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Health & Wellbeing Newsletter

Protect yourself against *Shingles*

Initial symptoms of shingles can include headache, fever, flu like symptoms and malaise (general feeling of uneasiness). A stinging or burning sensation may appear on the affected area before the appearance of the skin rash (normally within 1-2 days of the initial symptoms). The rash is commonly on the trunk or body but can also appear on the face or other parts of the body and can be quite painful, causing a tingling or burning sensation.

Although most people recover within a few weeks, some go on to develop chronic nerve pain called post herpetic neuralgia. This may be severe and can sometimes go on for months.

Prevention

Shingles is a vaccine preventable disease.

Immunisation against shingles is achieved by a dose of the Zostavax[®] vaccine which can be given to adults 50 years and over (cost applicable outside of National Immunisation Program).

The **shingles vaccine is provided free for people aged 70 years** under the National Immunisation Program.

There is also a five year free catch-up program for people aged 71 – 79 years until 31 October 2021. To receive the immunisation visit your local doctor or vaccination provider. ***It is important to note that although the vaccine is provided at no cost, a consultation fee may apply.***

Source: www.health.gov.au

Grow a Mo, save a Bro

What is Movember? Movember is a movement to raise awareness and funds for men's health during the month of November. This Movember, grow your moustache



for men's health, take on the *move challenge*, host an event, get together for men's health and start a conversation.

Source: [Movember Foundation Australia](http://MovemberFoundationAustralia)

HEP C MEDICINES THE FACTS

Hepatitis C is an infectious disease that attacks the liver, causing inflammation. It can lead to cirrhosis, liver disease, liver cancer and is sometimes fatal.

Recent advances in antiviral treatment have led to the development of new medicines for treating hepatitis C, which have a cure rate of greater than 90 percent.

These treatments are also shorter, less complex and much better tolerated than previous therapy. The new treatment medicines are available for all people, over the age of 18, with chronic hepatitis C. A complete course of the new medicines ranges from 8-24 weeks, depending on the type of hepatitis C and the treatment history and the drugs recommended.

Patients will pay \$6.20 for concessional patients and \$38.30 for general patients. General Practitioners are eligible to prescribe in consultation with specialists experienced in the treatment of chronic hepatitis C. Prior to starting treatment, your GP will organize a series of blood tests to help determine which specific treatment regime is appropriate for you. Some patients may be sent to the Barwon Health Liver Clinic for further investigations before treatment is commenced.

After cure from treatment your hepatitis C will not come back, unless you get re-infected by a new exposure to the hepatitis C virus through blood to blood contact. Ongoing protection for male/male sex and safe needle use is vital.

Source: www.health.gov.au



Most skin cancers are detected by people themselves or by a family member.

If found early, most skin cancers can be successfully treated. Make sure you check your entire body as skin cancers can occur on parts of the body not exposed to the sun. Ask a friend or family member to check areas you cannot see, such as your scalp and back. See your doctor immediately if you see anything unusual or notice any changes to your skin.

Prevention is better than cure

During sun protection times (when the UV is 3 or above), use a combination of:

- ☀ Slip on sun-protective clothing
- ☀ Slop on SPF 30 or higher broad-spectrum sunscreen
- ☀ Slap on a hat
- ☀ Seek shade
- ☀ Slide on some sunglasses

Check the sun protection times daily at sunsmart.com.au, in daily newspapers or on the SunSmart app.

Call 13 11 20 or visit sunsmart.com.au



The 'Play it safe by the water' website aims to increase community awareness of water safety.

The information on the site will help you learn how to be safe at the beach, at the river, by the pool and while boating and fishing and is provided by:

- 💧 Life Saving Victoria
- 💧 Swimming Victoria
- 💧 Surfing Victoria
- 💧 Aquatics and Recreation Victoria
- 💧 Yachting Victoria
- 💧 Kidsafe Victoria
- 💧 Maritime Safety Victoria



Source: www.watersafety.vic.gov.au



White Ribbon is a unique, national primary prevention social change organisation that works through a primary prevention approach based on the understanding that men are central to achieving the social change necessary to stop violence against women. They engage men to stand up, speak out and act to influence the attitudes and behaviours of some men who commit violence against women, based on the understanding that most men are not violent.

Through education, awareness raising, creative campaigns, preventative programs and partnerships, White Ribbon provides the tools for men to stop violence against women in their community and beyond.

White Ribbon is a primary prevention campaign - that is, they work to change the attitudes and behaviours that lead to violence against women. **If you or someone you know is experiencing violence and need help or support**, please contact one of the support services below.

There are national and state-based agencies that can assist you 24 hours a day, 7 days a week.

RESPECT: Ph: 1800 737 732

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Mensline Australia: 1300 78 99 78

Kids Help Line: 1800 55 1800

Source: www.whiteribbon.org.au