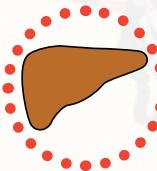


Hepatitis B and Aboriginal and Torres Strait Islander Peoples

Aboriginal and Torres Strait Islander Peoples have a higher rate of liver disease and liver cancer caused by hepatitis B.



Vaccinations can stop you getting hepatitis B. If you have hepatitis B, there are ways to protect your kids from getting it. Talk to an Aboriginal health worker.

Hepatitis B Treatment



There is no cure for hepatitis B but there is medication for people who need it, to prevent liver damage.

Not everyone needs treatment but for those who do, treatment is usually lifelong. Medication is usually tablets which have few side effects.

Contacts

Hepatitis Victoria/LiverWELL

Suite 5, 200 Sydney Road, Brunswick, Victoria 3065

P: (03) 9380 4644

E: info@hepvc.org.au

W: www.hepvc.org.au

Hepatitis Infoline: **1800 703 003**

LiverWELL®

The LiverWELL app developed by Hepatitis Victoria has lots of tips on how to keep your liver healthy:



eating well: cut back on foods that are high in fat and high in sugar



getting active: do some exercise everyday



feeling well: take care of yourself emotionally, spiritually and physically



drink aware: cut back on how much alcohol you drink or try to stop altogether

For information and practical tips on managing your liver health, visit: www.liverwell.org.au or download the LiverWELL app

LiverWELL®



Thanks to all the people from communities and services for their input and feedback

Special thanks for artwork to Peter Waples-Crowe (Ngarigu).

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Hep B... is everyone's business

ACTIVE

TESTED

VACCINATED

WELL



HEPATITIS VICTORIA
LiverWELL®



Hepatitis B is a sickness of the liver

Your liver does many things to keep you well, but hepatitis B can cause liver disease, even death if not treated.

Hepatitis B can be spread through:

- blood from a person with the virus to blood of another person
- sexual fluids from a person with the virus to another person during sexual contact
- from a mother with the virus to her unborn baby

B Active

Protect yourself

- Condoms protect against getting hepatitis B from sex
- Always use a new needle when injecting drugs and keep injecting equipment for your own use only
- Backyard and prison tattoos or piercings increases risk of hepatitis B infection. Use a registered parlour
- Pregnant women can speak to their doctor about how to reduce risk of their baby getting hepatitis B

Try and eat healthy

- Plenty of fruit, veggies and wholegrains
- Less fat, sugar and salt
- Drink lots of water

Try to avoid alcohol or drink only a little

- No more than two standard drinks a day is best to avoid harm from alcohol

B Tested

Many people don't know if they have hepatitis B.

A blood test from your doctor or health worker can tell if you have hepatitis B.

Talk to your doctor about results of your test.

Your family members could have a test too.

It is important for pregnant women to be tested. A pregnant woman can pass on hepatitis B to her baby. The new born baby can then be vaccinated.

This reduces the risk of the baby having chronic hepatitis B.

B Vaccinated

Babies are given vaccinations at birth at 2 months, 4 months and 6 months.

Adults and older children who missed out getting vaccinated can have vaccinations too.

Vaccinations are free for Aboriginal and Torres Strait Islanders.



B Live healthy

Take your medication as advised by your doctor or health worker.

If you have hepatitis B, to help prevent liver cancer, have a liver check up every 6 months

Try to keep stress under control

Try and stay connected with your family, culture and community.

Check with your health worker about traditional therapies

Try and quit smoking or cut down on smokes

Try and be active and exercise often.