

November 2018

# Good Liver



Feeling Well



Drink Aware



Eating Well



Getting Active

## Annual General Meeting

Hepatitis Victoria's AGM was held on 16 October. The event recognised those who have made a significant contribution to the viral hepatitis community.

## The Pharmacist

Jarrod McMaugh, Hepatitis Victoria Board member, takes a look chronic hepatitis and the growing role of the pharmacist in the battle against viral hepatitis.

## #StigmaStops

Our year-long stigma stories campaign continues with the four latest installments for June, July, August and September.

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### Reader response

Your comments or experiences in regard to any articles in *Good Liver* are welcome.  
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# Communiqué

From the desk of the Chief Executive Officer



## For optimum liver health download LiverWELL

Sierra Leone is a country in West Africa with the unenviable distinction of being number one in the world for annual deaths related to hepatitis B and hepatitis C. Sadly, in addition to endemic disease the population faces other serious challenges with extreme poverty and violence to name just two. So, what is the connection between Sierra Leone and Hepatitis Victoria? Read on.

When LiverWELL was launched on World Hepatitis Day in July we were certain it would be a useful tool for those with liver disease in Victoria. In addition to recording your medical results and practical reminders about appointments and medications, the Living Well pages on the app give ongoing hints and tips for optimum health. These are all key functions requested by those with lived experience during the development phase.

Read more in this edition of Good Liver about the amazing things LiverWELL can do for you and the excellent feedback (including awards) we are getting the world over. And learn about LiverWELL Coaching, our great new course on a range of liver-related health topics such as how to better manage various aspects of life with chronic liver disease.

With the new medications available and concentrated effort, we know that viral hepatitis can be managed and beaten. But stigma and discrimination remain huge barriers. Why is it that the liver continues to be so neglected and ignored? Part of the answer is the 'prestige' of diseases among health workers and how this has created a hierarchy.

Without tackling stigma, the 2030 elimination goals, clearly articulated in the Victorian Government's hepatitis B and C strategies, will remain out of reach. There is so much more that needs to be done and you can read how our #StigmaStops campaign has been challenging stigma head on.

We are being innovative using digital and social channels to bring our messages to all Victorians across the state. Updates on our Love Your Liver and HEPReady® Regional campaigns show how active we are across the state raising awareness about testing, treating and managing viral hepatitis.

**The LiverWELL app can do amazing things for you, and we are receiving excellent feedback (including awards) from the world over. Learn about LiverWELL Coaching, our great new course on a range of liver-related health topics such as how to better manage various aspects of life with chronic liver disease.**

But looming on the horizon is the growing health crisis that is fatty liver disease and numerous health problems linked to it including liver cancer. The number of Australians affected already numbers in the millions and is expected to reach 8 million by 2030. Dr Paul Gow, the Chair of our Liver Health Advisory Committee interviewed in our [featured podcast](#) explains why this is such a

serious development and what you can do to safeguard your health.

In late October, we held our Annual General Meeting (AGM) where supporters, friends and volunteers gathered to celebrate another year of incredible activity. We welcomed new volunteers, Board members and staff, and thanked those to whom we said farewell. Our Community Awards were also presented amidst much joy and fun.

The AGM was a wonderful event, with a truly global flavour, as Karen Hoyt our first International HEP Hero joined us live from Oklahoma in the United States. Our work is in Victoria, but we are now being noticed overseas, and making a positive difference in the lives of people with viral hepatitis all over the world. And our LiverWELL app has been applauded in the media in [Sierra Leone](#).

That's the answer to my question of the connection between Victoria and Sierra Leone. People all over Australia and across

the world are downloading LiverWELL, including people in Sierra Leone and other countries where the prevalence of liver disease is high.

If you haven't already download the app for iPhone or android, and check it out!

# De-Livering the news



## Ibijerri Theatre's Blayne Welsh performs at AGM

Actor Blayne Welsh delighted the audience with a dazzling performance of several characters from Ibijerri's latest production 'Viral' the third instalment in a trilogy of shows about Indigenous people living with hepatitis C. Viral is about hepatitis C, but also a whole lot more. [Read our review](#). After performing, Blayne graciously answered questions about the way Viral was conceived and the reaction of audiences including those inside prison, "...they are among the most respectful and wonderful audiences I have had the chance to perform to," he said. Blayne's passionate performance at the AGM is available on [podcast](#).



## Community Awardees shine at AGM

The winners of our annual community awards were announced at the AGM on 15 October. AyeAye Khaing, Manuela Urdiste, Robert Leiternann and Lisa Doyle received nominations for the Mark Farmer Memorial Award with volunteer Andree Dolby the recipient. Jason Chuen received the Organisation Collaboration

Award on behalf of the Australian-Chinese Medical Association of Victoria (ACMAV) and there were two nominations for the Individual Contribution Award, Dr David Iser and Dr Anouk Dev with gastroenterologist Dr David Iser receiving the award.



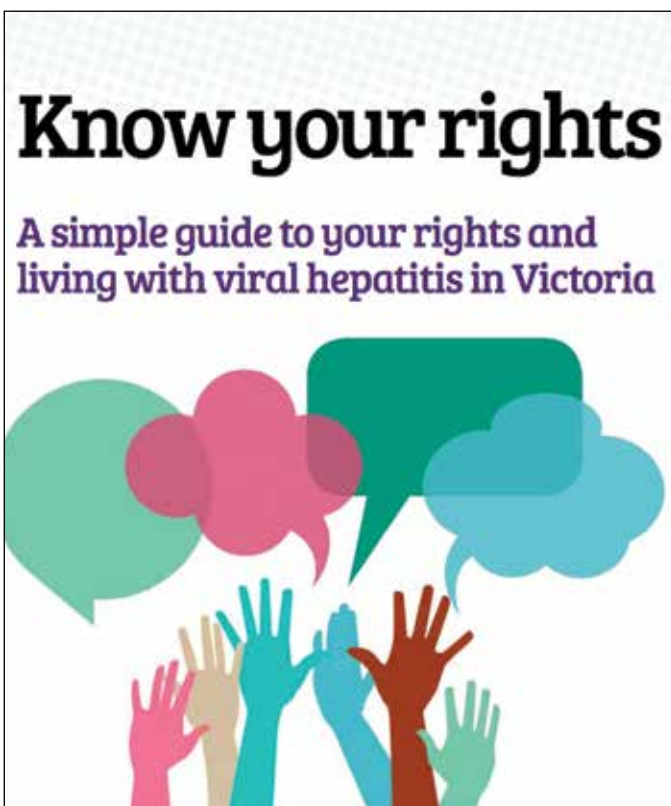
## StreetShot 2018 the results

StreetShot is a unique way of inviting young people to collaborate on a creative photography and video project to visually represent their perspective on the dangers, fears, risks and the power of knowledge of viral hepatitis. This year the most outstanding photography award went to Claire McDonald-Brown from Upper Yarra Secondary College for her photograph "It could be someone you know". Take a look at all 34 creative and thoughtful entries [here](#), including Ash Mulama from Swinburne University's "Stop the number" which won the most outstanding video award, and Eric Seychell and Zac Joan from Brunswick Secondary College "Its bloody hepatitis" winner of the outstanding video award.

## LiverWELL nabs GOLD Award from international design community

In September, the LiverWELL app was awarded a GOLD NOW 7 Award from DrivenxDesign, a group of international digital design experts who curate examples of innovation and excellence. LiverWELL was given the award for social and community-oriented design systems.





## Know your rights

“Viral hepatitis is manageable and doesn’t need to have a negative impact on your life. The best piece of advice I could give is to educate yourself about the condition and be aware of your rights,” says a person living with hepatitis B.

A new resource called *Know your rights* has been launched to inform people living with viral hepatitis about their legal rights pertaining to disclosure, privacy, discrimination, and complaining.

*Know your rights* was produced with the support of legal interns and is in an e-book digital format. Check it out: [here](#)

## SPOTLIGHT on SERVICES

Southern Hepatitis/HIV/AIDS Referral & Prevention Service (SHARPS) is a Needle Syringe Program (NSP) located in Frankston with an evening outreach service. They operate weekly from 9.00am – 4.00pm. It’s a free service for any member of the community who requires injecting equipment. SHARPS has a friendly environment with staff who are respectful and understanding. An on-site nurse is available on Tuesday to provide advice and service to those members of the community who would like to access hepatitis treatment options.

You can contact Brad Whitton to make an appointment on 1800199661 or 90766927 or you can [email](#) him.



## Dandenong Mayor welcomes Khmer LHBH

Little Hep B Hero has been translated into Khmer. The translation was made by Angkor Research in Phnom Penh and with the help of volunteer Mora Gibbings. The Dandenong Mayor and HEP Hero Cr. Youhorn Chea, originally from Cambodia, is a great supporter of Hepatitis Victoria. He said, “It starts with children, who need to learn from an early age about their health and that a disease is just a disease, that viral hepatitis can be cured and that no-one is to blame or to be blamed! There must be no place for stigma.”

## Free HEPspeak programs offered



People with lived experience of viral hepatitis who have attended HEPspeak training use the following words to describe their experience: Contribute, Connectedness, Sharing, Mutuality, Peer Support, Worthy/Worthwhile, World view, Walking-beside each other, Getting to know, Whole-hearted. “It’s a great opportunity to learn more about yourself, what you have to give and why it is so valuable to others,” says Will Scott, Community Participation Coordinator, who runs the course. HEPspeakers raise awareness and in doing so help dispel myths and reduce stigma and discrimination for those living with viral hepatitis. Sign-up for the free course, and find out more.

# Annual General Meeting

## All the fun of the AGM and Community Awards

The Hepatitis Victoria Annual General Meeting (AGM) held on 16 October was a standing room only occasion this year, as the organisation launched its 2017-18 Annual Report, recognised those who have made a significant contribution to the community and welcomed guests from overseas and the world of theatre.

Hepatitis Victoria President, Frank Carlus and Chief Executive Officer, Melanie Eagle gave presentations where they outlined major activities and achievements of note in the past year. An electronic version of the 2017-18 Annual Report, a summary of major projects, reports and financial statements can be found here:

Annual Report highlights achievements, plans and vision: Read case studies of some of the biggest projects of the year.



[See here](#)

Highlights of the AGM included the appearance by video link of Karen Hoyt, our first international HEP Hero live from her home in Oklahoma, USA. Karen spoke passionately about her extraordinary journey from living with hepatitis C, undergoing transplant and recovery, to liver health



Karen Hoyt speaking from Oklahoma, USA

advocate, sports champion and blogger with an international reputation.

Ilbjerri Theatre's Blayne Welsh, joined the event in person talking about his acting work on 'Viral' a recent production focussed on hepatitis C in the lives of Indigenous people.

He stunned the audience with an impromptu performance of characters he has been playing in Viral and went onto explain how the work was devised and the strong and positive reaction of the various audiences that have seen it.

A podcast of Blayne's talk at the event is available [here](#) and read a review of Viral.

Amongst fanfare the winners of our annual community awards were also announced. Aye Aye Khaing, Manuela Urdiste, Robert Leitermann and Lisa Doyle received nominations for the Mark Farmer Memorial Award with volunteer Andree Dolby the recipient.

Andree received the Mark Farmer Memorial Award for her tireless efforts as a volunteer with particular emphasis for her work promoting *Little Hep B Hero* a resource for families.

After the event, she said:

"I was listening to nominees being read

out and thinking - how really wonderful they all are - can't wait till it is all over and Lisa or Khaing or whomever gets it, and I can breathe a sigh of relief!



