



Hepatitis
NSW

Tx!
MAG

edition

26
JUN 2017

Western
Sydney
Institute

SO WHAT'S
THIS "IMPORTANT"
THING YOU WANNA
TELL ME...?

UMMM...

OUR
VERY FIRST
HEP B
ISSUE!

HEY! TAKE our
survey AND YOU
COULD

WIN \$100

A WORD FROM THE EDITOR!



Hey Tx!-ians!

Welcome to edition #26 of
Tx! Mag.

This is our first ever issue
focusing on hepatitis B.
Even though it is a virus that
affects the liver - potentially
resulting in cirrhosis and

cancer - it is very different from hepatitis C.

Unlike hep C, there **is a vaccine** for hep B;
and while there are treatments for hep B
there is currently **no cure**. Hep B has some
similar transmissions paths to hep C (namely
through blood to blood contact) but also
different paths too (for example, from
mother-to-baby at birth, and sexual fluids.)

In this edition we have two stories. One is
about Gina, who receives some unexpected
news from her ex boyfriend; the second
story is about Mick who learns that his
immune system has started attacking his
hep B... which could spell bad news for his
liver! Please enjoy their stories.

Cheers!

Grace

Tx! Mag Ed

Aside from Hepatitis NSW editorial content, views
expressed in this magazine or flyers enclosed with
it are not necessarily those of Hepatitis NSW or the
organisations with whom we collaborate. Neither are such
views necessarily those of our funding bodies.

Tx! Mag does not promote or condone the use of illicit
drugs. Rather, it seeks to provide accurate information
that will help people who already use drugs to reduce
risks and make safer choices. Nothing in this magazine
should be taken as recommending drug use.

Hepatitis NSW is proud to acknowledge Aboriginal
people as the traditional owners and custodians of
our lands and waters.

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of Australia (QIC). Donations of \$2
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CAN'T "B" HAPPENING



I think you've done that wrong, Gina. Green is earth, not neutral.

Huh? Oh, yeah, you're right Fatima.

Mount Druiitt TAFE, electrical workshop.



Good thing the boys didn't see or we'd never hear the end of it.

Who cares what they think?



Well I'd care if you got yourself electrocuted.

Yeah. Sorry, been feeling a bit off this week.

Tired and like I want to hurl.



You gonna see a doctor?



Nah, I'll be fine.





Okay.

What's so damned important mister "Amazing Engineering Student"?

This better not be you trying to get back into my pants.

I get it, okay. I'm only doing this because my doctor told me to.

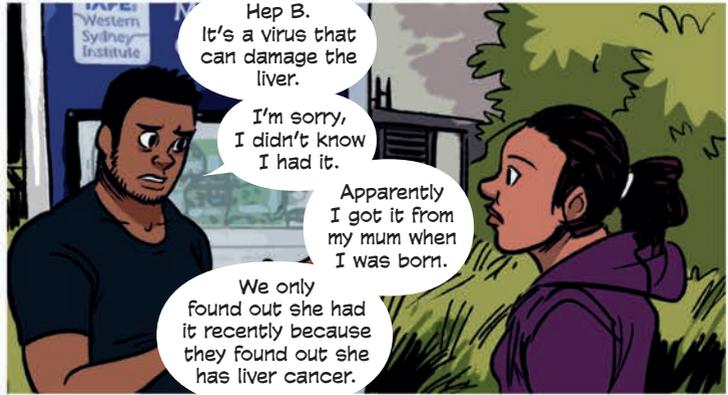


To do what?



To tell you I've got hepatitis B.

"Hepa"-what?



Hep B. It's a virus that can damage the liver.

I'm sorry, I didn't know I had it.

Apparently I got it from my mum when I was born.

We only found out she had it recently because they found out she has liver cancer.



And then they tested me and my brothers and sisters.

That sucks. Sorry to hear it, Kapo. Really.

But what's it got to do with me?

Three days later.

Aboriginal Medical Service WESTERN SYDNEY

...and so he said because we'd been in a relationship and, y'know, did it... that I should get a test for hep B.

Okay, so hepatitis B is most often passed on from mother to baby...

...but it can also be passed on through blood to blood contact, like sharing needles when injecting drugs--

We never did any of that.

Or through sexual fluids from having sex without protection.

So... not using condoms?

Yes.

