

# Hepatitis C – How is it different to Hepatitis B?

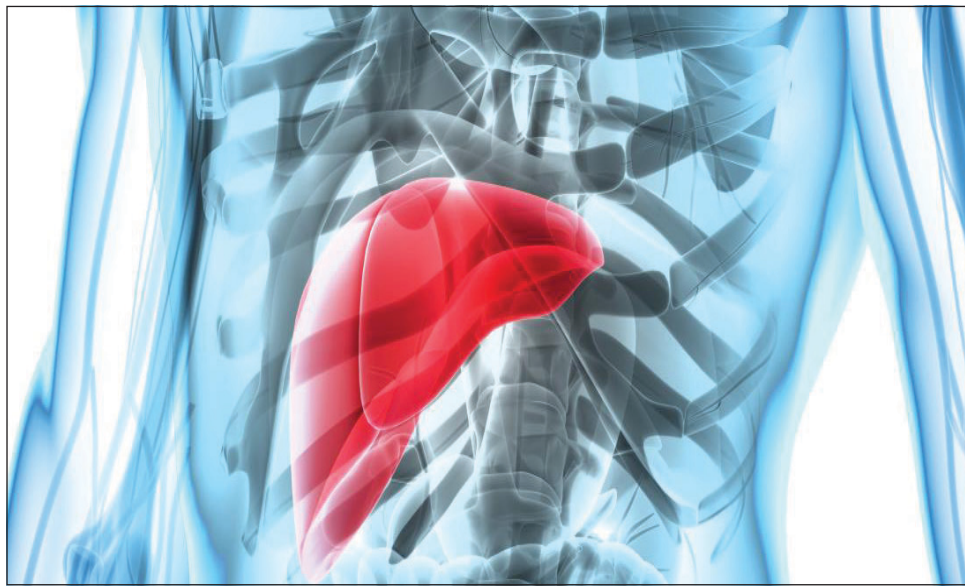
**HEPATITIS C** unlike hepatitis B has an easily accessible and simple cure. However, unlike hepatitis B, the hepatitis C virus cannot be prevented by vaccination. This is why, like with hepatitis B, it is important to check if you have ever been exposed to the virus.

Hepatitis C is endemic around the world and is passed from blood-to-blood contact. Unlike hepatitis B, it is rarely transmitted from mother to child at birth.

People living with chronic hepatitis C don't usually have any signs or symptoms until the virus has caused damage to their liver – this can take many years to occur. Hepatitis C can also cause liver cancer and therefore by being cured of the virus you can greatly reduce the risks of liver damage and liver cancer.

## HOW DO PEOPLE GET INFECTED WITH THE VIRUS?

- Blood transfusions, medical and dental procedures performed overseas – including cosmetic procedures.
- Blood transfusions or organ transplants undertaken in Australia before 1990.
- Tattooing, piercings, body modifications that may



have not been done under strict infection control – e.g. in some one's home, or in another country.

- Sharing of personal hygiene equipment such as razors, toothbrushes etc. Remember you cannot tell by looking at someone if they are living with hepatitis C.
- Traditional practices (medical or cultural) involving penetration of the skin using shared tools or equipment.

## HOW CAN YOU FIND OUT IF YOU ARE LIVING WITH

### HEPATITIS C?

- A simple blood test (by any doctor or nurse practitioner) or through a community point of care (finger prick) testing facility will let you know if you have hepatitis C antibodies (HCV-Ab) – which means you have been exposed to the virus, but it does not mean you definitely have hepatitis C.
- Further testing for hepatitis C virus is needed (HCV-PCR or HCV RNA testing) to confirm whether you have hepatitis C or not. This needs to be done by your

doctor or nurse practitioner. If virus is detected in your blood (the HCV-PCR or HCV RNA test is positive), you will need treatment.

## HOW AND WHERE DO YOU GET TREATMENT?

- All GPs in Australia and some nurse practitioners can prescribe treatment for hepatitis C.
- If you have liver damage your GP will refer you to a Liver specialist for further medical management.

## IS TREATMENT DIFFICULT

### OR EXPENSIVE?

- No. Treatment is very easy, and the new treatments have an extremely high cure rate.
- Treatment takes between 8 and 12 weeks and involved only taking 1 or 3 tablets a day.
- Hepatitis C medications are very cheap – costing around \$70-\$120 if you have a Medicare Card, and less if you have a Healthcare Card.
- If you do not have a Medicare Card, you can buy hepatitis C medications online ([www.fixhepc.com](http://www.fixhepc.com)) with a doctor's prescription

## HOW DO YOU KNOW YOU HAVE BEEN CURED AFTER TREATMENT?

- You can see your doctor to do another hepatitis C RNA (PCR) test one month after completing the treatment. If it is negative, you are cured.