Andree receiving the Mark Farmer Award

"The award celebrates Mark Farmers role in advocacy, and collaboration and Karen Hoyt is absolutely right when she says that Hepatitis Victoria is very much a part of and leader global response and I am very happy to part of that - so very cool!

"I am very honoured to have won the Mark Farmer Award because it symbolises positive response to liver disease and it prompts memory of who is not here."

Jason Chuen received the Organisation



David Isher receiving the Individual Contribution Award



Meg and Nicole working hard at the AGM reception



Jason Chuen receiving the Organisational Collaboration Award

Collaboration Award on behalf of the Australian-Chinese Medical Association of Victoria (ACMAV), and there were two nominations for the Individual Contribution Award, Dr David Iser and Dr Anouk Dev with gastroenterologist Dr David Iser receiving the award.

The Australian-Chinese Medical Association of Victoria (ACMAV) were our core partners in the creation of the Chinese Health Promotion Coalition and are a long-standing stakeholder.

Dr David Iser, the recipient of the Individual Contribution Award is a gastroenterologist

who has worked collaboratively with Hepatitis Victoria for many years providing staff with professional development on liver health as well as supporting strategic planning.

House-keeping matters at the AGM included a farewell to outgoing Board member Uyen Vo, and a farewell to retiring staff member Garry Irving.

Pam Wood (past Board member, public speaker, advocate) gave feedback about the AGM:

*"It was lovely to walk into a room of smiling faces with a lovely array of food and drink. It was obvious that a lot of effort had been put in to make such an inviting display. I loved the link to the latest "HEP Hero" and the wonderful input from Blayne!*

*A really great effort that showed Hep Vic at its best. Congratulations to all involved in putting it all together."*

Cheers Pam



A sad good-bye to outgoing Board Member, Uyen Vo



tribution Award



# Frank Carlus

## Frank speaks at launch in Canberra

An event took place in 22 August in Canberra announcing Eliminate Hepatitis C Australia (EC Australia), funded through an AUD \$11.33 million grant from the Paul Ramsay Foundation, to bring together researchers, scientists, government, health services and community organisations to deliver a coordinated national response to viral hepatitis.

Hepatitis Victoria President, Frank Carlus gave a moving talk revealing his family's story living with and overcoming viral hepatitis.

### Cure is possible

Frank contracted hepatitis C as a child in Spain, most likely through a mass immunisation program. His mother and sister had also contracted the virus.

"I didn't feel stigmatised, but my mother and sister found it difficult owning up to what is considered a 'dirty' disease, related to risky lifestyles," Frank said.

"As a result, my mother died without ever undergoing any treatment. It's important that people are able to access treatment without fear of being stigmatised, without fear of being discriminated against."

When Franks' health deteriorated, he underwent a liver transplant in 2000.

"I managed to hang on for 15 years, because being immunosuppressed, the virus had a great opportunity to attack my new liver, so it needed to be carefully managed," he said.

"Then along came the new medications, and within weeks they managed to suppress my hepatitis C virus count to nothing, and after 12 weeks I was free of the virus altogether!"

"Having the transplant was life-giving in itself, but I always felt under threat, that it was just a matter of time before I fell gravely ill. There's great pressure when you don't have confidence, when you fear that something could go wrong at any moment.

"But being cured and knowing the virus was



Frank Carlus speaking at the EC Elimination launch

no longer a threat was a godsend. I was really able to relax and consider that I had a future," Frank said.

### 170,000+ Australians have not sought treatment

Medications that can cure hep C have been subsidised via the PBS until 2021, but 170,000+ Australians have not sought treatment, or remain unaware they are infected.

The estimated cost to the Australian community AUD\$2.4 billion if left untreated. Reaching the 170,000+ Australians who have yet to start life-saving hepatitis C treatment is the driving force behind Eliminate Hepatitis C Australia (EC Australia).

EC Australia Chief Investigator, Burnet Deputy Director and HEP Hero, Professor Margaret

Hellard said it's critical for Australians infected with hepatitis C to be tested, treated and cured to stop the transmission of new infections and hepatitis C-related deaths.

"Many people don't know their status, many are discouraged from seeking treatment because of stigma, and it's a tragedy that they are missing out on life-saving therapies which are so readily available," Professor Hellard said.

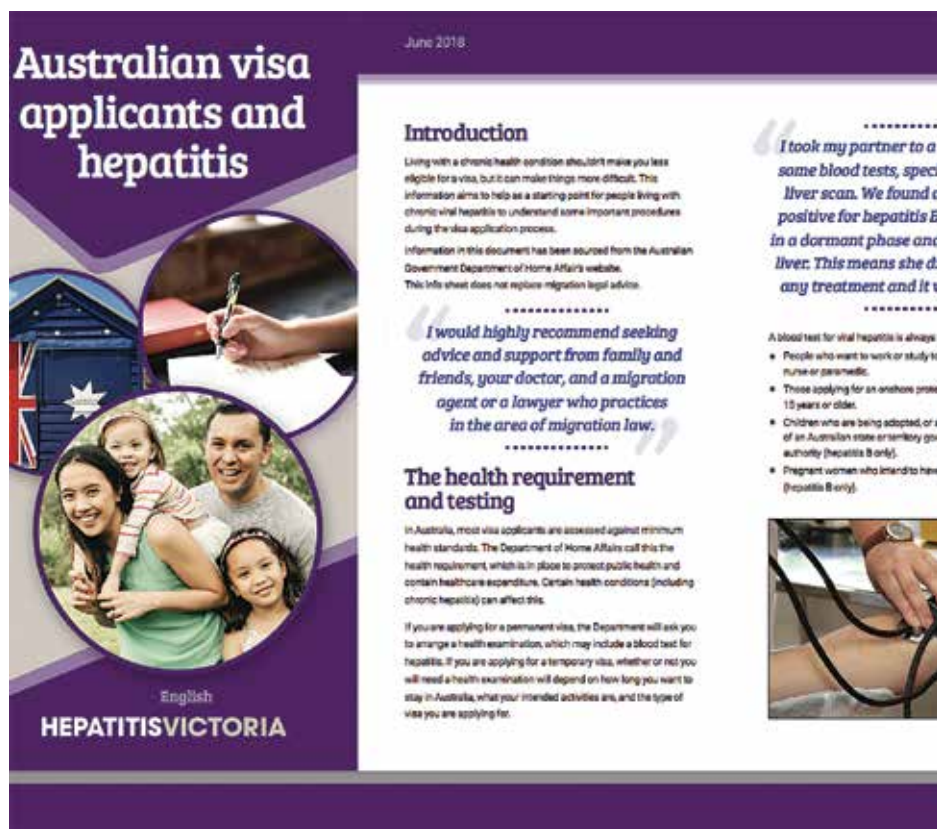
"We now have the opportunity and the tools to eliminate this disease as a public health threat. EC Australia can make sure the tools are applied effectively to improve community health and make Australia a world leader in the elimination of hepatitis C."

Since 2016, 58,000 Australians have commenced HCV treatment, including 43,000 in the first 15 months, but the numbers have fallen every month since.



# New resource

## Immigration/visa guide and advice for people living with hepatitis



Here are three tips from the guide to help people living with hepatitis B (or their friends or family):

### 1. Educate yourself

Australia's immigration system can be very complicated. Understanding terms such as 'the health requirement' and 'health waivers' is critical. Seek support from an experienced migration agent, talk with family and friends, and read information online.

### 2. Work with your doctor

It's important to regularly see your doctor in managing your condition to stay healthy. Your doctor can also support you in preparing your application by providing comprehensive medical reports and supportive letters.

### 3. Persist, be patient and stay positive

Every application is different – some people may get their permanent residency in less than a year and for others it may take many years. The key thing is to stay positive and remember that even if you are living with a chronic health condition gaining a permanent Australian visa is entirely possible.

One of Australia's greatest strengths is cultural diversity. Every year around 200,000 people migrate to Australia and many more come here on temporary visas as students or skilled workers.

For people seeking to come to Australia to live, those with chronic hepatitis can face significant challenges as they navigate the complex immigration process.

The main reason for this is that when considering a person's migration application, Australia places a financial threshold of \$40,000 on a person's healthcare costs to the government over the course of their lifetime.

For example, the cost of monitoring and treating a person living with hepatitis B can easily exceed \$40,000 over several decades. An individual may be unsuccessful in their visa application then solely on that basis.

This is just one example of health-based discrimination in Australia that disadvantages people living with disease or

disabilities. At Hepatitis Victoria, we believe that everyone should be given an equal chance and a fair go. In response, we have developed a resource to support people living with chronic hepatitis throughout their visa application. It has been translated into Vietnamese, Arabic and Burmese.

 The guide is available online: [here](#)



# #StigmaStops

## The latest stories

Our year-long stigma stories campaign continues with the four latest instalments.



### June

Thi reflects on her experiences disclosing and discussing her condition to the various people in her life – including friends, family, and co-workers.

The reaction from her peers has been of positivity, support, and curiosity. She highlights the fact that there is no need for people living with viral hepatitis to disclose if they don't want to. However, simply talking about it with people you are comfortable around and trust can be very beneficial.

"In the end your feelings towards yourself are more important than other people's feelings. I am a human being, I am not hepatitis B," she says.



### July

In July, we heard from Jarrod McMaugh, a health professional who works as a pharmacist in the north of Melbourne. Jarrod is also a board member at Hepatitis Victoria.

In his day-to-day life, Jarrod is treating patients with opioid replacement therapy like methadone or suboxone. Among other disparities, hepatitis C and liver health are common concerns for this population.

"There's no reason to treat any person different. Stigma has a huge impact on people's health outcomes", he says.



### August

Aye Aye Khaing tells of her positive experiences when opening up to her family and friends about living with hepatitis B. She mentions that educating herself and those close to her about the condition has alleviated worries around transmission and her well-being.

Khaing has channelled this encouragement to become a community advocate and educator, and is recognised as a HEP Hero at Hepatitis Victoria.



### September

September's stigma story features Peter Higgs - a university lecturer, social researcher, and former president of Hepatitis Victoria.

In his experience working with and being involved in the lives of people who have used drugs, Peter has always maintained a core value of "not judging people and treating them as anyone else."

In reflecting on his experience, Peter says, "...I guess I've been really fortunate in that I've seen people go through those journeys – I go to weddings, I go to christenings... So, you do get a different perspective... it is quite different to how other health providers, who only see crisis all the time. My research has really allowed me to see people go through all the ebbs and flows of life".

You can listen these stories and more



# Victorian Chinese community mobilises

## To eliminate hepatitis B and liver cancer

**The Chinese community in Victoria are approximately 10 times more likely to have chronic hepatitis B and 6 times more likely to develop preventable liver cancer**

A community initiative, the Chinese Health Promotion Coalition was launched on Sunday, September 23 at Melbourne Town Hall, announcing as one of its first priorities to step into action to eliminate preventable viral hepatitis B and related liver cancer within Chinese communities in Victoria.

“There is both a lack of awareness and many misconceptions within our community about hepatitis B, causing a lot of stigma around the virus, so people shun diagnosis and do not seek care and treatment, which leads to these very high rates of preventable liver cancer cases in the Victorian Chinese community,” said President of the Chinese Health Promotion Coalition, Marion Lau (OAM, JP, and HEP Hero).

Marion Lau said that the Coalition was the first of its kind in Victoria focused on leading Chinese communities to respond to the urgent public health issue of viral hepatitis B and related liver cancer.

