

TUBERCULOSIS

WHAT IS IT?

Tuberculosis (TB) is a disease caused by bacteria called **Mycobacterium tuberculosis**. The bacteria can involve any part of your body but they usually go to the lungs. TB is spread through **air-droplets** (coughing, sneezing and talking)



THE MOST COMMON SYMPTOMS

- High temperature (low grade)
- Fatigue
- Loss of appetite
- Weight loss
- Occasional chest pain
- Persistent cough with bloody sputum and night sweats.

TREATMENT

Tuberculosis is a completely **treatable and curable** disease, on condition that you take all of the treatment for it.

DRUGS

- Your treatment includes several drugs (3, 4 or even 5) and many tablets. Make sure to take them all, preferably on an **empty stomach**.
- Continue medications as prescribed by your physician even if you feel better and have no more symptoms.

DIET

- Encourage **fluids** to maintain adequate hydration
- Encourage **a well-balanced diet** to enhance recovery

ACTIVITY

- After an initial period of isolation/rest, you may go back to your regular activities (study, work, and later exercises)
- Some **bed rest** generally gives you comfort and relief

THERAPEUTIC MEASURES

- **Drink plenty** of fluids, do sponge baths and take medications to decrease your temperature if it is elevated.
- **Deep breathing** is good even though it may induce coughing. It prevents the lungs from collapsing and enhances excretion of respiratory secretions
- Monitor body weight, fluid intake and urine output

CONSIDERATIONS

- You may need to be isolated for 1 to 2 weeks after starting treatment
- **Cover the mouth** and nose when coughing or sneezing
- Maintain hand washing and good hygiene
- There is a need for taking sputum culture during therapy from time to time
- Report to the physician any **exacerbation of symptoms**
- Encourage your contacts to be examined and treated if indicated