, you really want to make sure that your makeup, lip balm, and moisturizer all have SPF 15 or higher because the sun can still damage your skin [even with cloud cover].

Less Is More - Seriously, it's true. A glowing, natural look never goes out of style and beauty in everyone.

So here you go, enjoy rest of the month. See you next time.