

## Awareness about TB (Tuberculosis)

**TB (Tuberculosis)** is a bacterial disease caused by an organism called Mycobacterium Tuberculosis. The bacteria usually affect the lungs, but can affect other parts of body like lymph nodes, pleura, abdomen, bones and joints, spinal cord and the brain.

**TB is an air borne** disease, spread from person to person through air. When a person with **Lung TB having sputum positive**; cough, sneeze or spit, droplets containing the bacteria are released in to the air. A person needs to inhale only a few of the germs to become infected. Bacteria are not transmitted through food and water, or skin contact such as shakinghand, or touching toilet seat.

**The symptoms of active TB** includes- Coughing more than 2 weeks, sometimes with mucus or blood; Chills; Fatigue; Fever; Loss of weight; Loss of appetite; Night sweating; Chest pain.

**Diagnosis** is usually only certain when there is definite evidence of TB bacteria. Test for TB diagnosis includes sputum microscopy, culture test, X-ray, TB skin test.

**TB is curable.** Treatment usually consists of combination of TB drugs. In lungs TB sputum becomes negative within 45to60 days after starting the treatment. But the treatment will only be successful if the drugs are taken exactly as required for the entire length of time. Incomplete, inadequate treatment develops MDR (multi drug resistant) which needs 2 years of treatment with poor prognosis.

### **Prevention of TB –**

The major part of TB prevention is to stop the transmission from one adult to another. This is done by identifying people with active TB, curing them through provision of drug treatment.

**TB education-** It is necessary for people suffering from TB.

- 1- They should take their required drugs for the entire length of time.
- 2- They also need to know how to make sure that they do not pass TB to other people. They should follow cough hygiene (covering nose and mouth when coughing and sneezing)
- 3- Smoking should be avoided.
- 4- They should take nutritious diet and not skip their meals

Anyone who coughs should follow cough etiquette and respiratory hygiene (covering nose and mouth when coughing and sneezing) and should follow all the time. General public should know about TB for a number of reasons including reducing the stigma still associated with TB and controlling TB.

**“TB is a curable disease needs only awareness”.**

**However, any cases with symptoms (Coughing more than 2 weeks, sometimes with mucus or blood; Chills; Fatigue; Fever; Loss of weight; Loss of appetite; Night sweating; Chest pain) should be reported to BC ROY Technology Hospital immediately.**

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