Hepatitis Victoria CEO Melanie Eagle said the elimination goals in the Victorian Government’s Victorian Hepatitis B Strategy 2016-2020 were ambitious targets, but at halfway point in the strategy the data shows we have a long way to go to getting people tested and treated.

“To achieve these goals, it is absolutely essential we work together with those affected and that is why I am so inspired today by the leadership being taken by the Chinese-Australian community in tackling this condition and promoting health,” said Melanie.



According to the latest Hepatitis B Mapping Project National Report, the majority of people living with chronic hepatitis B (CHB) were born overseas, with the most common region of origin the Asia-Pacific (41%), and the most common country of birth among these born overseas were China (17%).

The launch will include the release of the Victorian Chinese Jade Ribbon Action Statement marking the starting point of



Coalition efforts to create resources and tools to raise awareness, reduce new infections of hepatitis B and maximise the well-being for Chinese-Australians living with chronic hepatitis B across the state.

The Coalition’s public awareness campaigns will be aligned to the international viral hepatitis awareness movement symbolised by a jade ribbon but will utilise the uniquely designed Jade Ribbon (tick) campaign logo produced by Hepatitis Victoria suggestive of

Chinese cultural elements, as a symbol to rally support and attention.

Hepatitis Victoria in partnership with Chinese partners began seeking funds to support the establishment of a Chinese community coalition in early 2016.

A small health promotion grant from the Australian Chinese Medical Association of Victoria (ACMAV) and a community grant of Melbourne City Council in

late 2017, finally provided the opportunity to form the community coalition announced the day before the 2018 Mid-Autumn Festival of Asian communities.

The Chinese Health Promotion Coalition proudly announces its founding members are:

ACMAV	Australian Chinese Medical Association of Victoria
CCCAV	Chinese Community Council of Australia Victorian Chapter
CCCIS	Chinese Cancer & Chronic Illness Society of Victoria
CCHAA	Chinese Community Health Advisory of Australia
CPBA	Chinese Professional and Business Association
FCA	Federation of Chinese Associations
HV	Hepatitis Victoria
JRHPT	Jade Ribbon Health Promotion Team
OSTAR Media	OSTAR International Media Group
VSCLF	Victoria Soong Ching Ling Foundation

Above list is sorted by the alphabetical order of the first character of each organisation.

# LiverWELL

## Australian app to fight liver disease and hepatitis

### What can it do for you?

WATCH 30 sec videos on using the app



Manage your medications



Never miss an appointment



Adding your medical results

### Find out the latest tips for eating well, feeling well, getting active and being drink aware

Millions of Australians now suffer from the early symptoms associated with liver disease and over 400,000 are living with hepatitis B or hepatitis C. Now they have a free tool to help them.

On World Hepatitis Day, we celebrated by launching LiverWELL, a free interactive app that is a practical tool to help people optimise their liver health. The development of LiverWELL is an important project for Hepatitis Victoria, as it provides people living with liver disease something they have long been asking for; a simple-to-use and practical app, that distils the skills and knowledge of health experts and advocates.



Listen to a short podcast with Melanie Eagle CEO Hepatitis Victoria talking about LiverWELL [here](#).

There are many health apps around but they tend to be either for specialist clinicians or from those spruiking a healthier diet. LiverWELL has been informed and tested by people living with viral hepatitis.

*LiverWELL is endorsed by top health experts.*

“People with hepatitis and liver disease need practical tools to assist them to manage their own health including reminders to take medications, to schedule their appointments, record their test results and keep their personal health notes all in one place,” said Dr Nicole Allard, a general practitioner and GP specialist prescriber for hepatitis B medication.

“The beauty of LiverWELL is that everyone with a mobile phone now has this option within their grasp, and I will be recommending the app to my patients who have liver disease and viral hepatitis,” she said.

“Every week up to 6 Victorians die from viral hepatitis related liver disease, the same number of deaths as the state roll toll, and liver cancer is the fastest growing cancer in the country,” said Melanie.

“We need to tackle this health crisis head on,” she said.

The launch of LiverWELL was welcomed at the highest levels of state government which funded the development of the project.

“The Victorian Government is pleased to have supported the development of the app and is committed to eradicating viral hepatitis in our community by 2030 and to do this we need clever and creative approaches. I congratulate Hepatitis Victoria on producing such a useful tool for people living with hepatitis,” said Jill Hennessy, Minister for Health in Victorian Government.

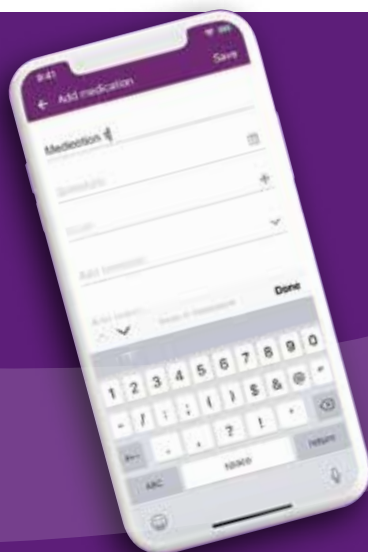
As many people living with viral hepatitis are from culturally and Linguistically diverse communities, one important aspect of the app development was translation into languages other than English.

LiverWELL is available for Android and Apple smart-phones in English with translation of main functions in Arabic, Simplified Chinese and Vietnamese.

The reception for LiverWELL was immediate, positive and international (see LiverWELL wins GOLD Award separate news story)

### ‘Top app for liver health is LiverWELL’ says influential U.S. health blogger

Influential U.S.-based blogger and HEP Hero Karen Hoyt, a person who has lived with hepatitis C and received a liver transplant reviewed LiverWELL and gave it fulsome praise.



When you are having treatment for hepatitis B or C it's really important to follow the schedule of medications and to attend your health appointments.

"My favourite top app for liver health is LiverWELL and you're going to love taking better care of your liver with this supportive tool. The designers from Australia are super pumped and I'm so glad they made this available for everyone," Karen says.

 [Read her full review.](#)

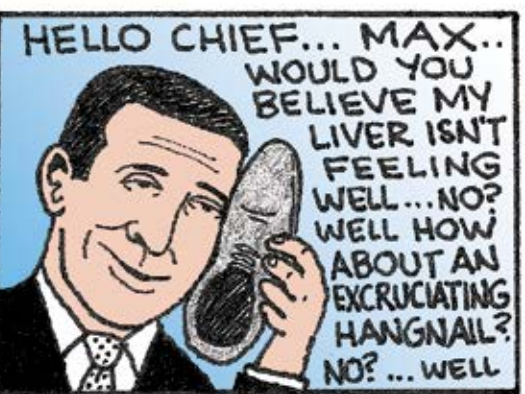
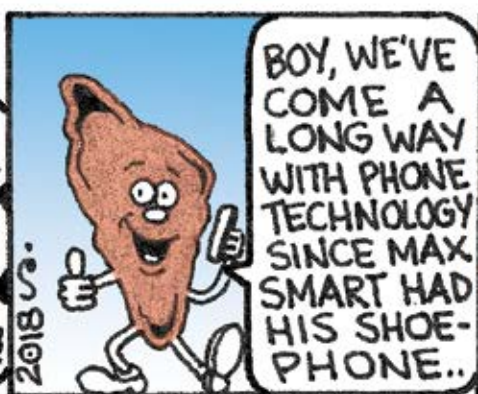
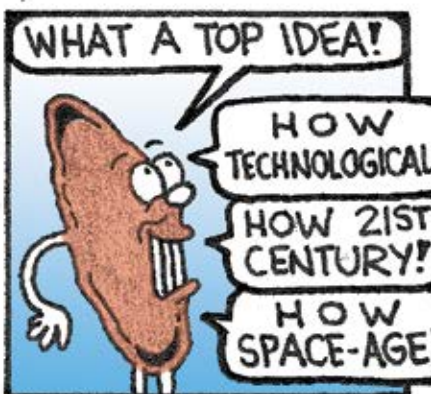
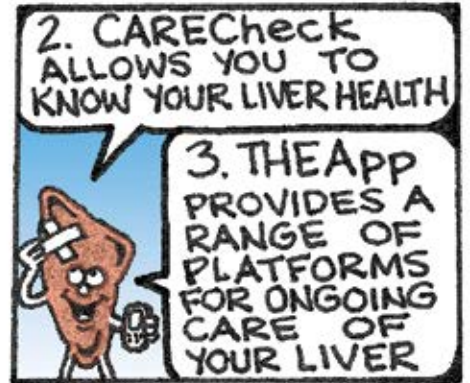
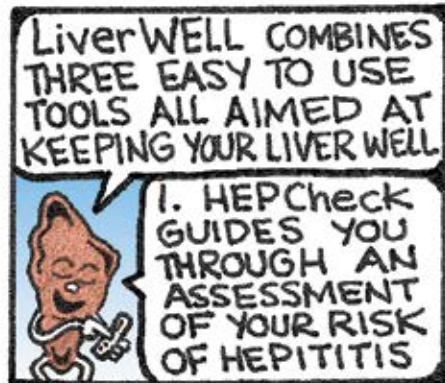
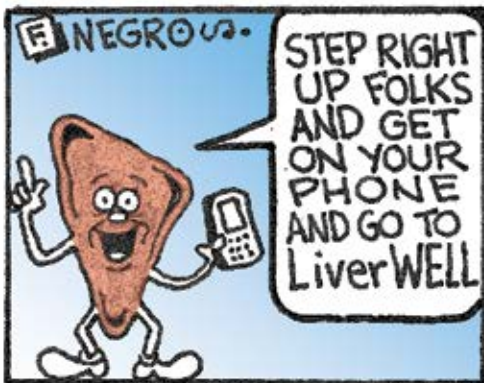
But 'LiverWELL' is not only about our new app, it also encompasses an array of new services and support for people living with viral hepatitis and broader liver disease.

LiverWELL online tools help you love your liver. You can download the app and care for your liver by recording your results, managing your medications and appointments, and exploring the latest Living Well health information and news. Help assess your risk of hepatitis with HEPCheck and learn more about your liver health with CARECheck.



**LiverWELL is a free interactive app that will help local residents manage their own liver health including reminders to take medications, schedule appointments, record test results and keep their personal health notes all in one place.**

Continued next page



# Living Well

## A holistic approach to better liver health

**L**iving Well has four parts; Eating Well, Feeling Well, Getting Active and Drink Aware.

It is a complete and holistic approach to care for people living with viral hepatitis.

Feeling Well provides hints and tips for people living with chronic liver disease (CLD).

Below is the type of information you will find on the app.

The experience of a CLD such as viral hepatitis B or C can be significantly detrimental to an individual's mental health for a number of reasons.

Experiencing CLD can be highly stressful, stigmatising and socially isolating. Attending frequent doctors' appointments, a fear of the unknown, lack of treatment options, as well as a sense that no one understands your lived experience can contribute to an individual's feelings of stigma and social isolation. Moreover, the manifestation of symptoms as well as treatment of chronic liver disease can negatively impact individuals' mental health.

Depression is the most common mental illness experienced by individuals with chronic conditions, with the prevalence rates for depression in individuals with hepatitis ranging between 20-60%. Common symptoms

of depression are: persistent low mood, lack of energy, social withdrawal, oversleeping or inability to sleep, low appetite and a lack of interest in activities you once enjoyed. Notably, many of these symptoms go hand in hand with being chronically ill.

The good news is there are many ways to treat mental illness and take care of your mental health. Some techniques that show good efficacy in promoting positive mental health include: exercise, mindfulness techniques such as meditation and yoga and informal social supports like talking to friends and family and getting a good night's sleep. Other measures include abstaining from or limiting alcohol and illicit drug intake, as using illicit drugs and alcohol can exacerbate symptoms of mental illness.

