

HEPATITIS B AND ABORIGINAL AND/OR TORRES STRAIT ISLANDER PEOPLES

Aboriginal and/or Torres Strait Islander peoples have a higher incidence of chronic liver disease and liver cancer caused by hepatitis B (also known as hep B).

Hepatitis means *inflammation of the liver*.

- In Australia 210,000 people are living with hep B.
- 16% of chronic hep B infections are in Aboriginal and/or Torres Strait Islander peoples.
- Up to 26% of Aboriginal and/or Torres Strait Islander peoples have been exposed to hep B.

HEPATITIS TREATMENT

- Treatment does not cure hep B.
- Treatment is given to prevent further liver damage.
- Most people will be treated with tablets which are well tolerated, with few side effects.
- Treatment can last for many years, life-long for some.
- Treatment is provided by liver specialists.

CONTACTS

Hepatitis Victoria

Suite 5, 200 Sydney Road,
Brunswick, Victoria. 3056

Telephone: (03) 9380 4644

Email: info@hepvic.org.au

Web: www.hepvic.org.au

Hepatitis Infoline 1800 703 003

VACCHO

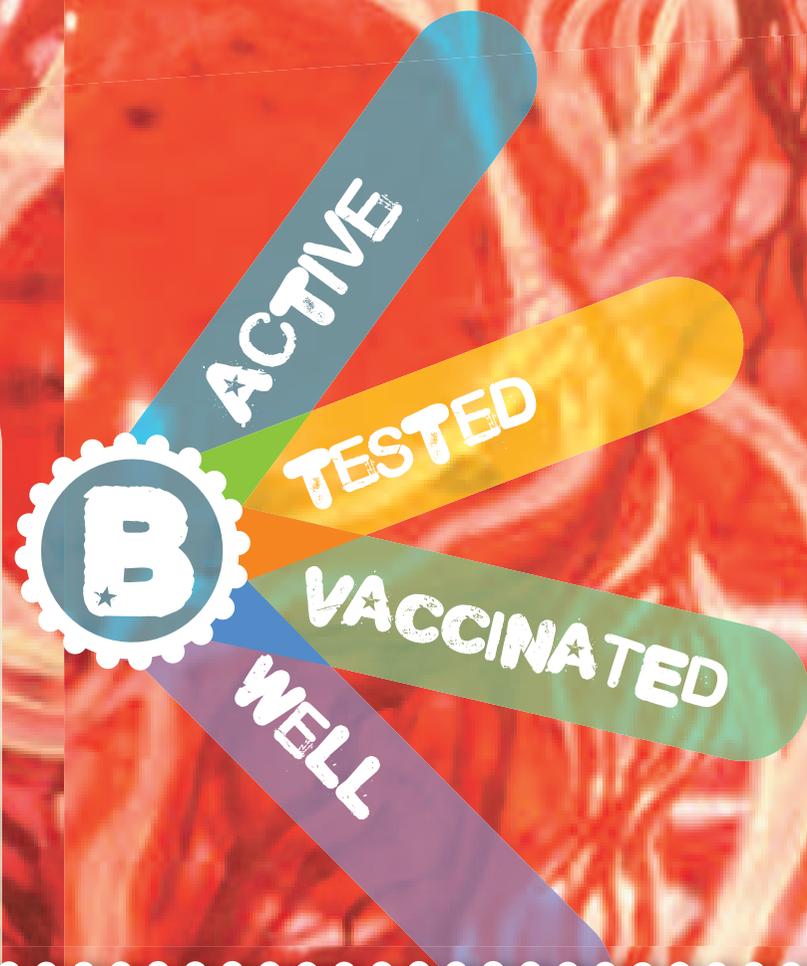
17-23 Sackville Street,
Collingwood, Victoria. 3066

Telephone: (03) 9411 9411

Email: enquiries@vaccho.com.au

HEP B...

IT'S EVERYONE'S BUSINESS



B ACTIVE

Protect yourself

Using condoms every time you have sex is the best way to prevent hepatitis B (hep B) and other sexually transmissible infections.

If you inject drugs, use a new fit for every hit and don't share any of the equipment.

Maintain a healthy diet

- Limit your fat intake.
- Limit salt intake.
- Eat more fruits, veggies and whole grains.

Reduce your alcohol intake

For healthy men and women, drinking **no more than two standard drinks on any day** reduces your risk of harm from alcohol-related disease or injury over a lifetime.

Quit smoking

Smoking damages your health and can cause liver damage.

Exercise

Activity is good for you and your liver – join in an activity that both you and your family enjoy.



B TESTED

Testing for hep B requires a quick and easy blood test. You can be tested at your local health service.

The tests can determine:

- If you have been vaccinated.
- If you have acute (short term) or chronic (long term) hep B.
- Which stage of chronic (long term) hep B you might be in.

Your doctor or Aboriginal Health Worker can help explain the results of your tests.

This could be a good time to get the rest of your family tested and vaccinated.

B VACCINATED

All babies are offered hep B vaccinations at birth (since 2000).

Vaccination for hep A and hep B is recommended for all people with hep C. Hep B vaccination involves 3 injections: **Now**, in **1 month**, and **6 months** after the first injection.

All Aboriginal and/or Torres Strait Islander peoples are encouraged to get vaccinated. Especially:

- People living with HIV or hep C.
- People who inject drugs.
- People who live in the same house as someone living with hep B.

Vaccinations are available at your local Aboriginal Health Service.

B WELL

To manage your hepatitis you can aim to:

- Keep to your medication schedule, as directed by your doctor.
- Reduce or stop alcohol use.
- Manage stress through meditation, yoga, or massage.
- Use complementary therapies with the help of a qualified health professional.
- Maintain active family, social and cultural connections.
- Exercise and drink lots of water.

Enjoying a healthy diet can help to:

- Give your body the nutrients needed to maintain liver health.
- Maintain a healthy body weight.
- Relieve symptoms of hepatitis, such as nausea and tiredness.
- Reduce the risk of many other health problems, such as heart disease and some cancers.