



Tuberculosis (TB):

It is an infectious illness caused by *Mycobacterium tuberculosis*. It primarily affects the lungs but can involve other body organs as well. TB spreads from person to person and is both preventable and treatable.



How TB Spreads?

Bacteria are released into the air when an infected person coughs, sneezes, or talks. Others can become infected after inhaling these airborne germs.

Causes :

- Bacterium: *Mycobacterium tuberculosis*.
- Weakened immunity: HIV, diabetes, malnutrition, immunosuppressive therapy
- Close contact: Living with someone with active TB
- Overcrowded/poor living conditions
- Lifestyle factors: Smoking, alcohol, drug use
- Age extremes: Very young or elderly Previous latent TB infection

Common Symptoms of TB :

Symptoms differ from person to person, but may include :

- Persistent cough lasting longer than 2 weeks
- Cough with sputum or blood, Low-grade fever often in the evening
- Night sweats
- Fatigue or tiredness
- Unintended weight loss
- Reduced appetite
- General weakness



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When to Seek Medical Advice Consult a doctor if you experience:

- Fever
- Cough persisting beyond 2 weeks
- Blood in sputum
- Weight loss
- Unexplained fatigue or weakness

Tests Used to Diagnose TB :

- ✓ Detailed medical history and Physical examination
- ✓ Chest X-ray
- ✓ Blood investigations (e.g., ESR)
- ✓ Sputum examination
- ✓ Tuberculin skin test
- ✓ Advanced imaging such as CT, MRI, or ultrasound
- ✓ Gene Xpert / CBNAAT

Is TB Life-Threatening?

If untreated, TB can become serious and may cause lasting damage to organs like the lungs. About 10% of infected individuals may develop active disease during their lifetime. Early diagnosis and proper treatment significantly reduce complications.

Diet Recommendations for TB Patients?

- Increase protein intake
- Include pulses such as green gram, lentil, and chickpeas
- Add plenty of fruits and vegetables* Choose whole grains* Avoid refined foods, fried foods, and items causing allergies* Drink adequate water

Why Some TB Cases Become Drug-resistant?

TB arises when bacteria stop responding to one or more standard medications. This usually happens when treatment is taken irregularly or stopped early. Completing the full course of therapy is essential to prevent resistance.

Importance of Treatment:

Adherence Skipping doses or stopping treatment early can make TB more difficult to cure and may lead to drug-resistant forms. Full and regular adherence is necessary for complete recovery.



How to Prevent TB?

- Ensure good ventilation and sunlight
- Maintain hygiene and healthy lifestyle habits
- Wear masks when needed
- Avoid close, prolonged contact with active TB patients until they are on treatment
- Practice cough etiquette
- Get medical screening if exposed to a patient with TB

Types of TB :

1. Pulmonary vs Extra-pulmonary
2. Latent vs Active
3. Smear-positive vs Smear-negative
4. Drug-sensitive vs MDR-TB vs XDR-TB
5. Primary vs Post-primary vs Miliary

Treatment of TB :

TB is treated using anti-tuberculosis medications. The exact combination and duration depend on the type and severity of the infection. Drug-sensitive TB is treated with standard first-line medication include AKT 4 regimen, while drug-resistant TB requires specialized regimens.



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