- Kidney failure
- Some cancer and cancer treatments
- Diabetes
- Being underweight

TB in children
- Children can get sick very quickly with serious types of TB.
- Children with TB disease do not usually spread the germs to others.
- The best way to protect children from serious types of TB is to prevent them from coming into contact with TB.

Tests used to look for TB
- Questions about TB symptoms and health history.
- Chest x-ray(s).
- TB skin test.
- Physical examination.
- Sputum examination.
- Blood test.

The treatment of TB disease
- Treatment time varies, usually lasting anywhere from 6 to 9 months.
- TB germs are very tough. Multiple antibiotics are needed over many months to completely cure TB.
- Most of the treatment can be taken from home:
- Patients may need to be in the hospital during the first part of treatment until they are no longer infectious.
- Treatment must be given under directly observed therapy (DOT).

The treatment of TB 'disease'
- Important points to be fully cured:
- It is very important to take all the medicines and doses given by the healthcare provided, even if feeling better.
- If not, the TB might come back, and the antibiotic used to treat might not work on the germs any

more. This is called, drug resistant TB.
- Drug resistant TB is more complicated and difficult to treat, needs long time, and is costly.

Contact tracing
- When a case of infectious TB is found in the community, the preventive medicine health staff will check some family, friends, and other community members for infection and disease.
- Community members most at risk of becoming sick with TB will be checked first. Decision in who needs to be tested is made by the preventive medicine health staff.

The treatment of TB 'infection'
- Person with TB infection (LTB) may be offered antibiotics to prevent TB from becoming an active disease.
- An antibiotic (usually one medicine or two) is used to treat TB infection and the treatment can last anywhere from 6 to 9 months. It is important to take all of the medications properly.
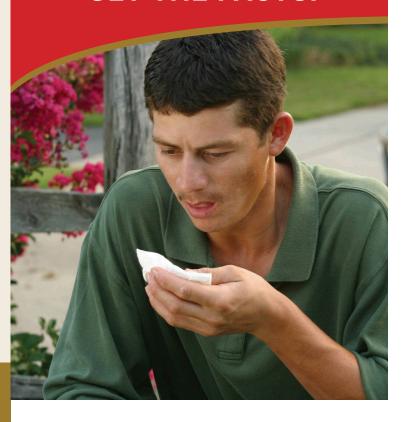
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TUBERCULOSIS:
GET THE FACTS!

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TUBERCULOSIS:
GET THE FACTS!

What is tuberculosis?
Tuberculosis (TB) is a disease that usually affects the lungs. TB sometimes affects other parts of the body, such as the brain, the kidneys, or the spine. TB disease can cause death if it is not treated.

TB Around The World Today
TB is an old disease, and remains one of the world's deadliest infectious killers, TB is one of the top 10 causes of death and leading cause from a single infectious agent, more than HIV/AIDS. It is a very serious health problem and an obstacle to growth and development in endemic countries especially in Africa and Asia, but it can be anywhere.
We can't say that TB is someone else's problem. It isn't one that only affects countries in which it is endemic. It is in fact quite close to us here in UAE, so it's best to learn more about it preventable and curable disease.

Basic Information About TB
It is infectious disease caused by bacteria or germs called Mycobacterium tuberculosis and characterized by the formation of tubercles (round nodules) or granulomas in lungs and begin to grow. It may be transmitted through the blood to other body parts such as Central Nervous System (TB meningitis), bones, kidneys, lymph nodes, spine, and brain.

How does TB Spread to others?
TB bacteria are spread through the air from one person to another. The TB bacteria are put into the air when a person with TB disease of the lungs or throat coughs, speaks, or sings. People nearby may breathe in these bacteria and become infected.

The germs are very tough and can float in the air for up to several hours:
While they are in the air other people might breathe them in. Breathing TB germs into the lungs is the main way TB gets into the body.

Route of Transmission for TB

TB is not spread by the following:
• Shaking someone's hand.
• Sharing food or drinks.
• Touching bed linens or toilet seats.
• Sharing toothbrushes.

Types or stages of TB
TB infections (Latent TB Infection or LTBI, sleeping TB):
• The TB germs are in the body but they are not causing sickness and cannot be spread to others.
• Can progress to diseases anytime from weeks to years after infection.

Types or stages of TB
TB disease (Active TB):
• TB disease may develop soon after infection (weeks or months) or years later.
• The TB germs are causing sickness and can be spread to others if the TB is in the lungs or airways.

Note: The germs most often stay in the lungs and cause illness there, but they can also be in other parts of the body

Symptoms of TB disease
• Bad cough lasting more than 3 weeks.
• Coughing up sputum.
• Sometimes coughing up blood.
• Fatigue – feeling weak or very tired.
• Fever.
• Lack of appetite (don't feel like eating).
• Weight loss (without trying).
• Sweating at night.
• Chest Pain.

Find tb early - TB can be treated & cured
The longer a person is sick with TB disease, these things could happen:
The sicker they might become (advanced TB can cause severe sickness and sometimes death).
The more likely they are to pass it on to family and friends.

Groups at risk for having TB infection
• People who have shared breathing space with someone who has infectious TB (contacts).
• People who lived in communities of countries where there is a lot of TB.
• People who lived or have lived in crowded living arrangement (homes, shelters, elderly homes, jails).
• People who work in places with crowded living arrangements.
• Some health workers

People at risk of developing TB disease
• Those recently infected with TB (especially in the last 2 years).
• Children (especially under the age of 5).
• Past TB disease not treated properly.
• People taking medication that weaken their immune system.
• People with certain health conditions, such as:-
  • HIV/AIDS
  • People with organ transplants