

TREATMENT

Treatment should be taken in at least six months time for seven days a week.

Two weeks after treatment, the patient is no longer infectious unless they default on their treatment. This can lead to multi-drug resistance.

Multi-drug- resistant TB or MDR TB

TB patients can get MDR TB when they do not complete their treatment. MDR TB is much more difficult to cure than TB. It is drug resistant, which means that ordinary TB medicine does not work, and other more expensive medicines are needed.

XDR TB (extensively drug resistant TB)

This type of TB is extremely difficult to cure, more than MDR because the germ is not responding to almost all available TB and MDR medicines

NB: MDR and XDR germs are highly infectious!

For MDR and XDR TB treatment, the patient needs to be admitted in a specialised Hospital. Treatment is free and takes up to two years



Interaction between HIV and TB

HIV weakens the immune system making it unable to work effectively against germs such as TB germs. TB germs in turn multiply rapidly. Since so many people are infected with HIV, TB is on the increase. This is a major problem in Tshwane.

For more information please contact your nearest clinic

BE AWARE OF IT!



Tuberculosis can be beaten

Pulmonary Tuberculosis or PTB

Tuberculosis may effect any part of the body, but tuberculosis of the lung or pulmonary tuberculosis (PTB) is by far the most common. PTB is an infective type of tuberculosis and may be spread from person to person.



How is PTB caused?

PTB is caused by the small tuberculosis germ that enters the body and becomes established in the lung. The TB germ starts destroying the surrounding tissue, and inflammation begins to develop in the lung. Without treatment cavities will develop in the lung. The TB germ behaves very much like an insect eating holes in a leaf.

Many TB sufferers go unnoticed (especially during childhood) because the body's defence mechanisms are too strong to allow spreading of the disease. The germs are not destroyed, however, but seal themselves in small pockets or glands in the the lung and when the person's body resistance is lowered, the disease starts spreading once again. This renewed activity of the TB germ can occur progressively over a few months and usually follows some mild infection such as a cold or influenza.

There may be several reasons why a person's resistance to TB is lowered. Poor nutrition, excessive alcohol consumption, diabetes mellitus, excessive fatigue, old age and AIDS are all factors which lower the body's ability to fight off

How is PTB recognised?

There are several symptoms associated with TB.

- ❑ A chronic productive cough persisting for two weeks or more.
- ❑ Fatigue and general weakness
- ❑ Loss of weight and appetite
- ❑ Pain in the chest
- ❑ Coughing up of blood
- ❑ Night sweat



How the spread of TB can be prevented?



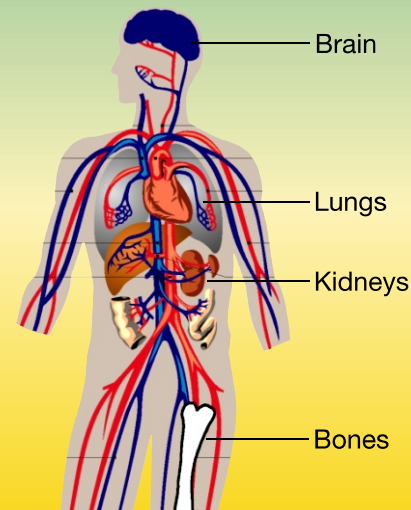
- ❑ If a person is healthy and well nourished by following a balanced diet, resistance to TB is increased.
- ❑ Vaccination with BCG is necessary for babies to protect them against TB. This is available free of charge at all clinics.
- ❑ Fresh air, sunlight and exercise may effectively help combat TB.
- ❑ Drink only safe milk, like pasteurised milk.
- ❑ Every person showing signs and symptoms of TB should attend a TB clinic for an examination.
- ❑ TB patients must attend their clinic regularly for treatment.
- ❑ TB patients should take their treatment for as long as the clinic prescribes it, in order to be healed completely.

PTB can be cured with the aid of modern **medicine**.

“Always try to eat a healthy, balanced diet”.



Areas of the body affected by TB:



If you suspect that you or a friend or a member of your family suffer from TB, report to the municipal clinic where you will be examined and treated. The earlier a sufferer of TB is discovered, the easier the treatment and cure.