

“See through the haze” - Get the facts on Vaping - QUIT



- The increasing use of e-cigarettes, or vaping, is a growing health concern, especially among teenagers and young adults.
- Teenagers and young adults who use e-cigarettes are three times more likely to start smoking cigarettes later in life.
- Many e-cigarettes contain nicotine and poisonous chemicals such as those in biofuels, paint thinners and bug killers.
- **Vaping can harm you by:**
 - Exposing you to toxic chemicals that may make you sick. These chemicals include known causes of cancer, heart disease and lung disease.
 - Getting you addicted to nicotine (a harmful chemical found in cigarettes and vapes)
 - Exploding or catching fire, causing bad burns and facial or leg and hip injuries
- To learn more about the harms of vaping, visit www.vapingfacts.org.au/seethroughthehaze
- To access the above messages in Arabic, Vietnamese and Mandarin, visit <https://www.vapingfacts.org.au/see-through-the-haze-campaign-information>

Try for 5 - including veggies in your meal.

- **Vegetables are part of a healthy, balanced diet and can help you stay healthy.**
- All vegetables can be considered superfoods as they are naturally packed full of important vitamins and minerals, disease-fighting antioxidants and gut-healthy fibre. Plus, they taste really good!
- Eating vegetables each day can **help you to maintain a healthy weight, lower cholesterol and blood pressure, plus protect you against chronic diseases such as type 2 diabetes, heart disease, stroke and cancer.**
- **Try for 5** by Nutrition Australia aims to encourage everyone to Try for 5 serves of veggies everyday.
- Visit www.tryfor5.org.au to explore budget friendly healthy recipes and to learn more about the campaign.



Health Alert on Buruli ulcer - what you need to know!



- Buruli ulcer is a bacterial skin infection caused by the bacterium *Mycobacterium ulcerans*. The toxins (harmful chemicals) made by the bacteria destroy skin cells, small blood vessels and the fat under the skin.
- Cases of Buruli ulcer have increased in Victoria in recent years. The disease is spreading into new geographical areas including six suburbs in north west Melbourne - Brunswick West, Coburg, Essendon, Moonee Ponds, Pascoe Vale South and Strathmore.
- Local research has confirmed that Buruli ulcer is transmitted from possums to people via mosquitoes.
- The type of mosquitoes that are backyard pests – especially the common container breeding mosquito *Aedes nodoscriptus* are the main risk. Reducing mosquitoes on your property will reduce your risk of infection.
- Visit wphu.org.au/buruli-ulcer-advice-for-our-community for how to prevent mosquitoes and mosquito bites.

If you live in an affected area, the Western Public Health Unit recommends:

Knowing how to recognise Buruli ulcer

- The lesion may start like a bite or as a lump under the skin that progressively enlarges over days or weeks.
- Buruli ulcer occurs on areas of the body most commonly exposed to mosquito bites such as the ankle, lower leg and arms.
- Unlike other ulcers, Buruli ulcer is often painless initially and there is generally no fever or other symptoms or signs of infection.

Seeing your GP if you have a new or persistent sore, ulcer or skin infection

- Discuss getting an easy Buruli ulcer test.
- Ask 'Could this be Buruli ulcer? I need a test'.

We would like to hear from you !

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Get Asthma ready with an Asthma action plan

- Grass pollen season (October through to December) brings the chance of thunderstorm asthma. Thunderstorm asthma is asthma that is triggered by a particular type of thunderstorm when there are high amounts of grass pollen in the air.
- For people who have asthma or hay fever, thunderstorm asthma can trigger severe asthma symptoms.
- **How to be prepared:**
 - Monitor the epidemic thunderstorm asthma risk forecast: [Vic Emergency thunderstorm asthma forecast webpage](#).
 - Don't be outdoors in a storm, especially during the winds that precede them. Go inside and close your doors and windows. Turn off any air conditioner systems that bring air from outside into the home or car (including evaporative air conditioners).
 - Take your preventative medication as directed, even when you are symptom free.
 - Carry your reliever and know how to manage an asthma attack.
 - Follow your asthma action plan or refer to [asthma first aid](#).
- **You are at risk of thunderstorm asthma if you:**
 - have asthma (or have had asthma in the past)
 - have hay fever (allergy affecting the nose) during Spring.
- **If you feel short of breath, tight in the chest, wheeze or cough during pollen season – you might have undiagnosed asthma which also puts you at risk. See a doctor and get an asthma action plan if necessary.**
- Visit wphu.org.au/protect-yourself-this-pollen-season-through-prevention for more information.

Find a cervical screening test provider

Cervical Cancer Elimination day - 17 November 2023

- **A cervical screening test is the best way you can protect yourself against cervical cancer.**
- All women and people with a cervix aged 25 to 74 who have ever been sexually active should have a cervical screening test every 5 years to get the best chance at preventing cervical cancer.
- There are now two options for getting a cervical screening test:
 - you can choose to have a healthcare provider do the test for you using a speculum and a small brush
 - [you can choose to self-collect your test](#)
- Both testing options are accessed through a healthcare provider and are equally as accurate at detecting HPV, which causes almost all cases of cervical cancer.
- The [Cervical Screening Directory](#) will assist you to find a cervical screening provider that suits your needs including location, preference of health care provider, language spoken by the provider and any disability access. [Visit www.cancervic.org.au/cervical-screening-test/where.asp](https://www.cancervic.org.au/cervical-screening-test/where.asp).
- The [Cervical Screening Directory](#) has a search function on its website where you can choose a specialised provider by postcode, gender, sexual assault sensitivity, and traditional cutting knowledge (otherwise known as female circumcision) to provide your next cervical screen.

