

## Tuberculosis

### What is Tuberculosis?

Tuberculosis is a contagious disease caused by an infection with a bacterium called mycobacterium. TB affects the lungs in most cases and may affect other parts of the body, including the kidneys, brain, bones and spinal cord, yet it can be treated and prevented.

**TUBERCULOSIS**



### How does tuberculosis spread?

TB is transmitted from one person to another by means of air droplets; by coughing, sneezing or spitting. The person needs only to breathe in a little of these germs in order to get infected. It doesn't spread by shaking hands, kissing, sharing food or drinks, or toilet usage.

Tuberculosis in the lungs and larynx is contagious yet in other parts of the body it is usually not contagious.

### What are the forms of tuberculosis?

#### The first form is latent tuberculosis:

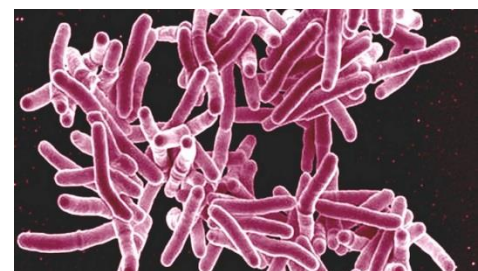
About one-third of the world's population is infected with dormant tuberculosis, which means that the person infected with TB bacteria shows no symptoms of the disease due to the immune system resisting the infection. The patient can not transmit the disease. The chance of the bacteria becoming active over the course of the patients lives is 10%.

#### The second form is active tuberculosis:

It means that the person is showing symptoms of infection after several weeks or months of getting infected. It is possible to transmit the disease to others. Active tuberculosis is a fatal disease if not treated properly.

### Who are the most vulnerable people?

- HIV-positive people and people living with HIV /AIDS
- Diabetics
- Some cancer patients treated with chemical drugs
- Patients taking immunosuppressant drugs such as people undergoing organ transplantation
- People who suffer from malnutrition



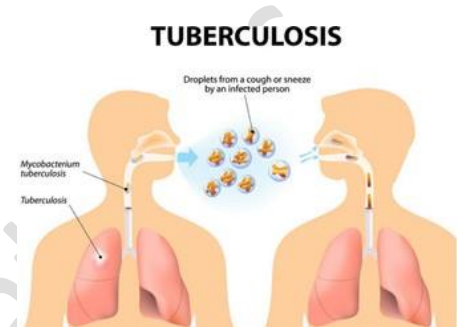
- Presence or traveling to areas with high incidence of tuberculosis such as: South Africa, India, China, Mexico, and East Asian countries.
- Spending long time with an infected person.

## What are the symptoms of tuberculosis?

-There are no symptoms in cases of dormant tuberculosis.

-Symptoms in active TB cases are:

- Coughing with phlegm and blood occasionally for more than 3 weeks
- Fever, tremor and sweat at night for many months
- Weakness, weight loss and loss of appetite
- Chest pain



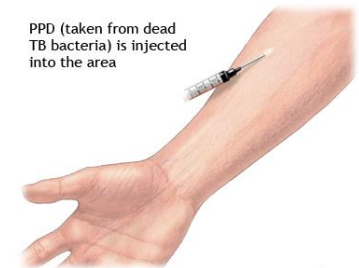
## How is TB diagnosed?

Diagnosis is done through:

- PPD: The skin (the lower arm area) is injected with a liquid substance called tuberculin, and then the reaction in the area is examined after two to three days of injection. The patient is asked to pay attention not put water on the injection site.
- Blood test "IGRA": measures the body's interaction with TB-causing bacteria.

Other tests to determine the activity of the disease:

- Clinical examination
- Radiology examination
- Sputum examination



## What is TB's treatment?

TB is a disease that can be treated and cured.

- Active TB is treated with several drugs for six to nine months under medical supervision. At the beginning of the treatment, the patient may be required to isolate himself from people and wear a protective mask. Treatment should be continued until the doctor's say it is over.
- Dormant TB is treated with one or two drugs for six to nine months. Drug therapy can get rid of the bacterium in the body before it becomes active.

## What are the complications of tuberculosis?

TB may affect other parts of the body, including the bones, brain, kidneys, liver, or the heart if treatment is neglected.

## How to avoid TB?

- Taking all medicines according to the guidelines even if the patient is feeling better, because stopping or irregularity leads to the emergence of resistant strains of tuberculosis, and the treatment becomes more difficult.
- Stay at home for a certain period of time as directed to reduce the risk of spreading the infection.
- Follow the guidelines for public hygiene, which includes the use of personal medicines only and coverage of mouth and nose during sneezing and coughing and quick disposal of napkins used in a closed bag.
- Getting the vaccine against tuberculosis, “Vaccin BCG” yet it does not always protect from tuberculosis
- In the hospital, the patient is isolated in a private room with a special ventilator to prevent the bacteria from spreading and health workers wear special masks to protect themselves.



### Did you know?

Active TB is contagious and dangerous if no early treatment is done

Dormant TB does not cause any symptoms and is not contagious but may develop into active TB

Check with your doctor if coughing or fever lasts for more than 3 weeks

Most TB cases are cured when early treatment is given and taken correctly