## CAN YOU GET HEPATITIS C AGAIN AFTER BEING CURED?

- Yes, you can be reinfected with hepatitis C. There is no vaccine for hepatitis C. This is why it is very important to avoid blood contact – no matter how small the amount, like what may be on a toothbrush.

If you would like a test for hepatitis C the Ethnic Communities Council of Queensland is able to provide Free confidential finger prick testing to check for hepatitis C antibodies before December 2024.

For more information please contact (BCHWs add your details here) or you can visit our webpage at [www.eccq.com.au/bbv](http://www.eccq.com.au/bbv).

You can also contact us by email at [health@eccq.com.au](mailto:health@eccq.com.au) or call 3844 9166.



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

# Secret Benefits Of Guava Leaves For Hair

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IN the world of natural remedies for hair care, guava leaves stand out as a hidden gem. While guava fruit is celebrated for its delicious taste and numerous health benefits, its leaves often go unnoticed, especially when it comes to hair care. However, the truth is that guava leaves are packed with nutrients and compounds that can work wonders for your hair, particularly in promoting thickness and strength. Let's delve into the secret benefits of guava leaves for achieving luscious, thick locks.

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## THE NUTRIENT POWERHOUSE: WHAT'S IN GUAVA LEAVES?

Before we get into the benefits, it's essential to understand what makes guava leaves so special. These leaves are rich in vitamins, antioxidants, and other nutrients that are crucial for hair health. Some of the key components include:

### VITAMIN C

Guava leaves are loaded with vitamin C, known for its antioxidant properties. This vitamin helps protect the hair follicles from damage caused by free radicals, thereby promoting healthier and stronger hair.

### ANTIOXIDANTS

Apart from vitamin

C, guava leaves contain various antioxidants such as flavonoids and tannins. These compounds protect the hair from oxidative stress and damage, which can lead to thinning and breakage.

### ESSENTIAL OILS

Guava leaves also contain essential oils that have antimicrobial properties. This helps in keeping the scalp clean and free from infections, ensuring optimal conditions for hair growth.

Now that we know what guava leaves have to offer let's explore the incredible benefits, they can provide for achieving thicker hair.

### STIMULATES HAIR GROWTH

One of the most significant benefits of using

guava leaves is their ability to stimulate hair growth. The nutrients present in the leaves nourish the follicles, promoting faster and healthier hair growth. Regular use can result in thicker and longer locks that are full of vitality.

### STRENGTHENS HAIR ROOTS

Weak hair roots are often the culprit behind hair thinning and breakage. Guava leaves contain compounds that strengthen the hair roots, making them less prone to damage. Stronger roots mean less hair fall and increased thickness over time.

### PREVENTS HAIR LOSS

Hair loss is a common concern for many



individuals, and guava leaves offer a natural solution. The antioxidants in these leaves help in combating free radicals that can weaken the hair follicles. By protecting the follicles, guava leaves reduce hair fall and promote thicker hair growth.

### CONDITIONS THE SCALP

A healthy scalp is essential for optimal hair growth, and guava leaves excel in this aspect as well. The essential oils present in the leaves moisturize the scalp, preventing dryness and itchiness. A well-hydrated scalp promotes the growth of thick and strong hair.

### ADDS SHINE AND LUSTER

Who doesn't want shiny, luscious locks? Guava leaves can help you achieve just that. Regular use of guava leaf extract or infusion can add a natural shine to your hair, making it look healthy and vibrant.

### HOW TO USE GUAVA LEAVES FOR HAIR THICKNESS

Now that you're aware

of the incredible benefits of guava leaves for hair, you might be wondering how to incorporate them into your hair care routine. Here are a few simple methods:

### GUAVA LEAF INFUSION

1. Boil a handful of guava leaves in water for about 20 minutes.
2. Let the mixture cool down and strain the leaves.
3. Use the guava leaf-infused water as a final rinse after shampooing.
4. Leave it on for a few minutes before rinsing with plain water.

### GUAVA LEAF HAIR MASK

1. Grind fresh guava leaves into a fine paste.
2. Mix the paste with a bit of water to make a smooth mask.
3. Apply the mask to your scalp and hair, focusing on the roots.
4. Leave it on for 30 minutes to an hour before washing it off with a mild shampoo.

### GUAVA LEAF OIL

1. Crush a handful of guava leaves and mix them with coconut oil.
2. Heat the mixture on low flame for a few minutes.
3. Let it cool and strain out the leaves.
4. Massage the guava leaf-infused oil into your scalp and hair.
5. Leave it on overnight for best results, then wash it off with shampoo.