Uh, we might've done that a couple of times.

Look, can't I get a vaccine for it or something?

Unfortunately it might be too late for that, Gina.

I'm going to send you for a full screen of tests, okay? BBVs, STIs*, the works.

Fuck. This can't be happening.

Okay, doc.

BBVs: Blood Borne Viruses
STIs: Sexually Transmitted Infections



Morning. Why so glum? Didn't you do your reading for class?

Don't know if I should get close to you.

I might have hep B.



What? How?

Uh... confidential. Just be careful. I'd hate to give it to you.



Don't be silly.

Even if you have it, I'm not going to get it from being near you.

Or touching you or things that you've touched.

Or even sharing food for that matter.



Listen to you, "Ms Hep B Expert"!

My uncle has had it his whole life.



His whole life?

He's okay though, he just needs to get tested a couple of times a year to make sure his hep B isn't acting up and his liver is alright.

There's no cure for it yet.

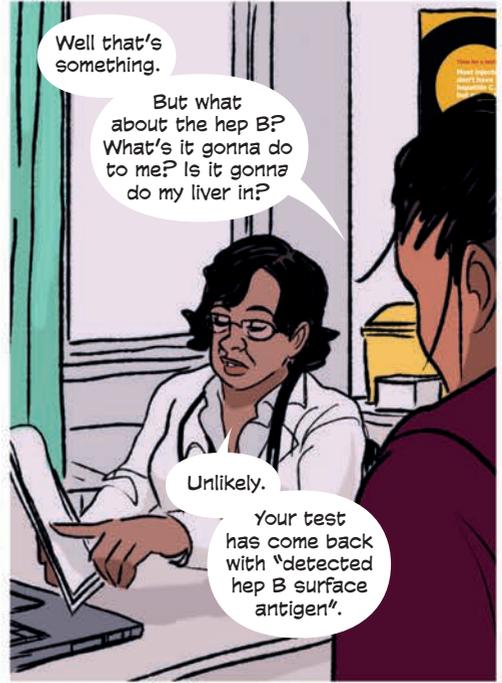
Shit. Sorry Fatima. That must be tough.

God, what if I *have* got this thing and I'm stuck with it forever just like Kapo and your uncle?

A few days later.



I'm sorry to say that you've tested positive for hepatitis B, Gina.





Given what you've told me, it's possible that the infection could be recent and acute.

If that's the case, then there's a very good chance your body will fight it off, but we won't know for a few more months.

Fight it off?

Yes, there's a very high chance* your body will get rid of the virus and then you'll be immune to it, but we'll just have to wait and see.

In the meantime, be careful if you cut yourself and start bleeding**. And no unprotected sex. I also suggest you cut down on alcohol, sugar, and greasy, fried food just to give your liver a helping hand.

* Up to 95% for most adults
** See page 13 for more info on what to do in case of a blood spill



Jeeze doc, how long for?

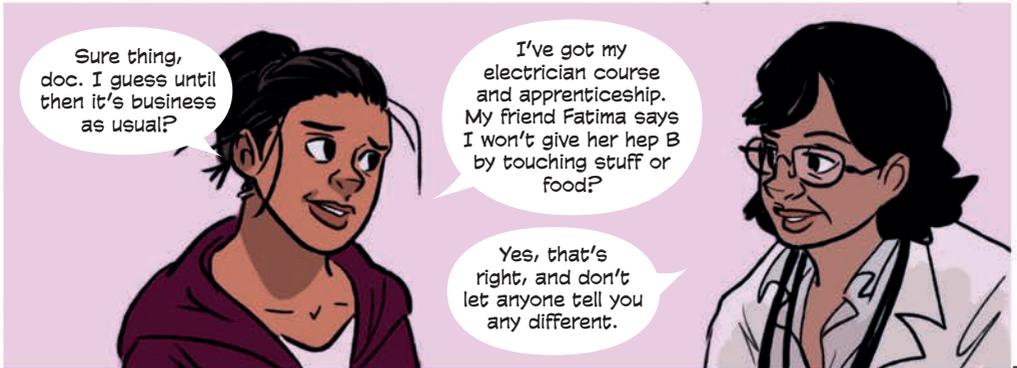
When did you and Kapo last have unprotected sex?



A month ago maybe. I haven't done it with anyone else since.

Okay. Let's have you back for another blood test in about six months.

