TB Can Be Cured

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Overview

This presentation will focus on

– What TB is
– How TB spreads
– What TB tests look like
– How TB is cured
What is TB?

- A germ that is spread through the air
- Damages lungs
- Can harm other parts of the body
History of TB

- Mentioned in the Bible
- Found in Mummies
- Can be found worldwide
- No cure until 1946
How TB Is Spread

Germs spread when someone who has active TB

- Coughs
- Sneezes
- Laughs
- Sings
- Talks
How TB is Not Spread

- From sharing food, forks, plates, or glasses
- Bathrooms or showers
- Clothes or blankets
- Handshakes
Symptoms for TB Disease

- Cough (lasting more than 2 weeks)
- Weight loss
- Night sweats
- Chest pain
- Fever
- Hemoptysis
Symptoms of TB Infection

• None
• You can be infected and not have disease
• 10% of those infected will get disease
TB Infection vs. TB Disease

- TB Germs are not active
- No symptoms
- Does not feel sick
- Chest x-ray normal
- Needs medication to treat infection

- TB Germs are active
- Shows symptoms
- Feels sick
- Chest x-ray abnormal
- Needs medication to treat disease
Who’s At Risk For TB Infection?

- Recent contact to someone with Active TB
- People with HIV infection
- Employees of hospitals, nursing homes, prisons, homeless shelters
- People from a country where TB is common
- Drug addicts
- Children < 5 yrs old
From Infection to Disease

Easier for infection to become disease if:

• Have other health problems like diabetes, cancer, HIV, are immunosuppressed
• Abuse alcohol or inject illegal drugs
• Infection occurred in the last 2 years
Getting Tested for TB

- A skin test shows if there is TB Infection
- The test is usually done on the arm
- An injection underneath the skin
How to Tell if the Test is Positive

• Skin test should be checked in 2 days
• When positive, a bump will grow on skin
• The bump is at least 5mm across
If the Test is Positive

- Usually means infection with the TB germ
- Patient will need a chest x-ray
- Need to determine if patient has active disease
- Patient might need medication
If the Test is Negative

- Arm will look smooth
- No bump appears where injected
- Usually means there was no TB infection
- May need a follow up test
TB Test Activity

Using the TB test arm models:
- Use the TB rulers to measure bump size
- A positive test could be as small as 5mm
- Negative tests do not have a bump
- Redness alone is not a positive test

TB Skin Test Ruler

- Measure 48-72 hours after injection
- Measure across the forearm
- Measure the diameter of induration (not the erythema / redness)
- Record in millimetres (mm)
TB Can be Cured

If the patient has **TB Infection**

- Patient will be given one medication
- Medication will prevent TB Disease from starting
TB Can Be Cured

If the patient has **TB Disease**

- Patient will be cured with four medications
- Medications are taken for six to nine months
- Needs to be careful not to infect others
- Health Department will help patient get better
What should I do if I have TB?

• Follow up with your doctor
• Take your medicines
• Stay home as long as your doctor says
TB Can be Cured

• Treatment is readily available to everyone
• Get the facts
• Follow your treatment plan
• Protect yourself and those around you
• Spread the word, not the disease
For More Information

• Call or visit the TB Clinic:
  5115 El Paso Drive, Suite B
  El Paso, TX 79905
  (915) 771-1230

• www.elpasotexas.gov/health

• www.cdc.gov