



# TUBERCULOSIS

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## HEALTH SCREENING

2009

- Mark your calendar for **December 5, 2009**, for this year's **free** health screening from 8 AM-6 PM.
- Drawing for a **Flat Screen TV and Wii Fit System with balance board**. Three chances to win.
- Screening by **Mercy Community Health Nurses** includes: assessment, blood pressure, glucose and cholesterol check. Obtain a prize ticket entry for a completed assessment and screening.
- **Red Cross** will be on hand for blood donation from 8AM—1 PM. Receive a ticket for the prize drawing with blood donation.
- Bring in **6** cans of food for the **Toledo Seagate Food Bank** and receive an extra chance for the prize drawing.
- Free **Healthier at Home** books while supply last. Educational brochures will be available.



## MYCOBACTERIUM TUBERCULOSIS

TB is short for tuberculosis and is caused by the bacterium called mycobacterium tuberculosis. TB is a potentially serious infectious disease that primarily affects your lungs.

TB is the leading cause of death in the world from a bacterial infectious disease. The disease affects 1.8 million people per year which is equal to one-third of the entire world population.

In the United States TB is on the decline but the annual decrease has slowed from an average of 7.1% to the current average of 3.8%. An estimated 10-15 million people in the United States have latent TB.

Although your body may harbor the bacteria that causes TB, your immune

system often can prevent you from becoming sick. For this reason doctors make a distinction between latent and active tuberculosis.

In latent TB, you have a TB infection but the bacteria remain in your body in an inactive state and cause no symptoms. Latent TB is not contagious. The only sign of TB is a positive reaction to the TB skin test.

When the TB bacteria become active this is called TB disease. TB disease will make you sick. People with TB disease can spread bacteria to people they spend time with every day. Symptoms of TB include:

- A bad cough that lasts 3 weeks or longer
- Pain in chest

- Coughing up blood or sputum
- Weakness or fatigue
- Weight loss
- No appetite
- Chills
- Fever
- Sweating at night

Although TB is contagious, it is not especially easy to catch. You're much more likely to get TB from a family member or close co-worker than from a stranger. Only one in 10 people who have latent TB goes on to develop active TB.

See your doctor if you have a fever, unexplained weight loss, night sweats and a persistent cough.



## TREATMENT FOR ACTIVE TB

Any one can get tuberculosis. With proper treatment, almost all cases of TB are curable. Medications are the cornerstone of tuberculosis treatment. Treating TB takes much longer than treating other types of bacterial infections. Typically, treatment includes four different antibiotics for at least

2 months, then 2 drugs for four more months. This regime lessens the chance that naturally occurring mutations in the bacteria will not occur.

The drug and length of treatment will depend on your age, overall health, drug resistance, the form of TB, and the location in the body.

Partial treatment for TB is worse than no treatment at all. TB bacteria linger following incomplete therapy are likely to resist anti-tuberculosis drugs in future flare-ups. Worse still, people with active cases of multi drug resistant TB can pass those super bugs on to new victims.