More formal support like your GP, counsellors, psychologists and medication can also be highly effective in looking after your mental health. Under Medicare, Australians are entitled to 6 subsidised psychologist appointments provided you have a mental health care plan from your GP. You are also entitled to 4 additional sessions by obtaining another referral.



Explore these LiverWELL links:

- [RESILIENCE](#)
- [PROBLEM SOLVING STRATEGIES](#)
- [SELF-CARE](#)
- [SUPPORT NETWORK](#)
- [LOCUS OF CONTROL MINDFULNESS](#)
- [FURTHER READINGS](#)

**It's a complete and holistic approach to care for people living with viral hepatitis.**

# New resource

## Your Liver, Your Health

### Your Liver, Your Health

#### New resources make the case for liver health

With the expansion of Hepatitis Victoria's remit to include broader liver health, the organisation is dedicated to ensuring early detection and treatment interventions for those with liver disease by providing comprehensive public knowledge to encourage better liver health awareness within the community.

Liver disease is estimated to affect a staggering 6 million Australians and has an annual direct cost to the economy of \$50.7 billion per year.

This emerging health crisis is impacting many advanced Western economies

– lifestyle factors are a catalyst for the growing burden of fatty liver disease on the community. Yet knowledge of liver health and disease is paltry compared to public awareness of heart disease, cancer or diabetes.

Low public and medical professional knowledge of liver diseases also contributes to late diagnosis and poor outcomes for many Australians, a particularly tragic state of affairs given the liver is the only internal organ capable of regeneration when conditions are identified early and medical treatment and lifestyle protocols closely followed.

As a start, there is a need for clear, credible and comprehensive information for liver healthy communities. This need is not currently being met.

Hepatitis Victoria's liver health initiative LiverWELL will soon release two new printed and digital resources on general liver health and cirrhosis. The goal is to

begin to build stronger awareness and knowledge in the general community of how to maintain liver health and respond to liver disease.

#### The key points of the first resource called **Your Liver, Your Health** are:

- Anyone can develop liver disease
- There are many options for prevention, treatment and management
- It's important to detect liver damage early to avoid further loss of liver function
- Act now – Talk to your GP, get tested. A simple liver check can save your health – it may even save your life.
- A healthy diet, exercise and avoiding excessive consumption of alcohol, other drugs & toxins will support your liver health
- Liver function can most often be improved even when your liver is damaged

Check out the new resources at:  
[LiverWELL guides](#)

#### Stages of liver disease (excerpt from brochure)

##### Inflammation

An infected liver will cause inflammation. If treated at this stage, it's highly likely that inflammation will go away.

##### Fibrosis

If your inflamed liver is left untreated, the healthy soft tissues will begin to harden and scar. Your liver may not work as well. With treatment, there's still a chance that your liver can heal itself.

##### Cirrhosis

Cirrhosis is when hard scarred tissue replaces soft healthy tissue. Treatment aims to keep the condition from getting worse and to protect the healthy liver tissue you have left.

##### Liver Cancer

Liver cancer as an isolated condition is rare but the risk of liver cancer is higher if you have an existing liver disease such as cirrhosis. Can be treated if it is diagnosed early by dealing with the underlying liver disease.

##### Liver Failure

Liver failure means that your liver function is extremely low. It is a serious condition and you must seek medical care immediately. In some cases, a liver transplant might be an option.

# The Pharmacist

## The growing role of the pharmacy in the battle against viral hepatitis



**H**epatitis Victoria Board member Jarrod McMaugh takes a look at chronic viral hepatitis, the subtypes and stigma surrounding the conditions

Chronic viral hepatitis affects close to half a million Australians, and is responsible for approximately 1000 deaths per year. Despite the availability of new treatments, close to 80% of people living with chronic viral hepatitis are not engaged in care.

Pharmacists have a role to play in increasing awareness of the availability of treatments, and have a responsibility to understand how stigma and language can affect the experience of people living with a chronic condition.

### Hepatitis – general features

Hepatitis is the term used to describe any condition that causes inflammation of the liver. This may be acute or chronic, and may be caused by infection or injury.

Viral hepatitis has five major subtypes.

Hepatitis B and C the most common in Australia, and are responsible for chronic liver disease. Hepatitis A, which causes acute illness, is less common but may be associated with rapid transmission as it spread through contaminated food and water.

Other types of hepatitis that occur in Australia include damage caused by chronic alcohol use; non-alcohol related fatty liver disease, and damage caused by medications or poisoning.

Inflammation of the liver caused by hepatitis may lead to jaundice, acute liver failure, or chronic damage such as scarring, fibrosis, and cirrhosis. Chronic inflammation of the liver is a contributor to the incidence of liver cancer in Australia, and also contributes to the rate of liver transplants in Australia. People who live with a chronic viral infection may experience malaise and altered liver function for extended periods of time, contributing to significant impact on quality of life.

### Hepatitis C

Hepatitis C is a blood-borne virus that has a number of genotypes that can lead to chronic infection – roughly 75% of people will not clear the virus. Breakthroughs in the treatment of hepatitis C in recent years have transformed the prognosis of this condition from a life-long infection to a condition that has a high potential for cure. Approximately 20% of people who have hepatitis C infection are not aware that they have the virus.

Despite the availability of these treatments, it is estimated that 80% of people who may benefit from treatment have not yet accessed treatment. While it is difficult to accurately describe what is influencing this low uptake, it could be due to stigma, or it may be that individuals are not aware that new treatments are available.

Individuals may also be expecting treatments to have unpleasant side effects – interferon has been used in the past to reduce viral load, and this treatment can cause symptoms



similar to influenza throughout treatment. While new direct acting antiviral medications do not have these side effects, perception can have a huge impact on uptake.

## Hepatitis B

Hepatitis B is a virus that can be transmitted via blood and body fluids. Vaccination for hepatitis B is part of the Australian vaccination schedule, although people who have emigrated to Australia may require catch-up vaccination.

Hepatitis B has a higher rate of clearance – i.e. the virus is cleared by the individual's immune system, meaning they may not develop chronic infection. Despite this, chronic hepatitis B affects more people than chronic hepatitis C, and approximately 37% of people are unaware that they have a chronic hepatitis B infection.

Antiviral and interferon medications may help reduce viral load for individuals with chronic hepatitis B infection, but these are not curative.

Individuals who have chronic hepatitis B and C infections should be made aware that there has been a rare incidence of acute flare up of hepatitis B when using direct acting antiviral medications to treat hepatitis C. This does not constitute a contraindication to treatment, but supportive measures may be required.



## Stigma

For people who have a lived experience with chronic hepatitis infection, stigma can play a significant part of their experience with healthcare providers. Stigma can take many forms, with blame and fear being the most common, and the most damaging to an individual's confidence in health care providers.

Pharmacists need to be mindful that providing care to an individual should not include any judgement of the individual. How a person came to have a chronic condition is not relevant to their treatment,

and should not alter how this treatment is provided.

With the introduction of individually-controlled electronic health records, pharmacists will have greater visibility of an individual's health record when providing services. While this information may assist the pharmacist to provide individualised care, this information should not alter the way they interact with people who may have a chronic condition such as hepatitis.

To ensure pharmacists are equipped to appropriately respond to greater access to health information about individuals, and to better understand the nature of chronic hepatitis, Hepatitis Victoria offers online training known as HEPReady®. This course provides useful information on viral hepatitis, and also discusses the impact of stigma on an individual.



**Jarrod McMaugh** is a community pharmacy practitioner with Capital Chemist in the northern suburbs of Melbourne. He has extensive experience in developing and delivering professional services in the community pharmacy setting.

# Featured podcast

## 8 million Australians will show symptoms of fatty liver disease by 2030



Dr Paul Gow is a Liver Specialist at Austin Health and the Chair of Hepatitis Victoria's recently established Liver Health Advisory Committee.

He spoke with Hepatitis Victoria about his interest in the liver, his role on the new committee, and the looming health crisis that is fatty liver disease. As a result of this podcast, he was interviewed by Philip Clark on ABC 774's *NightLife* program on October 8, where he took questions from a lively national audience.

**Q Why are you interested in the liver and what's the Liver Health Advisory Committee?**

**A** I'm a gastroenterologist specialising in hepatology. The liver is my bread-and-butter and in my world, it's everyone else is bread and butter, too. How did I get into it? Junior doctors rotate through all the specialities and I loved my 12 weeks doing gastroenterology. I saw really interesting patients with complex medical problems. I've worked in this area for over 20 years.

I was invited to be involved with the Liver Health Advisory Committee by Melanie Eagle as she was looking for someone to give clinical input into a broadening of the role that Hepatitis Victoria is planning over the next few years.

**Q What changes have you seen since you started your career?**

**A** The changes in the past 20 years have been miraculous and using the 'miracle' word is really describing what's happened.

When I started in the late 90s as a junior consultant, there was no drug for hepatitis B and interferon was the only drug available for hepatitis C. Now 20 years later, we have a single curative therapy for hepatitis C, which may well disappear entirely in the next couple of decades.

Hepatitis B is simple to manage in almost everybody. So, these diseases have gone from enormous, almost insoluble problems to virtually fixed in a generation, it's an amazing achievement. As a result, there is potentially space for Hepatitis Victoria to broaden its remit, to offer services to a wider range of people than in the past.

**Q What liver related health issues are most urgent?**

**A** There's a long list of things that can upset the liver; genetic liver diseases, auto-immune diseases that can affect otherwise fit and well people. And there is a very common disease called fatty liver disease, which will affect up to a third of the Australian people by 2030. In fact, anyone who's got a bit of a belly is likely to have some degree of fatty liver disease, that can affect your liver from doing almost trivial damage to life-threatening liver disease.

**Q A third of the population is 8 million people, a huge number. What should a person do if worried?**

**A** Fatty liver disease is a newish phenomenon and it relates primarily to obesity, 20 or 30 years ago fatty liver disease really wasn't issue, but as Australians have gotten bigger, the percentage of people with fatty liver disease has also changed, so the graph that shows the number of people with fatty liver disease over the years is the same shape as obesity.

It primarily relates to obesity, but also to poor diet and inadequate exercise. My paediatric colleagues are even seeing lots of kids with liver disease from being overweight. It can lead to cirrhosis and liver cancer, and you're at an increased risk of developing heart disease, diabetes, sleep apnoea, high blood pressure

and kidney disease; it's a marker for all those things.

When I chat to patients who are 40 and well, I tell them their liver is probably not going to kill them, but fatty liver disease in your 40's is a marker of more serious complications in your 60s and 70s. The time to do something about it is now, when you can and not when you are really in trouble.

People who are concerned should talk to their general practitioner first, who may refer them to a specialist.

**Q What role could Hepatitis Victoria play?**

**A** There is potentially a role for Hepatitis Victoria, which could move towards making more consumer information readily accessible. It would be good if we could provide quality information to different patient groups that is easily digestible, and give guidance as to how to negotiate the complex public health system.

There is also a need for increased awareness. Those in the know, know a lot about fatty liver disease, but almost everyone else, even those walking around who have it, know nothing. There's a public health campaign that needs to be made because of a lack of focus on the liver. There are interventions that are effective so it is important for the community to understand what fatty liver is and understand its implications.

**Q Is there enough recognition of this health crisis?**

**A** There is a lot of recognition at all levels of government of the problem of obesity and the potential consequences, and there are lots of attempts in respect to heart disease, diabetes, high blood pressure and diet generally but I don't think the liver part of it is getting as much fanfare as it could.

