

DINNAE PANIC!

I'm Hep C positive.
I'm going to Die!



The amount of mis-information regarding the Hepatitis c virus is enormous.

There are Treatments available

Up to date information can be obtained at your local Hepatitis C support groups and also the British Liver Trust.

Worried about HCV?

Call for a chat.

H.E.A.L 07989 532317

or

Email: info@healhep.com



Hepatitis Education & Awareness Lothian

HCV

Info for

Drug Users

G.U.M Dept Edinburgh Royal Infirmary
0131 536 2103 / 2104

(Free confidential testing and referrals)

National Drugs Help line
0800 77 66 00

(Provides details of nearest drug project)

H.E.A.L Edinburgh
07989 532317

(Info, Advice, Support on HCV issues)

Capital C
0131 478 7929

(Info, Advice, Monthly Support Group)

Turning Point
0131 554 7516

(Drug project, drop-in, support, referrals)

NEDAC
0131 332 2314

(Drug project, support, info, advice)

C-Level
0141 332 2520

(support group, info, advice)

Don't Delay call
Someone
Today!



A MILLENNIUM AWARD SCHEME
SUPPORTED BY FUNDS
FROM THE NATIONAL LOTTERY

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Info for

Drug Users

Have You Chased The Dragon?



Is The Dragon Chasing You?

Tel: H.E.A.L 07989 532317

IV Drug Use

The Hepatitis C Virus

Hepatitis C has spread quickly through the injecting drug population.

Many people who inject will say they **do not** share!

If most think back to the first time they ever injected?

Did you get help from anyone?

Did you use someone else's works or equipment?

If you were only an occasional user, then it is highly likely that you borrowed a friend's equipment or part of it.

Nearly every user knows not to share needles, but some are unaware that to share filters, water or any other injecting paraphernalia is taking a risk in contracting HCV.

This includes frontloading, back loading, skin popping and even intranasal (sharing a tube to snort).

The best advice to anyone who is currently injecting drugs is to make sure they don't share any of their injecting equipment.

It is a sad fact that most users will share at some point and therefore need advice on the best way to reduce the risk of transmission.

It is very important to know that sterilising works can only minimise the risk not guarantee it.

Your only guarantee is **NOT** to share!

REMEMBER



STAY SAFE— DON'T SHARE

Treatments for Drug Using HCV+

Treatments and Current Users

Current injecting drug users are very unlikely to be offered Interferon and Ribovarin as a combination therapy. The reason being is that most injecting drug users lead a chaotic lifestyle. This means they would most probably **not** adhere to the treatment regime or to the horrific side effects. Only those on stable methadone maintenance programmes may be offered treatment. However there are various Chinese medicines that may help your liver and also help you to detox from drugs if you have the desire to do so.

A Few Commonly Used Herbs For Hepatitis C

CHAI HU, CAI HU. (Chinese bupleurum)

One of the finest for detoxifying the liver. It reduces feverishness and sweating.

HUANG LIAN. (coptis root)

An anti-viral herb, also has a mild sedative effect.

BAI ZHU, PAI SHU. (rhizoma atartylodis)

Stimulates enzyme production, supports digestion process. Lowers blood sugar level, and promotes the release of excess fluids via urine.

ZHI KE (bitter orange)

Softens hardening in the gastro-intestinal tract. Helps prevent constipation and stomach aches.

FANG FENG (sileris)

Relieves pains in the joints, flu, headaches, chills and rheumatoid numbness. Great tonic for immune system.

PANG GUI, DONG QUAI. (angelica root)

Improves circulation and nourishes the blood.

BAI SHAO YAO (white peony root)

Liver tonic, helps stop night sweats and relieves hypertension.

BAN LAN GEN (isatis root)

An anti-inflammatory, eliminates excess heat and toxins from the blood.

Visit your local Traditional Chinese Herbalist

for further advice on the above.

Help Prevent HCV

Help to prevent the spread of Hepatitis C transmission by adhering to the following:-

- Do not share needles, syringes, spoons, filters or water.
- Do not front or back load or flush out.
- Use new sterile equipment every hit.
- Only re-use own cleaned works if none available and always clean with **cold** water.
- Clean any blood spills with bleach.
- Cover any cuts
- Do not share toothbrushes, razors, nail-brushes or other personal items.
- Always practice safer sex.

Disposing of Injecting Equipment

Do this safely try to think about others. The safest method of disposal is a 'sin' bin (sharps disposable container) obtainable from local needle exchanges. Any injecting paraphernalia should **NOT** be thrown away with household rubbish. If you really must then please put into a sealed container or even a coke can and crush it.

These should be put into a bag and wrapped securely before putting in the bin.

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INFO FOR IVDU'S



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