



GUARD AGAINST TB

TB has been around for a very long time, going as far back as 9,000 years. Even though it has proved to be persistent, it is also very preventable. This article breaks down how we can guard against it, and if necessary, how to cure ourselves from it

WHAT IS TUBERCULOSIS?

Tuberculosis (TB) is a contagious infection caused by the bacteria known as *Mycobacterium Tuberculosis*. It mostly affects the lungs, but can also spread to other parts of the body, such as the spine and brain.

There are two types of tuberculosis: latent TB and active TB

- Latent TB is when the germs are in your body but your immune system keeps them from spreading. Carriers of latent TB show no symptoms and are not contagious. However, the infection is still present and can become active at any time.
- In active TB, the germs multiply and you become ill and spread the disease to others. Most active TB cases come from adults with latent TB infections.

HOW IS TUBERCULOSIS TRANSMITTED?

It spreads through the air, similar to a cold or flu, and you can only get it if you come into contact with someone who has it. If a person with TB coughs, sneezes, or laughs out loud, tiny droplets containing germs are released. If you breathe these germs in, you could get sick. Fortunately, TB is not easy to catch. You're most likely to contract it from people who you are in regular contact with like co-workers, friends, and family.

SYMPTOMS OF TB

Latent TB does not show symptoms; however, your skin or blood can be tested to determine whether you are infected. The following are symptoms of active tuberculosis: portion size.

- A persistent cough that lasts longer than 3 weeks
- Chronic fatigue
- Chest pain
- Night sweats or chills
- Fever
- Coughing up blood
- Loss of appetite
- Weight loss

If you suspect that you have TB, call your doctor right away.

CAN TUBERCULOSIS BE CURED?

Yes, TB is curable. Most cases can be cured with antibiotics, but it takes time. It requires patients to take their medication consistently for the full duration of the course, which is at least 6 to 9 months. Tip: Don't drink and drive. Always choose a designated driver if you know you will be drinking. Alternatively, use apps like RYDD, where you can hail a designated driver in. It works similarly to Uber, which is also a good option.

WHY IS TB DIFFICULT TO DETECT, AND EVEN HARDER TO CURE?

Not all people who get a TB infection show signs of sickness. Furthermore, some TB infections can also be drug-resistant, meaning that some medications don't work against the bacteria. Furthermore, it is more difficult to fend off active TB for people who have HIV or AIDS, diabetes, and compromised immune systems.

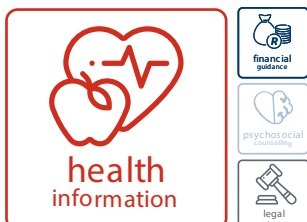
HOW TO TREAT TB

- If you have latent TB, your doctor will give you medication to kill the bacteria so the infection doesn't become active
- Active TB can also be treated with a combination of medications
- In the case of drug-resistant TB, your doctor might prescribe one or more different medicines for you. You may have to take them for a long period of time

No matter what type of infection you have, you must take all your medication, even when you feel better. Stopping your medication too soon may cause the bacteria to become resistant to the treatment. Therefore, the prognosis for your infection depends on several factors, including your overall health, the severity of the infection, and how closely you follow your doctor's instructions.

LOOK AFTER YOURSELF AND OTHERS

- If you have latent TB, take all of your medication so it does not become active or contagious
- If you have active TB, limit your contact with other people. Cover your mouth when you laugh, sneeze, or cough
- Wear a surgical mask when you're around other people during the first weeks of treatment
- Avoid spending a lot of time in crowded places with sick people



For confidential assistance on health matters, contact your
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