You shouldn't have any symptoms worse than you've already experienced, but if you get a bad fever, feel really unwell or your eyes go yellow go to the hospital Emergency Department right away.



Sure thing, doc. I guess until then it's business as usual?

I've got my electrician course and apprenticeship. My friend Fatima says I won't give her hep B by touching stuff or food?

Yes, that's right, and don't let anyone tell you any different.

Six months later.



Hey, "Ms Sparky"!

Hey you too, "Ms Sparky"!



How awesome we're both junior electricians now.

I know! We showed them boys alright.



Yeah! And something else good I've just found out, I've cleared my hep B... it's gone for good and I'm immune now.



Oh Gina, that's great news! I'm so happy to hear that.



News that sweet deserves to be celebrated.



And the sweetest thing I know is the baklava at my aunt Zahra's pastry sweets shop. It's not far.

Sounds great! Look out Aunty Zahra, here we come!

HEP B CAN BE PREVENTED WITH A SAFE & EFFECTIVE VACCINE!

The **hep B vaccine is safe and effective**, and recommended for all babies at birth and for young people up to 18 years.

The hep B vaccine is also recommended for adults living with diabetes and those at high risk for transmission due to their jobs, lifestyle, living situations, or country of birth, including but not limited to:

- sexual partners of people with acute and/or chronic hep B
- household members of people with acute and chronic hep B
- people with HIV or weakened immune systems
- Aboriginal and Torres Strait Islander people*
- people who have migrated from countries where hep B is common*
- people who inject drugs and/or steroids *
- sex workers*
- men who have sex with men*
- recipients of certain blood products*
- individuals with chronic liver disease and/or hep C *
- inmates and staff from long-term correctional facilities*
- people who play contact sports (eg football, soccer, hockey, etc)
- tattooists and body-piercers

*consider having combined **hep A/hep B** vaccine

You cannot get hep B from the vaccine. The Hep B vaccine is made without blood products. Side effects are rare.

Since 1 May 2000, babies get a hep B vaccine shortly after birth while in hospital with **further doses at two, four and six months** of age.

Young people between 11 and 15 years old usually get a two-dose course of adult hep B vaccine given **four to six months** apart.

In order to get full protection against hep B, adults should have three doses of the vaccine at zero, one and six months.

A blood test, to see if the vaccine has worked to protect against hep B, is recommended **four weeks after** the third dose of the hep B vaccine.

HEPATITIS INFOLINE

INFO, SUPPORT, REFERRAL

ANY QUESTIONS ABOUT HEP B OR HEP C?

1800 803 990

To organise an interpreter service call 131 450

Chat to us live: hep.org.au



Hepatitis
NSW

FREE CALL FROM PRISON

- Enter MIN
- Enter PIN
- Press 2 for Common Calls list
- Press 3 for Hepatitis Infoline

Have you seen our mobile-friendly
Hepatitis NSW website?

Check it out at hep.org.au

It's full of information about hep C
& hep B. Find out how to look after
yourself and protect yourself and others.

You can have *Tx! Mag* delivered to you.
Become a Hepatitis NSW member for free:

call 1800 803 990



TX! survey



**ENTER THE DRAW TO
WIN A \$100 VOUCHER...!**

**go to surveymonkey.com/r/TXmag
AND FILL OUT THE SURVEY ONLINE**

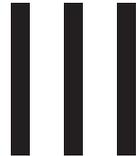
OR

- 1 FILL OUT THE SURVEY ON THE BACK OF THIS PAGE
- 2 CUT THIS PAGE OUT OF THE MAGAZINE
- 3 FOLD IN HALF ALONG THE BLACK DOTTED LINE BELOW,
SO THAT THE ADDRESS IS ON THE OUTSIDE
- 4 STICK THE 2 SIDES CLOSED WITH STICKY TAPE OR STAPLES
(ALONG THE YELLOW EDGES ABOVE AND BELOW)
- 5 PUT IT IN THE POST TO US (NO NEED TO BUY A STAMP,
IT'S FREE TO SEND)

Delivery Address:

PO Box 432
DARLINGHURST NSW 1300

No stamp required
if posted in Australia



HNSW
Reply Paid 432
DARLINGHURST NSW 1300

Tx! survey

FILL THIS OUT
AND YOU
COULD WIN A
\$100 VOUCHER
IT'S EASY!