# Going regional

## Love Your Liver and HEPReady® on tour through regional Victoria

**H**epatitis Victoria's Love Your Liver (LYL) awareness raising campaign together with HEPReady® training are on the move in regional Victoria, but widespread support is essential to help make sure that people are encouraged to listen and act on the campaign's important health messages...

Since July, our loveable LYL characters - and their important health messages about our livers needing as much love as our hearts, lungs and guts - have been on the airwaves, in local newspapers, on the backs of buses, and in shopping centres and medical centres around Shepparton, Dandenong, Frankston and the La Trobe Valley.

Our health promotion team has also been on the road conducting workshops for local health professionals where the campaign has appeared.

HEPReady® workshops have been held in conjunction with the campaign. There have been well attended events in Shepparton, Dandenong and Traralgon. Look out for the next HEPReady regional event scheduled for Geelong on **6 December**.

**With 48,000 people living with HCV, and 57,000 people living with HBV in Victoria alone, we still have a lot to do before we can eliminate viral hepatitis as a health concern by 2030.**

To find out how your workforce can be trained to have conversations with their clients about viral hepatitis, please contact [hepready@hepvic.org.au](mailto:hepready@hepvic.org.au)

Because of the issues with stigma, and the loneliness and isolation that people experience with this health condition, the campaign's approach is to break down the fear and misunderstanding around hepatitis B, hepatitis C and liver health in general. The emphasis is that people living with viral hepatitis can lead happy, healthy lives.

"We" in the sector know the immense stigma and discrimination that surrounds viral hepatitis, and that prevents people from taking positive action to confront the condition and take steps to manage

their liver, and overall health. LYL is a great vehicle for getting really positive liver health and management messages out there.

However, this effort also needs the support and involvement of YOU in the sector - GPs, nurses, community health workers, refugee health workers, local government, as well as those living with viral hepatitis. As one of our newest Hepatitis Heroes, Karen Hoyt observed recently, managing viral hepatitis is like an ongoing relay race. It requires good teamwork, smooth baton changes, and lots of encouragement towards the finish line.

To date we've had some terrific support from the likes of Greater Dandenong Mayor, and another recent Hepatitis Hero inductee, Youhorn Chea, and other local Councillors and community members. But we are very keen to see more GPs and other health workers really get behind the initiative.

So, come on! Let's all jump on the LYL bus, and make those dreams come true.

## HEPReady Regional Workshops

The next Regional Workshop is in Geelong on **Thursday 6 December**.

Details forthcoming, keep an eye on the HepVic website events pages



# Real Change for No Shame!

NAIDOC week



**D**uring NAIDOC Week in July 2018, Hepatitis Victoria partnered with Indigenous Hip Hop Projects and the Korin Gamadji Institute to produce an informative and engaging music video called 'REAL Change', tackling issues surrounding stigma and health in relation to viral hepatitis.

The Institute is a unique educational and training facility that supports and incubates leadership and employment pathways for Aboriginal and Torres Strait Islander people. The Richmond Emerging Aboriginal Leadership (REAL) program works with Aboriginal and Torres Strait Islander youth across a number of years to help develop their cultural connections, leadership skills, physical and mental well-being, and career aspirations.

At the start of the project, community educators from Hepatitis Victoria presented an education session about viral hepatitis and liver health. The young people then reflected on what they had studied in the session and combined it with their learnings from the KGI program and wrote, recorded, and performed. The result was a powerful and energetic music video with an excellent message and catchy tune. The goal is for the video to be brought back to the participant's communities so the positive messaging can be spread.

"The song promotes finding inner-strength, being proud of culture and identity, supporting those close to us, and raising awareness around viral hepatitis," said Jack Gunn, Hepatitis Victoria's Stigma Response Coordinator.

Both hepatitis B and hepatitis C are significant issues for Indigenous Australians and the wider community,

and ignorance is leading to deadly liver disease. Young people are at a higher-risk of infection and stigma and discrimination are barriers to testing, treatment and for hepatitis C, cure. The lyrics in the song spread messages of positivity such as recognising strengths, looking after health, supporting family and friends, and raising awareness around viral hepatitis.

"The artists sing about a topic that can be incredibly sensitive and confronting for some," said Jack.

"This health promotion project was unique and a great way to engage with young people. There was a flow of excitement and engagement throughout the whole process and when we screened the finished video at the end of the camp everyone was getting up dancing and some tears were shed.

"The video will be shared with their friends, family, and community and will be useful for our work at Hepatitis Victoria for years to come," said Jack.

The video has reached over 2000 views and has been distributed to numerous community health centres and aboriginal co-ops around Victoria. It was also screened at the Australasian Viral Hepatitis Conference in Adelaide.



You can watch the video [here](#)

## Supporting NAIDOC at Port Phillip Prison

**'Because of her we can, I want to be a better man, a better man.'**

NAIDOC has been celebrated at Port Phillip prison for many years and this year was a wonderful event arranged by the Aboriginal Liaison Officer. An Auntie who has worked closely with the prisoners at Port Phillip was in attendance wearing her traditional emu feather necklace. She delivered a presentation with a strong focus on Aboriginal women who were inspiring leaders from the Kulin Nations, Yorta Yorta, Gunai and other Aboriginal groups in Victoria.


An Aboriginal man in custody at Port Phillip designed the image pictured for the NAIDOC t-shirt and spoke about his vision for it.

Swinburne TAFE has been running a program of music and storytelling through song, so a couple of songs were shared, including the story of one man who had recently been released from the prison. He had the ambitious aim of recording an album for his mum before he left – so over eight weeks, he recorded a song every week. When he left the week before the event, he was able to take his album for his mum, as well as the achievement of reducing his methadone use from a 20ml to a

2ml dose. The presentation ended with a song written for NAIDOC. This was very powerful with a group singing the chorus 'Because of her we can, I want to be a better man, a better man.'

After this moving performance, men from the TAFE literacy program read out pieces about women who inspired them, including Cathy Freeman, Jessica Maubouy, Professor Larissa Behrendt and Alexis Wright. Themes of not giving up and persevering in the face of adversity featured strongly.

A group of six men were painted up traditionally and danced whilst another two operated the clap sticks. And lucky last, local Aboriginal comedian, Shiralee Hood, got up and gave a skit which was super cheeky. She is part of the 'Beyond the Bars,' radio program which runs a live prison broadcast over NAIDOC.

 You can have a listen through their [website](#)

At Hepatitis Victoria we support cultural engagement as a healing and effective strategy to assist at-risk Aboriginal and Torres Strait Islander community members.

 Read more about this [here](#)



## Victorian Senior of the year finalist

**S**tephen King has been a dedicated volunteer with Hepatitis Victoria for over seven years. During this time Stephen has worked tirelessly to give back the community following his diagnosis and subsequent treatment for hepatitis C. Stephen's openness in discussing all aspects of his experience and educating others has seen him become a well-respected and much-loved advocate as well as a familiar face around the office. He does not shy away from a tough conversation and is the first person to put his hand up to help others.

Stephen's hard work and dedication culminated this year in a nomination for the Victorian Senior of the Year. This nomination reflects not only his tremendous efforts over the last seven years but also his brave and charismatic character.

When asked what Stephen feels people should know about him he had this to say: "I am passionate about normalising all areas of health that are stigmatised against and working with people who are marginalised by society. I take ownership over everything that has made me who I am."

 More online [here](#)

# HEP Heroes

## Karen Hoyt

(Our first international-based HEP Hero)

Creator of ihelpc.com and author of "The Liver Loving Diet"

I'm a teacher who runs a website for liver disease. I'm a good food eater, fast walker, and nature lover. My free time is spent eating watermelon, teaching yoga, writing, and making videos.

I use my life to encourage those with liver disease to find new ways of improving their physical, mental, and emotional health.

I took a sad situation with hepatitis and turned it into an opportunity for change. I use hope and persistence against anything that would hold myself or anyone with hepatitis back in life.

Doubt, stigma, lack of medical funding, rejection, and isolation can trap people into believing they are stuck. I like to help others unlock the keys to a happy and hopeful future.

I had an emergency room diagnosis with end stage liver disease from hepatitis C in 2010.

There was not a lot of online support so I started the *Best Friends Guide to Hepatitis* and began to encourage others to take action against the virus.

Too weak to treat on the old treatments, and too sick to live long, I begged for the newest therapy.

After starting the 48-week treatment, my liver began to fail. I continued and cleared the virus forever. Even after liver cancer and a transplant, I continue to believe that our lives can be lived to the fullest, no matter how severe our health problems are with hepatitis.

Many people feel that a diagnosis of hepatitis leaves them stuck without a healthy future. They feel trapped inside a sick body. They isolate themselves and don't get the treatment and education they need.

If everyone knew that they could have a fantastic future, more people would get tested and find the medication and treatment they need.

### Karen's message to others:

***"Hepatitis does not define who you are. YOU are a person who has a virus. There are options for medication, treatments, and lifestyle changes that can propel you into the future that you were born to live.***

***Create a new vision of who you can be in spite of the hepatitis virus. Go live that dream!"***



## Lucy McDonald

Hepatology Clinical Nurse Consultant

I'm a nurse working at St Vincent's in Melbourne. I started here in 2011 as an "interferon nurse" as we were known back then! I'm now working with a great team running the hepatitis assessment and treatment program in Victorian prisons.

I was employed in 2011, as part of the 12 new nurse positions funded by the Department of Health to increase hepatitis C treatment by increasing awareness and access in the community. Primarily taking treatment away from the hospital /specialist model to community clinics and GP support.

It was difficult to encourage treatment with its debilitating side effects and poor cure results. Being part of the journey of treatment advances has been amazing to watch. My role has changed so dramatically.

### Lucy's message to others:

***"It doesn't matter who you are; It doesn't matter how you got hepatitis C; no one deserves to live with a potentially life-threatening disease when today's treatments offer a cure. Everyone is worth the chance of becoming hepatitis C free."***



## Youhorn Chea

### Greater Dandenong Mayor

As the Greater Dandenong Mayor and a hep C sufferer, I'm hoping by sharing my story I can reach out to the wider community to help them understand the seriousness of this disease and the treatment options available.

The prevalence of chronic hepatitis B in Greater Dandenong is the second highest in Victoria, and reports of chronic hepatitis C are twice the rate of the state average.

Added to these statistics is the fact that liver disease often remains hidden and undetected so, for me, taking leadership in liver health is very important.

I am the current Mayor for Greater Dandenong having served as a Councillor since 1997. I am also the President of the Cambodian Association of Vic and former President of the Australian Cambodian Federation.

I am a widowed Father of 4 with 6 grandchildren. My late wife, Uchchara was a carrier of hep B and I have successfully received treatment for hep C.

When the Khmer Rouge took power in Cambodia, my family was sent to the concentration camp where we were forced to carry out hard labour.

Years later, I was tested and diagnosed with hep C. Through treatment and ongoing monitoring, I have been given the all clear. I'm one of the lucky ones. Every day for as long as I can remember, I focus on being as healthy as I can.

There is a stigma surrounding viral hepatitis that prevents people from talking to their families, getting tested or treated, or seeking support.

By educating communities, we encourage them to make lifestyle choices to improve their health, protect their liver and help prevent serious liver damage, prevent viral transmission to others, and most importantly to seek treatment.

