

Talking about hepatitis

Hepatitis C is a blood-borne virus, and so in this poster the Aboriginal communities in Victoria are represented as blood cells, holding hands to indicate community strength, and coming together to talk about hepatitis and injecting drug use. Hepatitis C is very much an issue for urban Aboriginal communities in Australia. By coming together we encourage conversations about the more marginalised people in the community who are affected by the virus, and, ultimately, help to prevent and treat this disease.



What we do now can come back later

It is important to be blood aware

Hepatitis C is a virus which lives in the blood and can cause inflammation in the liver.

You can get this virus only if infected blood enters your blood stream through broken or punctured skin.

There are many ways to look after yourself when you've got hepatitis C. You can make lifestyle changes such as: reduce smoking.

• Do screen especially if you are at risk of getting it or you share drug injecting equipment. There is a high chance of contracting hepatitis C.

• You can also get hepatitis C from someone injecting and sharing your injecting equipment.

• There are blood with needles to prevent getting infected with the hepatitis C virus.

• There are many ways to look after yourself when you've got hepatitis C. You can make lifestyle changes such as: reduce smoking.

• You can get out of the hep C virus with treatment. There is a 50-80% chance of getting rid of the virus. To find out more, see a GP to get a referral.

• If you have hepatitis C, don't share needles.

• Contact the Hep C Hotline on 1800 755 003 from early Sept in Victoria, we are here to provide lots of information and support for you.

• Meet your local Aboriginal medical services, it's good to chat.

Hep C Hotline 1800 755 003

www.hepvic.org.au

HEPATITISVICTORIA

The Dr Ross Ingram Memorial Competition

Indigenous health: tell us your story

The Dr Ross Ingram Memorial Competition for an outstanding essay on Indigenous health by an Aboriginal or Torres Strait Islander person was first awarded in 2005.

From 2011, the competition has been expanded to include a second category: original artwork. Images can tell powerful stories and we believe that adding this category will further enrich the MJA's exploration of one of the most important topics in Australian health care.

The competition is open to any Aboriginal or Torres Strait Islander person who is working, researching or training in a health-related field; we are looking for essays or artworks that present original and positive ideas aimed at promoting health gains and health equity for Australia's

Indigenous peoples. After all, real insights and solutions come from within, not from without.

Winning entries are published in the Journal's Indigenous Health issue (the second issue in May each year), and attract a prize of \$2000 in each category. Other entries of high merit may also be published.

Essays: should be no more than 2000 words long
Artworks: should be submitted as a digital photograph, with a brief description of the message that the artwork is conveying. Send as a tiff or jpeg file format at 300 dpi (minimum width 9 cm).

Closing date: Friday, 27 January 2012.

Before entering the competition, please take a moment to read about Dr Ross Ingram, and feel free to follow the links to previous years' finalists and winners (from the link below).

<http://www.mja.com.au/public/information/RossIngramPrize.html>

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