PLEASE ANSWER THESE QUESTIONS...

1. I think this Tx! Mag is useful to me...
2. After reading this Tx! Mag, I know more about hepatitis treatment...
3. Reading Tx! Mag made me think about...
(tick all that apply)

Strongly agree	Agree	Neither	Disagree	Strongly disagree
Strongly agree	Agree	Neither	Disagree	Strongly disagree

- calling the Hepatitis Infoline
- going to the Hepatitis NSW website
- talking to someone about support services
- talking to someone else about hepatitis
- it hasn't made me think about doing anything
- other (please let us know) _____

4. How old are you? _____

OPTIONAL QUESTIONS...

5. How could we make Tx! Mag better?

6. What is your current postcode (or prison name)?

7. Please describe yourself: (tick as many as you like)

- person with hep C
- person with hep B
- current prisoner
- Aboriginal or Torres Strait Islander
- someone who doesn't usually speak English at home
- other (please let us know)

To enter the draw for the **\$100 voucher**, please give us your name and phone number, email address or prison MIN (optional).

This prize offer is for NSW residents only - one draw per person.

Name: _____

Phone: _____

Email: _____

MIN : _____

Congratulations to Alex P. who won the \$100 from Tx! Mag #25

And thank you to the many, many people who sent in their feedback over the last four months, we greatly appreciate your input.

Hepatitis NSW respects your right to privacy. We have a policy and set of procedures on how we collect, use, disclose and hold your personal info. For a copy of the policy, please contact us on 02 9332 1853 or visit hep.org.au



OUCH. CLEANING UP A... BLOOD SPILL

Accidents can happen! If you're living with hepatitis B you and the people around you will need to be extra careful if an accident - maybe a cut - also results in your blood being spilled. Hopefully it is just a little nick or a small cut and there isn't too much blood, even so it'll need to be cleaned up properly to avoid the risk of transmission.

SPOT CLEAN

- ◆ Put on disposable rubber gloves...
- ◆ Wipe up spot immediately with a damp cloth, tissue or paper towel...
- ◆ Put materials in a plastic bag, tie off and dispose of in a bin...
- ◆ Wash hands thoroughly.

ALL SPILLS (up to 10cm diameter)

- ◆ Put on disposable rubber gloves, and if appropriate, other protective equipment (for example, apron, safety glasses, etc)...
- ◆ Wipe up spill immediately with absorbent material...
- ◆ Place contaminated material into a plastic bag, tie off and dispose of in a bin...
- ◆ Clean the area with warm detergent solution, using disposable cloth or sponge...
- ◆ Wipe the area with bleach and allow to dry...
- ◆ Wash hands thoroughly.

HEP B TESTING

ASK YOUR DOCTOR TO TEST IF YOU

HEP B TEST RESULTS WILL

A CURRENT INFECTION - YOU HAVE HEP B RIGHT NOW.

2ND HEP B TEST (6 MONTHS LATER)

TAKE THE TEST AGAIN TO SEE IF YOU STILL HAVE HEP B (IF YOU HAVE HEP B LONGER THAN 6 MONTHS IT MEANS YOUR BODY CAN'T FIGHT IT OFF).

CHRONIC HEP B

YOU HAVE HAD HEP B FOR MORE THAN 6 MONTHS. **THIS MEANS YOU WILL HAVE HEP B FOR LIFE.***

RESOLVED HEP B INFECTION

YOU HAD HEP B BUT YOUR BODY FOUGHT IT OFF. **YOU CAN'T GET HEP B AGAIN.**

CHECK-UPS EVERY 6 MONTHS

TO STAY HEALTHY, IT'S IMPORTANT TO BOOK REGULAR CHECK-UPS WITH YOUR DOCTOR. THEY WILL TALK TO YOU ABOUT TREATMENT OPTIONS.



YOUR SEXUAL PARTNERS OR FAMILY MIGHT HAVE HEP B TOO.

TALK TO THEM ABOUT GETTING TESTED.



***IF YOU HAVE HEP B FOR LIFE**

People with hep B can live long, healthy lives. To make sure you stay as healthy as you can, it is important to see your doctor every 6-12 months. At your check-up, your doctor will do a blood test and sometimes a liver scan to see if your liver is healthy and work out if you should be on treatment. They will also talk to you about

GETTING TESTED FOR ADULTS

IF YOU HAVE HEP B OR ARE IMMUNE

TELL YOU IF YOU HAVE...