### Youhorn's message to others:

*"Education starts with us. There are vaccines to protect against hepatitis A and B. Hepatitis C is now curable in the vast majority of cases, and hepatitis B can be managed. But first it has to be detected and then treated."*

*"Don't delay seeing your Doctor. Blood tests can determine whether you have viral hepatitis, and if so, which kind. The sooner you get tested, the sooner you can take steps to protect yourself and others."*



## Kudzai Kanhutu

### Infectious diseases doctor and lover of digital health, informatics and technology

I trained as an infectious diseases physician because of the enormous ability you have to support individuals and communities to live healthier lives.

Along the way I've been lucky enough to work alongside some truly phenomenal health professionals who dedicate themselves to hepatitis care, compassion and the quest for cures.

There are still too many people who are not receiving the care they need. Even when you can't cure viral hepatitis there is always something that can be done.

### Kudzai's message to others:

*"You can be a Hepatitis Hero! Whether you're starting out on treatment, taking a friend to a clinic visit or just spreading the word about the testing and treatment options out there you'll be doing your bit."*

# New resource

## *Living Well with Hepatitis B*

The majority of the more than 200,000 people in Australia living with chronic hepatitis B were born overseas either in Asia or sub-Saharan Africa. "They are from culturally and linguistically diverse (CALD) backgrounds and without treatment one in four will develop liver cancer," says Jawid Sayed, Hepatitis B

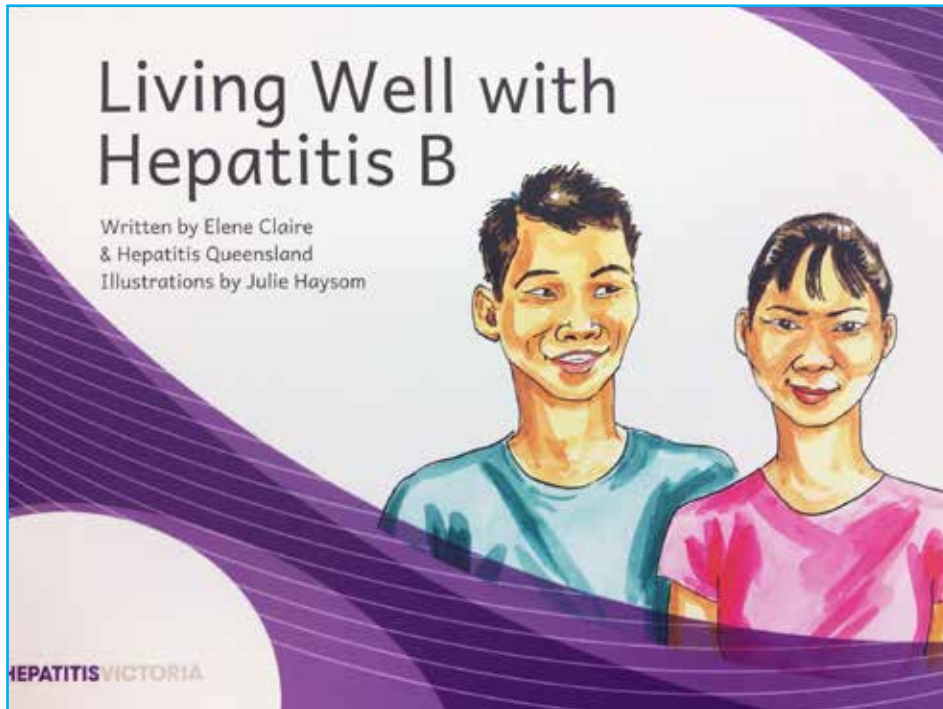
writing and vocabulary activities for the class," says Meg.

Vaccination is the key to prevention and the Department of Health has recently expanded its hepatitis B vaccination schedule to include people from moderate to high

endemic countries, refugees and humanitarian entrants, many of whom are part of the AMEP English language program.

"We want to spread the message and raise awareness, particularly to those communities most impacted, and we are happy to come along and support AMEP teachers in their education sessions and to answer any of your questions," says Meg.

Living Well with Hepatitis B a series of short stories about the health issues people face living with hepatitis B, will soon be available on the Hepatitis Victoria website in digital and audio files in Arabic, Cantonese, Dari, English, Khmer, Mandarin and Urdu.



◀ *Cover of the new resource.*

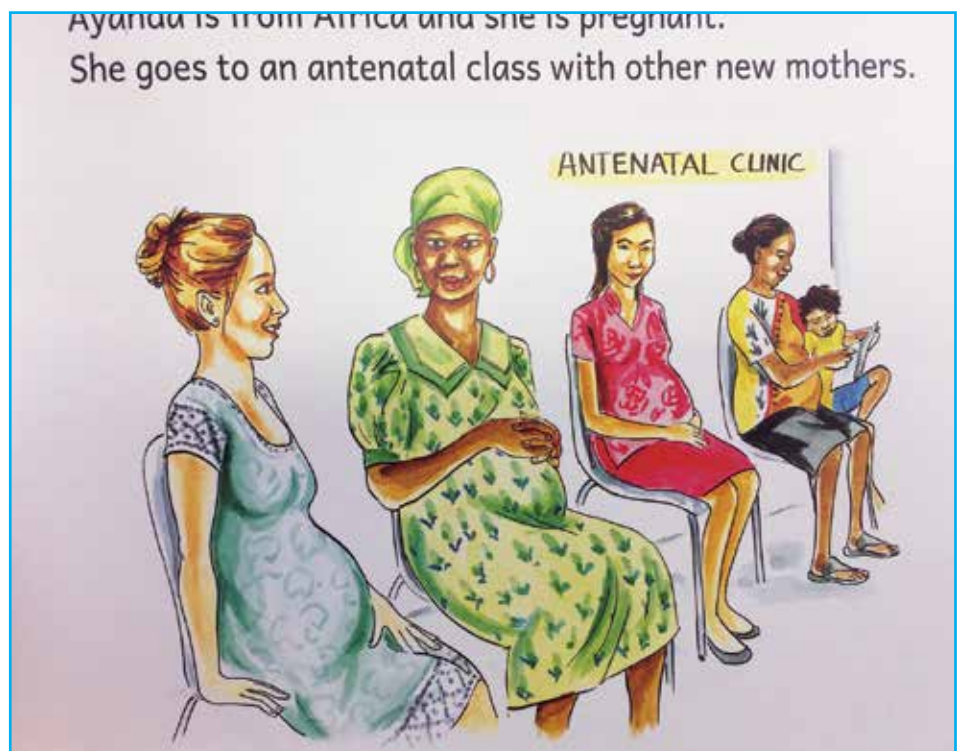
▼ *An internal page of the resource.*

Community Mobilisation Coordinator in a recent Hepatitis Victoria video available on YouTube.

Living Well with Hepatitis B was created after working with English as a Second Language (ESL) and Adult Migrant English Program (AMEP) teachers, to develop a reader for students and workbook for teachers about the reality of living with hepatitis B.

Meg Perrier, Hepatitis B Community Mobilisation Officer says the reader and workbook are designed to educate AMEP students on the facts about hepatitis B, challenge misconceptions and improve health literacy and help familiarise students with the Australian healthcare system.

"The reader has four common archetypal stories that are often shared about hepatitis B, and the workbook provides background information for teachers along with reading,





# LIVERability festival

What we achieved together



## LIVERability Festival

### A Bendigo LIVERability session with the Karen community draws over 100 people

Hepatitis Victoria announced nineteen grant recipients to celebrate World Hepatitis Day (28 July) in conjunction with the organisation's two-month long LIVERability Festival held July through August every year.

Small grants of up to \$1,000 were offered to community and not-for-profit organisations to conduct activities – often including a breakfast, lunch or tea- to raise awareness of viral hepatitis and reduce the stigma and discrimination associated with the disease.

“Our small grants go to an amazing array of community projects, from the length and breadth of the state,” said Hepatitis Victoria CEO Melanie Eagle.

“Whether it’s a Love Your Liver lunch with Indigenous elders, a puppet show, or

afternoon tea with ‘HEP Bingo’ they all help raise awareness about viral hepatitis and break down the stigma that surrounds this condition,” said Melanie.

The Hepatitis Victoria grants program has been running for eight years and this year’s recipients were delighted with the recognition and support.

### Our small grants go to an amazing array of community projects, from the length and breadth of the state

Grant recipient Bendigo Community Health Service ran a ‘Liver health and hepatitis in our community’ session in Bendigo on 8 August attended by over 100 people, including health professionals and the Karen migrant community living in the area. The event was a perfect example of how LIVERability Festival grants can be used to raise awareness about liver health. Support and collaboration from Bendigo Health and Bendigo TAFE made

an important contribution to its success. Speakers included Bendigo Health liver nurse Louise Holland, infectious disease expert Dr Andrew Mahony and HEP Speaker and HEP Hero Aye Aye Khaing. A Karen interpreter was also present.

“We know that hepatitis B is an issue among migrant communities coming to

Australia, especially those from south-east Asian backgrounds like Myanmar,” said Hepatitis Stigma Response Coordinator Jack Gunn who also spoke at the event.

“The turnout was a great opportunity to connect with the local health workforce and engage with the Karen community and to highlight why it’s important to get tested for viral hepatitis and look after your liver health,” he said.

# LiverWELL Coaching health tips

Ask Priscilla, is coffee really good for the liver?

## Our resident dietitian and LiverWELL Coach Priscilla Correa explains

Coffee has some components (with some unfamiliar names such as polyphenols), that can help to reduce liver damage due to liver disease caused by viral hepatitis, cirrhosis and fatty liver disease.

Some of the liver conditions that coffee may help to reduce and then improve health are:

- **Inflammation of the liver**
- **Steatosis or fatty liver, that is when fat enters the liver cells and the liver struggles to function properly**
- **Formation of fibrosis and cirrhosis**
- **Liver cancer**
- **Type 2 diabetes.**



Watch the video [here](#)

Recent research and evidence shows that coffee is a drink that can be beneficial for liver health.

For type 2 diabetes this is because coffee seems to help the body better respond to the hormone insulin, which plays an important role in sugar digestion and does not work well in those with the condition.

### ***It all depends on the brew***

However, it is very important to highlight that the research shows the amount of these good components may be different depending on the type of coffee chosen and the way it is brewed. This means that a recommended amount to drink has not been set.

### ***2 or 3 cups a day to help keep your liver OK***

What we know is that research so far has been showing that coffee may be beneficial if at least 2 to 3 cups per day (or more) are drunk.

Watch out for the total amount of coffee taken every day and especially how much sugar is added. Depending on the volume, you may have side effects, like restlessness, agitation, tremor, increases in blood pressure –every person is different.

### ***When excess sweetness leads to sickness***

If sugar is added to your coffee, it may also contribute to worsening a liver condition and poorer health in general. It is best to get used to use less or no sugar at all.

Another important tip is, we need to be aware if someone has high cholesterol levels (high levels of LDL cholesterol). For some people, coffee that was not paper filtered may not be recommended.

### ***Drinking coffee is good for you!***

Drinking coffee every day seems to be a great habit for liver health. Just remember other factors are super important for your

health, like being physically active, having a healthy diet, quitting smoking, and managing stress.

It is always worth to chat with your GP or dietitian if you have any queries!

Find out more about our new [LiverWELL Coaching](#) series and sign up for a course.



