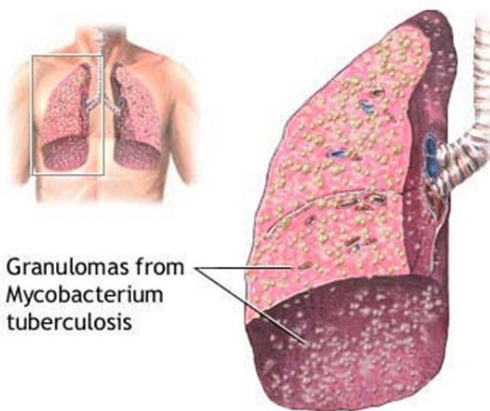


# TB

## WHAT IS TB?

TB is a disease that many of us are very aware of as it is so prevalent in today's society. The disease mainly affects the lungs however it may be found in any other body organs. The disease is caused by a germ known as 'Mycobacterium tuberculosis.



The germs are presented in the sputum and coughed up by those who have TB of the lungs; in latent cases blood is presented. In most cases these germs destroy the soft tissue of the lungs that create cavities or holes in the lungs, resulting in difficulty with breathing. If the disease is left untreated it may result in death.

# TREATMENT

## THE GOOD NEWS: TB CAN BE TREATED WITH LITTLE OR NO COMPLICATIONS.....

Medication must start immediately on diagnosis.

The medication must be taken regularly according to the physician's prescription.



It may take up to 6 months to be completely cured; however after two weeks of treatment the person is no longer infectious.

Treatment must be completed, it may not cease when a person starts to feel better the entire course must be completed.

Should the patient stop taking the medication it is possible for a drug resistant strain to take hold of the patient.

This type of TB is extremely difficult to treat and may need more than 18 months of treatment with an extended stay in hospital.

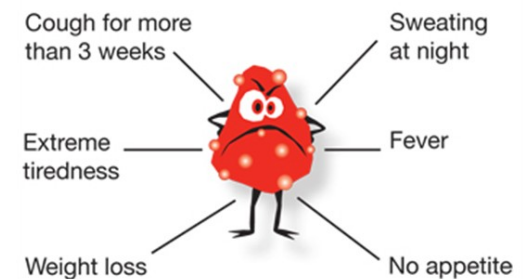
# HOW WE ARE INFECTED

The disease is passed from person to person, an infected person may, cough, sneeze or spit, their germs are spread into the air from where others inhale the germs.



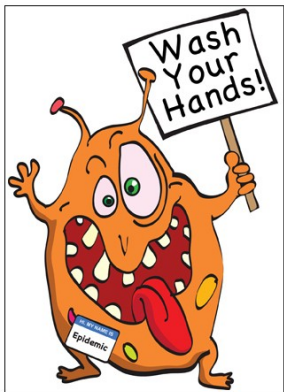
## WHAT ARE THE SYMPTOMS OF TB?

- Persistent coughing
- Chest pains
- Tiredness and weakness
- Loss of weight and appetite
- Night sweats
- Coughing up blood



## PREVENTATIVE METHODS

- Patients must complete their treatment.
- Cover your mouth and nose when sneezing, coughing or spitting.
- Stay at a distance from those who are ill.
- Always wash your hands with soap and water.
- All babies should be immunized within their first year
- Keep healthy, eat healthy
- Avoid alcohol and tobacco
- Keep your home and work space well ventilated
- Exercise regularly



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## WELLNESS PROGRAMMES

**TB**