NO IMMUNITY (VACCINATION)
IF YOU HAVE BEEN VACCINATED
AND ARE IMMUNE TO HEP B,
YOU **CAN'T GET HEP B.**

IMMUNITY (PAST INFECTION)
YOU ARE IMMUNE TO HEP B.
YOU HAD HEP B IN THE PAST,
BUT YOUR BODY FOUGHT
IT OFF. **YOU CAN'T GET
HEP B AGAIN.**

NO IMMUNITY
YOU DON'T HAVE HEP B, BUT
YOU COULD STILL GET IT.

ACTION NEEDED
IF YOU ARE PROTECTED
AGAINST HEP B AND
YOU **CAN'T GET IT.**



**YOUR FAMILY MIGHT
HAVE HEP B TOO.**
TALK TO THEM ABOUT
GETTING TESTED.



**GET VACCINATED
FOR HEP B**

ASK YOUR DOCTOR OR
NURSE, COMMUNITY
HEALTH CLINIC, SEXUAL
HEALTH CLINIC, TRAVEL
CLINIC OR AMS ABOUT
GETTING VACCINATED.



It's important that you have check-ups with your
doctor for a liver scan. Check-ups help your doctor make sure
you know what you can do to help keep your liver healthy.



Hepatitis
NSW

LOOKING FOR MORE TO READ?

ALL PAST ISSUES ARE ONLINE AT:

hep.org.au/news-stand



TRANSMISSION #19

Game On

Mitch & Bob are in JJ. Bob has hep C and Mitch worries he may have gotten it through a bloody fist fight on the footy field.



TRANSMISSION #20

Guys Like Us

Daz, who is HIV+, accidentally uses injecting equipment that had been used by someone else, did he get hep C? Only a test will tell.



TRANSMISSION #21

The Way We Are

Vic & Andy want to build a family together but it's complicated by the difficulty Andy is having getting a job after being released from prison...



TRANSMISSION #23

Need-To-Know

Frank has been sent to prison for a three year stretch – while he's inside he struggles with indecision about whether to get himself tested for hep C or not.



TX! MAG #24

Change Of Plans

Lola is in prison for only a few weeks when she gets a tattoo with a pre-used and unsterile needle... not much later she finds out she now has hep C too.



TX! MAG #25

Ch-ch-changes

Sam and Clara have both been living with hep C for a long time. Sam has even tried interferon but without luck. Will the new treatments change all that for them?



Thanks for seeing me, Doc.

"ONE STEP AT A TIME"



Always a pleasure, Mick. Although we haven't seen you for a while.

Yeah, ages. Things have been a bit of a blur since dad died last year...



That's totally understandable. How are you and your family holding up?

Y'know, makin' do. Aunty Dot's been real down, though, dad was her last brother.

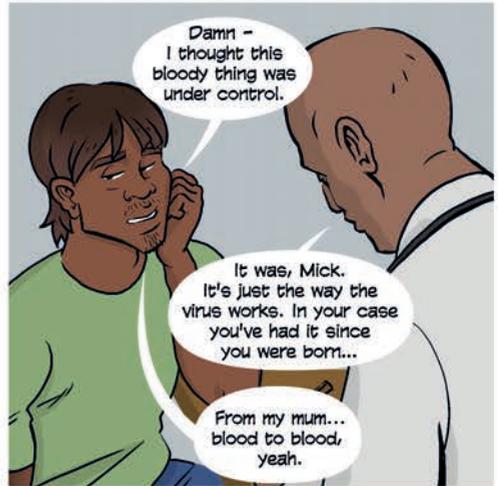
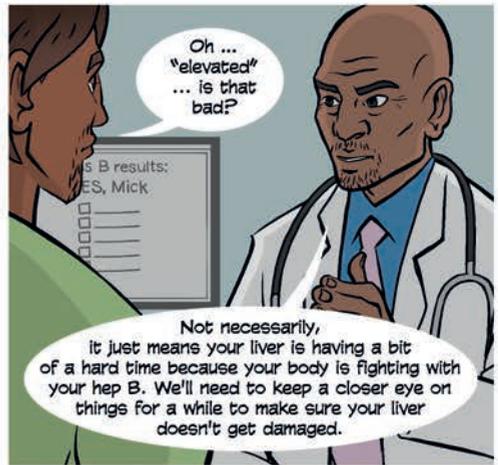
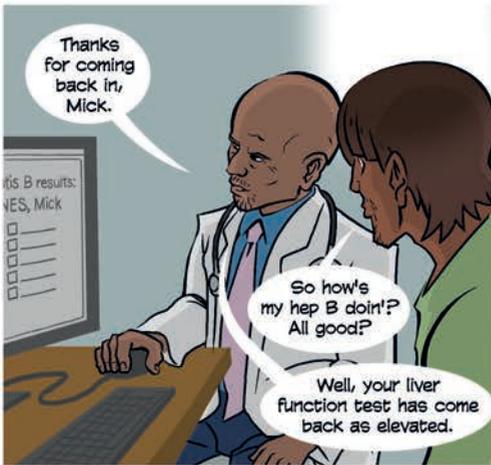