Priscilla and O'Liver having a coffee

# Services listing

Some locations offer multiple services. Service types are shown as numbers, which refer to the following:

## Key:

-  **Needle and Syringe Program**
-  **Medical Services including hepatitis and liver Nurses and Doctors**
-  **Counselling Services**
-  **Alcohol and Other Drug (AOD) Services**
-  **Liver Specialists**
-  **Fibroscan**
-  **Bulk-Billing**
-  **Pathology/ Blood Tests**
-  **Private Clinic**
-  **Specialist/GP/Fibroscan**

## North Western Melbourne:

### Altona Meadows

#### IPC Health

330 Queens Street, Altona Meadows  
Contact: (03) 8368 3000



### Broadmeadows

#### Dianella Community Health

42–48 Coleraine Street,  
Broadmeadows  
Contact: (01300) 234 263



### Braybrook

#### Cohealth, Braybrook Community Centre

107–139 Churchill Avenue,  
Braybrook  
Contact: (03) 9448 5507



### Brunswick

#### Merri Health

11 Glenlyon Road, Brunswick  
Contact: 03 9387 6711



### Carlton

#### Melbourne Sexual Health Centre

580 Swanston Street, Carlton  
Contact: (03) 9341 6200



### Coburg

#### Merri Community Health Services

93 Bell Street, Coburg  
Contact: (03) 9350 4000



### Coburg

#### Uniting Care Re Gen

26 Jessie Street, Coburg  
Contact: (03) 9386 2876



### Coburg

#### St. Kyrollos Family Clinic

2A Moore Street, Coburg  
Contact: (03) 9386 0900



### Collingwood

#### Cohealth Innerspace Primary Support Service

4 Johnston Street, Collingwood  
Contact: (03) 9448 5530



#### Cohealth (formerly North Yarra Community Health)

365 Hoddle Street, Collingwood  
Contact: (03) 9411 4333  
365 Hoddle Street, Collingwood  
Contact: 03 9448 5528



### Craigieburn

#### Anglicare Victoria

59 Craigieburn Road, Craigieburn  
Contact: (03) 9483 2401



### Fitzroy

#### Turning Point Alcohol and Drug Centre

54–62 Gertrude Street, Fitzroy  
Contact: (03) 8413 8413



### Cohealth Fitzroy

75 Brunswick Street, Fitzroy  
Contact: (03) 9411 3555,  
(03) 9448 5531



### Footscray

#### Health Works

4–12 Buckley Street, Footscray  
Contact: (03) 9448 5511



### Footscray

#### Cohealth

78 Paisley Street, Footscray  
Contact: (03) 9448 5502



### Glenroy

#### Youth Projects – Foot Patrol Needle and Syringe Program

6 Hartington Street, Glenroy  
Contact: (03) 9304 9100



### Gisborne

#### Macedon Ranges Health

5 Neal Street, Gisborne  
Contact: (03) 5428 0300



### Kensington

#### Cohealth

12 Gower Street, Kensington  
Contact: (03) 8378 1600.



### Laverton

#### Cohealth

95 Station Road Laverton  
Contact: (03) 9448 5534.



### Melbourne

#### Cancer Council Victoria – Living with Cancer Education Program

Contact: (03)13 11 20  
*Programs across Melbourne and Victoria*

### Drug Info

Level 12, 607 Bourke Street  
Drug Info Line Contact:  
1300 85 85 84  
<https://adf.org.au/contact-us/>

### Direct Line

1800 888 236  
<http://www.directline.org.au>  
*24/7 - Confidential help line for people in Victoria Referral, Support, Drug and Alcohol Counselling and programs*

### Melbourne City Council

90–120 Swanston Street  
Contact: (03) 9658 9658



### Living Room, Youth Projects

7–9 Hosier Lane  
Contact: (03) 9945 2100



### Health Complaints Commissioner

Level 26,  
570 Bourke Street  
Contact: 1300 582 113

### St. Vincent's Hospital

Victoria Parade, Fitzroy  
Contact: (03) 9231 2211  
Fax: (03) 9288 3489



### Victorian AIDS Council

615 St Kilda Road  
Contact: (03) 9865 6700

### Victorian Aboriginal Health Service (VAHS)

186 Nicholson St, Fitzroy VIC 3065  
Contact: (03) 9419 3000

*AOD, family and youth specific  
Connects with services at other sites, including Preston*



### Melton

#### Djerriwarrh Health Services

Yuille Street, Melton  
Contact: (03) 8746 1100



### Moonee Ponds

#### Dr Froomes

Suite 4, level 1/8 Eddy Street  
Contact: (03) 9331 3122  
Fax: (03) 9331 3133



### Moonee Valley Specialist Centre

1003 Mt Alexander Road, Essendon  
Contact: 03 9372 0372.  
Fax: (03) 9372 7517



### North Melbourne

#### Harm Reduction Victoria (HRV) and Pharmacotherapy Advocacy Mediation and Support (PAMS)

*A Walk in service.*

128 Peel Street, North Melbourne  
Contact: (03) 9329 1500



### Preston Anglicare Victoria

42 Mary Street  
Contact: (03) 8470 9999



### Northcote

#### Your Community Health

42 Separation Street, Northcote  
Contact: (03) 8470 1111



### Parkville

#### Royal Melbourne Hospital

300 Grattan Street  
Liver Clinic – hepatitis, advanced liver disease and cirrhosis  
Contact: (03) 9342 7000 switchboard  
Fax: (03) 9342 4234

(outpatients referrals fax)  
Infection Diseases Department, OPD Ninth floor,  
Contact: (03) 9342 7212

Fax: (03) 9342 7277  
 – Weekly

### Preston

#### Your Community Health

300 Bell Street, Preston  
Contact: (03) 8470 1111,  
(03) 8470 6710



### Victorian Aboriginal Health Services (VAHS)

238–250 Plenty Road  
Contact: 9403 3300  
for appointment or drop in  
Wednesdays 9–4pm



### Reservoir East

Your Community Health  
125 Blake Street, Reservoir East  
Contact: (03) 8470 1111



### Richmond

#### North Richmond Community Health

23 Lennox Street, Richmond  
Contact: (03) 9418 9800



*Has an Automated Dispensing Machine for syringes 24/7*

### Multicultural Health & Support Services (HIV, hepatitis C and sexually transmissible infections)

<http://nrch.com.au/>  
*Has an Automated Dispensing Machine for syringes 24/7*



### The Epworth Centre

*(GP referrals)*  
Suite 7.6 / 32 Erin Street  
Contact: (03) 9428 9908  
Fax: (03) 9421 3435



### Southbank

#### Living Positive Victoria

Suite 1, 111 Coventry Street  
Contact: 03 9863 8733

### St. Albans

#### IPC Health

1 Andrea Street, St. Albans  
Contact: (03) 9296 1200



### Sunbury

#### Sunbury Community Health Centre

12–28 Macedon Street, Sunbury  
Contact: (03) 9744 4455



### Werribee

#### Werribee Anglicare Victoria

2 Market Road  
Contact: (03) 9731 2500  
All referrals via  
Odyssey House: 1800 700 514



### Eastern Melbourne:

### Bayswater

#### Anglicare Victoria

666 Mountain Highway  
Contact: (03) 9721 3688  
[www.anglicarevic.org.au](http://www.anglicarevic.org.au)  
Shore Intake Contact:  
1300 00 7873



### Box Hill

#### CLEAR Liver Care

#### Carrington/Eastern Health

43 Carrington Road,  
Contact: (03) 8843 2317  
Fax: (03) 9890 2220



### Box Hill Hospital

8 Arnold Street  
Contact: (03) 9895 3352  
(Specialist Outpatient Clinics)  
1300 342 255 (General)



### Caulfield South

#### Caulfield Endoscopy (Private)

544 Hawthorn Road  
Contact: (03) 9595 6666



### East Melbourne

#### Melbourne GI & Endoscopy

130-132 Grey Street  
Contact: (03) 9417 5306  
Fax: (03) 8677 9625



### Eltham

#### Healthability

917 Main Road, Eltham  
Contact: (03) 9430 9100



### Epping

#### Plenty Valley Community Health

187 Cooper Street, Epping  
Contact: (03) 9409 8787



### Heidelberg

#### Austin Liver Clinic

145 Studley Road  
Contact: (03) 9496 2787  
Fax: (03) 9496 7232



### Northern Hospital

185 Cooper Street  
Contact: (03) 8405 8000  
Fax: (03) 8405 8761



### Ferntree Gully

#### EACH Ltd

1063 Burwood Highway,  
Ferntree Gully  
Contact: 1300 003 224



## Yarra Junction

### Yarra Valley Health

2475 Warburton Highway,

Yarra Junction

Contact: 1300 342 255



## Greensborough

### Banyule Community Health Service, Greensborough Centre – Needle Syringe Program

Unit 3, 25–33 Grimshaw Street,

Greensborough

Contact: (03) 9433 5111



## Hawthorn

### Wellbeing at Swinburne University Health Services

George Swinburne Building, Level 4,

34 Wakefield Street, Hawthorn

Contact: (03) 9214 8483



## Healesville

### Healesville & District Hospital & NSP

377 Maroondah Highway,

Healesville

Contact: 1300 130 381



## Heidelberg West

### Banyule Community Health Service – Needle Syringe Program

21 Alamein Road, Heidelberg West

Contact: (03) 9450 2000



### Hepatitis C Rapid Access to Treatment Clinic

Contact: 0481 909 741

Fax: (03) 9496 2732



## Lillydale

### Inspiro Community Health

17 Clarke Street, Lillydale

Contact: (03) 9738 8801



## Nunawading

### Nunawading Clinic

176 Springvale Road, Nunawading

Contact: (03) 9878 9191



## Ringwood

### EACH Ltd

46 Warrandyte Road, Ringwood

Contact: 1300 003 224



## Ringwood East

### EACH Ltd

75 Patterson Street, Ringwood East

Contact: (03) 1300 003 224



## South Eastern Melbourne:

## Bentleigh East

### Connect Health

Glen Eira Site, 2A Gardeners Road,

Bentleigh East

Contact: (03) 9575 5333



## Moorabin Specialist Centre

(Private)

873 Centre Road

Contact: (03) 9579 0100



## Chelsea

### Central Bayside Community Health Service

3/1 The Strand, Chelsea

Contact: (03) 9782 7633



## Clayton

### Monash Health

### Monash Medical Centre

246 Clayton Road

Contact: (03) 9594 6666

Fax: (03) 9594 6111

GP referrals via Monash Health

in Clayton (03 9594 6250)



## Cockatoo

### Monash Health Community Services

7–17 McBride Street, Cockatoo

Contact: (03) 5968 7000



## Cranbourne

### Monash Health Community

140–154 Sladen Street, Cranbourne

Contact: (03) 5990 6789



## Dandenong

### Community Access Partnership (CAP)

84 Foster Street, Dandenong

Contact: (03) 9792 7630, or

1800 642 287 after 6:30pm



## Frankston

### Anglicare Victoria

Level 2 / 60-64 Wells Street

Contact: (03) 9781 6700.