Yes, I'm so sorry.



But I've been lookin' out for her, takin' her food and stuff from town. Keeps me pretty busy, what with work and everythin'. Probably why I've missed gettin' my hep B tests for the last 18 months or so.







A month later...





Six Months Later.



So, unfortunately, based on your test, things haven't improved... in fact they've become worse in the last month. Your FibroScan's also shown there's also a bit of scarring in your liver now too.

Oh, great. Didn't need to hear that.



Don't worry, your liver is still in good shape but we want to keep it that way. The doctor thinks it would be best for you to go onto treatment...there are a few options, one is pill based, one pill a day.

OK, sounds alright if it works.



Oh yes, it works... the only catch is that you need to take it for the rest of your life.

You're kiddin' me. What's the other thing then?

The other option is interferon, that would mean injections for only 12 months but the side effects can be pretty bad.



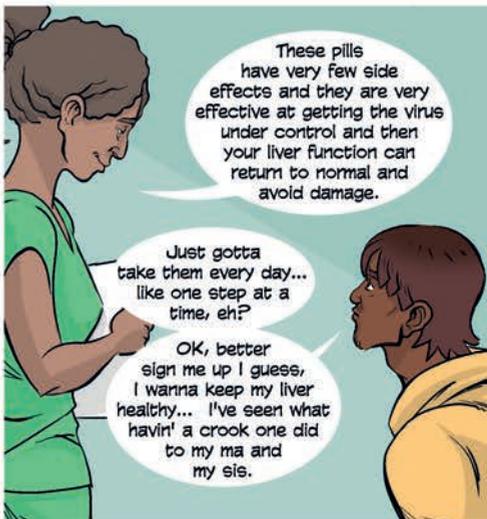
Is that the same interferon they used to use for that other hep? Hep C?

Yes, although fortunately they don't need to use it for hep C now.



Yeah, I seen what my sis went through on that stuff a few years ago tryin' to clear her hep C. It wasn't pretty, she got really crook... so, no thanks.

Guess it's the pills then, if you reckon they'll work. What about side effects?



These pills have very few side effects and they are very effective at getting the virus under control and then your liver function can return to normal and avoid damage.

Just gotta take them every day... like one step at a time, eh?

OK, better sign me up I guess, I wanna keep my liver healthy... I've seen what havin' a crook one did to my ma and my sis.

6 months later

OK Maz, finishin' up my shift.

You off to see your Aunt?

A bit later yeah, gotta drop by my doc first.

Well, give her some of these from me would you?

Hey thanks, Maz - I know she'll really appreciate it.

The really good news, Mick, is that your liver function is back to normal, and your last FibroScan shows that your liver is still in good shape... there's a good chance the scarring will heal up too.

That's great, doc. Gotta say that at first it was a drag takin' one of those pills everyday but I found a way to work into my regular day-to-day stuff.

But they seem to be doing the trick, eh??

Definitely - so we can go back to regular tests every six months. You off to see Aunty Dot?

Yeah, she's my next stop.

Send her my best - she's lucky to have you helping her out like that.

Thanks, doc. That's why I need to keep myself healthy, eh?

END!

PHASES OF CHRONIC HEP B

**EACH PHASE CAN LAST FOR YEARS
BUT CAN SUDDENLY CHANGE**

A green circle with a white number '1' in the center, surrounded by a ring of small yellow dots.