[www.anglicarevic.org.au](http://www.anglicarevic.org.au)



### Frankston Centre Community Health

12–32 Hastings Road, Frankston

Contact: (03) 9784 8100



### Frankston Integrated Health Centre

12–32 Hastings Road

Contact: (03) 9784 8100

Referral Contact: 1300 665 781

[www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)

Links for

## Frankston

### SHARPS, NSP + Community Health

20 Young Street, Frankston

Contact: (03) 9781 1622



## Hastings

### Hastings Community Health Service

185 High Street, Hastings

Contact: (03) 5971 9100



## Mornington

### Mornington Community Information and Support Centre

320 Main Street, Mornington

Contact: (03) 5975 1644



## Pakenham

### Monash Health Community

Henty Way Pakenham -

(top Of the Hill)

Contact: (03) 5941 0500



## Prahran

### Star Health

240 Malvern Road, Prahran

Contact: (03) 9525 1300



## Alfred Hospital

### Infectious Diseases Unit

Contact: (03) 9076 6081

99 Commercial Road, Prahran

*Hepatitis Clinic*

Contact (03) 9076 5276



### Alfred– HIV: Hepatitis:STI Education and Resource Centre

(Statewide resource centre on

HIV/AIDS, Hepatitis and Sexually

Transmissible Infections)

8 Moubay Street

Contact: (03) 9076 6993

## Rosebud

### Southern Peninsula Community Support and Information Centre

878 Point Nepean Road, Rosebud

Contact: (03) 5986 1285



## South Melbourne

### Inner South Community Health Services

341 Coventry Street,

South Melbourne

Contact: (03) 9525 1300



### Springvale Community Health – Monash Medical Centre

55 Buckingham Avenue

Contact: 1300 342 273.

(03) 9594 3088

Fax 9594 6250

GP referrals via Monash Health

Clayton (03 9594 6250).



Fortnightly

## St. Kilda

### Inner South Community Health Services

18 Mitford Street, St. Kilda

Contact: (03) 9525 1300

### Resourcing Health and Education in the Sex industry (RhED)

### Royal District Nursing Services

(RDNS) 31 Alma road

Contact: 1300 334 455

### Salvation Army Health Information Exchange

29 Grey Street, St. Kilda

Contact: (03) 9536 7703

### Access Health

31 Grey Street, St Kilda

Contact: (03) 9076 6081



### FIRST STEP

42 Carlisle St, St Kilda, 3182

Contact: (03) 9537 3177.



## Gippsland:

### Bairnsdale

#### Bairnsdale Community Health Centre (Day Program)

48 Ross Street, Bairnsdale

Contact: (03) 5152 0222



### Churchill

#### Latrobe Community Health Service

20–24 Philip Parade, Churchill

Contact: 1800 242 696



### Lakes Entrance

#### Gippsland Lakes Community Health Centre

18–26 Jemmeson Street, Lakes

Entrance Contact: (03) 5155 8300



### Loch Sport

#### Loch Sport Community Health Centre

1 National Park Road, Loch Sport

Contact: (03) 5146 0349



### Maffra

#### Maffra District Hospital

48 Kent Street Maffra

Contact: (03) 5147 0100



### Moe

#### Latrobe Community Health Service

42–44 Fowler Street, Moe

Contact: 1800 242 696



### Leongatha

#### Gippsland Southern Health Services

Koonwarra Road, Leongatha

Contact: (03) 5667 5555



## Morwell

### Latrobe Community Health Services

81–87 Buckley Street, Morwell

Contact: 1800 242 696



## Nowa Nowa

### Nowa Nowa Community Health

6 Bridge Street, Nowa Nowa

Contact: (03) 5155 7294



## Orbost

Orbost Regional Health –

*A multi Service site*

104–107 Boundary Road, Orbost

Contact: (03) 5154 6666



## Rosedale

### Rosedale Community Health Centre

2–8 Cansick Street, Rosedale

Contact: (03) 5199 2333



## Sale

### Central Gippsland Health Service Division of Community Care

Palmerston Street, Sale

Contact: (03) 51438800

52 Mearthur Street, Sale

Contact: 1800 242 696



## San Remo

### Bass Coast Community Services

1 Back Beach Road, San Remo

Contact: (03) 5671 9200



## Traralgon

### Latrobe Community Health Services

Cnr. Princes Highway and Seymour

Street, Traralgon.

Contact: 1800 242 696



## Warragul

### West Gippsland Healthcare Group Community Services Division

31–35 Gladstone Street, Warragul

Contact: (03) 5624 3500



## Wonthaggi

### Bass Coast Health – Needle Syringe Program

235–237 Graham Street, Wonthaggi

Contact: (03) 5671 3333



## Yarram

### Yarram and District Health Service

50 Bland Street, Yarram

Contact: (03) 5182 0270



## Western Victoria:

### Apollo Bay

#### Otway Health

75 McLachlan Street, Apollo Bay

Contact: (03) 5237 8500



## Belmont

### Barwon Community Health Centre

1–17 Reynolds Road, Belmont

Contact: (03) 4215 6800



## Colac

### Colac Area Health

2–28 Connor Street, Colac

Contact: (03) 5232 5100



## Corio

### Corio Community Health

2 Gellibrand Street, Corio

Contact: (03) 4215 7100

*Automated Syringe*

*Dispensing/Machine 24/7*



## Drysdale

### Bellarine Community Health

21–23 Palmerstone Street, Drysdale

Contact: (03) 5251 4640



## Geelong

### Wathaurong Aboriginal Service

62 Morgan Street, Geelong North

Contact: (03) 5277 2038



## Horsham

### Wimmera Health Care Group

83 Baillie Street, Horsham

Contact: (03) 5381 9111



## Lucas

### Ballarat Community Health Centre & NSP

12 Lilburne Street, Lucas

Contact: (03) 5338 4500



## Maryborough

### Community Services Maryborough

75-87 Clarendon Street, Maryborough

Contact: (03) 5461 0400



## Newcomb

### Newcomb Community Health Centre & NSP

104-108 Bellarine Highway, Newcomb

Contact: (03) 4215 7520



## Portarlington

### Bellarine Community Health

39 Fenwick Street, Portarlington

Contact: (03) 5258 6140



## Portland

### Portland District Health

141-151 Bentinck Street, Portland

Contact: (03) 5521 0333



## Sebastopol

### Ballarat Community Health Centre

260 Vickers Street, Sebastopol

Contact: (03) 5338 4585



## Stawell

### Stawell Health and Community Centre

8-22 Patrick Street, Stawell

Contact: (03) 5358 7400



## Torquay

### Torquay Community Health Centre & NSP

100 Surf Coast Highway, Torquay

Contact: (03) 4215 7800

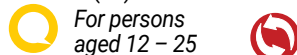


## Warrnambool

### Brophy Family and Youth Services

210 Timor Street, Warrnambool

Contact: (03) 5561 8888



## Warrnambool

### Warrnambool Community Health

Koroit Street, Warrnambool

Contact: (03) 5563 4000



## Wendouree

### Ballarat Community Health Centre

10 Learmonth Road, Wendouree

Contact: 5338 4585



## Murray North Western:

## Bendigo

Central Secondary NSP

Bendigo Community Health Service

171 Hargreaves Street Bendigo

Contact: (03) 5448 1600



## Castlemaine

### Castlemaine District Community Health

13 Mostyn Street, Castlemaine

Contact: (03) 5479 1000



## Eaglehawk

### Bendigo Community Health Services

3 Seymour Street, Eaglehawk

Contact: (03) 5434 4300



## Echuca

### Echuca Regional Health

Contact: (03) 5485 5000



## Kangaroo Flat

### Bendigo Community Health Services

Site 13 Helm Street, Kangaroo Flat

Contact: (03) 5430 0500



## Kyneton

### Cobaw Community Health Service

47 High Street, Kyneton

Contact: (03) 5421 1666



## Mildura

### Sunraysia Community Health Service

137 Thirteenth Street, Mildura

Contact: (03) 5022 5444



## Murray North Eastern:

## Alexandra

### Alexandra Community Health Services & NSP

12 Cooper Street, Alexandra

Contact: (03) 5772 0900



## Benalla

### Benalla Health

45/63 Coster Street, Benalla

Contact: (03) 5761 4222



## Cobram

### Cobram District Health

24-32 Broadway Street, Cobram

Contact: (03) 5871 0777



## Corryong

### Corryong Health

20 Kiell Street, Corryong

Contact: (02) 6076 3200



## Euroa

### Euroa Health

36 Kennedy Street, Euroa

Contact: (03) 5795 0200



## Mansfield

### Mansfield District Hospital

53 Highbury Street, Mansfield

Contact: (03) 5775 8800



## Myrtleford

### Gateway Health

32 Smith Street, Myrtleford

Contact: (03) 5731 3500



## Shepparton

### Primary Care Connect

399 Wyndham Street, Shepparton

Contact: (03) 5823 3200



## Wangaratta

### Gateway Health

45-47 Mackay Street, Wangaratta

Contact: (03) 5723 2000.



## Wangaratta

### Northeast Health

35-47 Green Street, Wangaratta

Contact: (03) 5722 5111



## Wodonga

### Gateway Health

155 High Street, Wodonga

Contact: (02) 6022 8888



## Yarrowonga

### Yarrowonga Health

33 Piper Street, Yarrowonga

Contact: (03) 5743 8111



## Yea

### Yea and District Memorial Hospital

45 Station Street, Yea

Contact: (03) 5736 0400



# Hepatitis Infoline

Call the Hepatitis Infoline to talk about:

**Information:** We can answer questions and mail information to you.

**Support:** We can provide support for a range of issues and concerns.

**Referral:** We can refer you to other organisations and services.

The **Hepatitis Infoline** is a free and confidential service for all Victorians.

## Hours

Monday to Friday 9.00am – 5.00pm



### English

Hepatitis Information Line. If you need an interpreter, please first call the Translating and Interpreting Service on 131 450.

### Vietnamese

Đường dây Hướng dẫn Bệnh Viêm Gan. Nếu cần thông dịch viên, trước tiên xin quý vị vui lòng gọi Sở Thông ngôn và Phiên dịch số 131 450.

### Farsi

خط اطلاعات هپاتیت. اگر نیاز به مترجم حضوری دارید، لطفاً با مرکز خدمات ترجمه کتبی و حضوری با شماره 131 450 تماس بگیرید.

### Amharic

የወጥ በሽታ መረጃ ማቅረቢያ መስመር። አስተርጓሚ ካስፈለግን፤ አባክዎ መጽሐፍ ለትርጉምና አስተርጓሚ አገልግሎት በስልክ 131 450 አድርገው ይደውሉ።

### Arabic

خط المعلومات عن التهاب الكبد. إذا كنت بحاجة لخدمات مترجم، الرجاء الاتصال أولاً بخدمة الترجمة الفورية والتحريرية على الرقم 131 450.

### Chinese

肝炎信息专线。如需传译员协助，请先致电翻译服务处电话131 450。

### Khmer

ខ្សែទូរស័ព្ទផ្តល់ព័ត៌មានអំពីជំងឺរលាកថ្លើម។ ប្រសិនបើលោកអ្នកត្រូវការអ្នកបកប្រែភាសាជាដំបូង សូមទូរស័ព្ទទៅកិច្ចប្រឹកប្រែភាសាសរសេរ និងនិយាយ លេខ 131 450។

# hepatitisinfoline

1800 703 003

## Your donations make a difference!

Your donations help us to provide information, services, advocacy, resources and support for people affected by viral hepatitis, health professionals and members of the general public.

All donations of \$2 or more are tax deductible.

If you do not receive your receipt promptly, then please call Hepatitis Victoria on 03 9380 4644, or email: [admin@hepvic.org.au](mailto:admin@hepvic.org.au)

I would like to donate the following amount:

\$20    \$50    \$100   \$\_\_\_\_\_ (Your choice)

I have enclosed my cheque/money order/cash or

Please debit my credit card for \$\_\_\_\_\_

Type of card: Visa/MasterCard \_\_\_\_\_

Name on Card \_\_\_\_\_

Card number:

Expiry Date \_\_\_\_\_

Please send my receipt to:

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Suburb/City \_\_\_\_\_

Postcode \_\_\_\_\_ State \_\_\_\_\_

Send to: Hepatitis Victoria  
Suite 5, 200 Sydney Road  
Brunswick, Victoria 3056