1

IMMUNE TOLERANT

The body doesn't react against the hep B virus, even though it is multiplying inside the liver. At this stage there is usually no need for treatment, but regular monitoring is needed in case phase 2 happens...

A brown circle with a white number '2' in the center, surrounded by a ring of small black dots.

2

IMMUNE CLEARANCE

The body's immune system tries to clear the virus, this can in some cases cause damage to the liver. Treatment might be considered at this stage if there is a risk of damage to the liver.

A green circle with a white number '3' in the center, surrounded by a ring of small yellow dots.

3

IMMUNE CONTROL

The body has the virus back under control, but it is still present in the liver, and in blood and sexual fluids. Usually there is no need for treatment if none was started in phase 2. **Regular monitoring is needed in case phase 4 happens...**

A brown circle with a white number '4' in the center, surrounded by a ring of small black dots.

4

IMMUNE ESCAPE

In some people the virus may escape from immune control and the body's immune system will again attack the hep B leading to the risk of liver damage. There is usually a need for treatment to happen in this phase.

BEING TESTED FOR HEP B!

You cannot tell if you (or someone else) has hep B just by looking or because of "symptoms". The only way to know 100% for sure if you have hep B is by having a **Hepatitis B Blood Test**.

Because hep B is a complex virus three tests may be needed to determine your current status... but that can and should be done through **one blood test**. **TALK TO YOUR GP.**

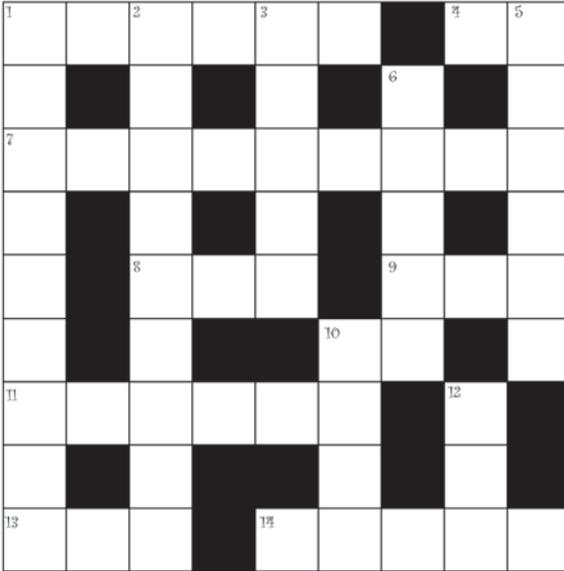
TEST NAME HEP B SURFACE ANTIGEN
ACRONYM HBsAG
WHAT'S IT FOR? This test shows whether a person has a **current** hep B infection

TEST NAME HEP B CORE ANTIBODY
ACRONYM anti-HBc
WHAT'S IT FOR? This test shows whether a person has been **exposed** to hep B either recently or in the past

TEST NAME HEP B SURFACE ANTIBODY
ACRONYM anti-HBs
WHAT'S IT FOR? This test shows whether a person has **immunity** to the hep B

CROSSWORD 2

A little bit harder...!



ACROSS

1. More than 10, less than 12 (6)
4. Hello! (2)
7. Doorways. Bewitches. (9)
8. Gobble. Consume (3)
9. Needed for fishing (3)
10. A French word for "the"... (2)
11. Sharp sewing tool (6)
13. Cunning. Stalone. (3)
14. Someone who didn't win or never succeeds (5)

DOWN

1. Long nosed animals (9)
2. Much, much more! (9)
3. Spot on. Accurate. (5)
5. Within something. (6)
6. Shock with a "BOO!!" (5)
10. Plastic building blocks for kids (4)
12. Worker's sturdy work vehicle (3)

Solution at right (no peeking now!!)



hepatitis, pithiest, atheist, patties, pettish, pietist, apesst, patite, pietas, pitie, pttas, spathe, theist, thetas, itnes, haste, hates, heats, heist, paste, paths, pett, pttas, pitas, piths, pitta, sath, septa, spate, spite, staph, state, stipe, tapes, tapis, taste, teats, teta, teths, theta, tips, tith, tits, east, eats, east, east, hate, hats, heat, nest, hits, past, path, pats, peat, pest, pets, phat, piet, pita, pith, pits, sate, sat, sept, sett, shat, shit, site, spat, split, steep, steel, tape, taps, tats, teas, teat, test, teth, that, this, ties, tip, tips, tit, tits

TARGET SOLUTION
(red=more common)



CROSSWORD 1 SOLUTION



CROSSWORD 2 SOLUTION

HEP B. COULD IT BE ME?



GET TESTED.
KNOW YOUR
STATUS.

ASK

TEST

TREAT

HEP B

COULD IT BE ME?

1800 803 990
HEPB.ORG.AU

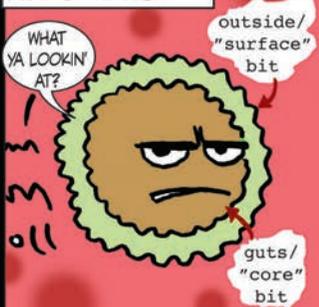
website launches 1 July 2017

HEP B OR NOT HEP B?

by GRACE CROWLEY
©2017

OR: HOW CHRONIC HEPATITIS B CAN DAMAGE YOUR LIVER

HERE WE HAVE A HEP B VIRUS...



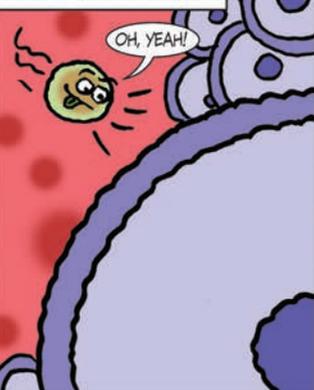
WHAT YA LOOKIN' AT?

outside/ "surface" bit

guts/ "core" bit

...IT'S JUST FLOATING THROUGH THE BLOOD, WHEN... BINGO!

IT SPIES A NICE JUICY LIVER CELL...



OH, YEAH!

IT ATTACHES ITSELF...



THE HEP B HAS LANDED.

THWIP

sticky/ "envelope" bits

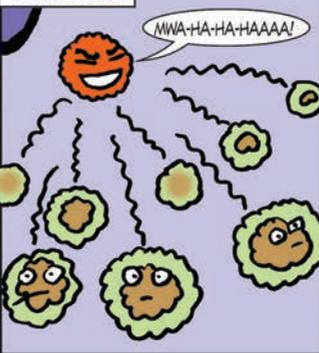
AND INJECTS ITS GUTS/CORE INTO THE CELL...



SPLORCH

YEAH... GROSS!

ONCE INSIDE THE CELL THE CORE STARTS MAKING MORE HEP B VIRUSES...



MWA-HA-HA-HAAAA!

...THAT POP OUT OF THE CELL INTO THE BLOOD IN SEARCH OF OTHER LIVER CELLS...



BE FREE, MY PRETTIES!

WHEE!

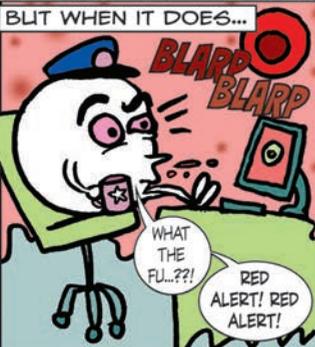
WHEE!

WHEE!

WHEE!

...SO THEY CAN DO IT ALL OVER AGAIN.

WITH CHRONIC HEP B THIS CAN GO ON FOR YEARS BEFORE THE IMMUNE SYSTEM NOTICES.



BLARP BLARP

WHAT THE FU...??!

RED ALERT! RED ALERT!

ONE OF THE WAYS THE IMMUNE SYSTEM MIGHT FIGHT THE VIRUS IS FOR "KILLER T CELLS" TO DESTROY ANY LIVER CELL WITH HEP B INSIDE...



YOU'LL NEVER TAKE ME ALIVE!

URK!

BOOM

HASTA-LA-VISTA-HEP-B.

IF THE IMMUNE SYSTEM CAN'T CONTROL THE HEP B, THE BATTLE MAY LAST FOR YEARS...



liver

UGH...

...DAMAGING THE LIVER, CAUSING CIRRHOSIS, EVEN CANCER & LIVER FAILURE.

IF YOU HAVE CHRONIC HEP B THIS CAN BE PREVENTED WITH REGULAR TESTING... CALL 1800 803 990 FOR MORE INFO!