

7 What is drug-resistant TB MDR and XDR-TB?

- TB is resistant to a medicine when the germs can live even when someone is taking that medicine
- MDR-TB is multi-drug-resistant TB. This means that TB is resistant to at least two specific drugs
- XDR-TB is extensively drug-resistant TB. This means that TB is resistant to at least four specific drugs

8 What are the side-effects of TB medicines?

- Not everyone taking TB medicines will have side-effects
- Mild side-effects include: upset stomach, joint pain and rash
- More significant side-effects include: liver damage, nerve damage and vision loss



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What if I am pregnant?

- Just like HIV, TB can be transmitted from mother to child
- It is important that pregnant women be tested for both HIV and TB
- If a pregnant woman has TB, she should be treated



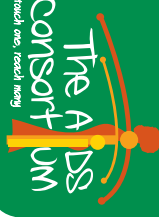
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TB - decreasing the burden in people living with HIV

This can be achieved through:

- Looking more aggressively for TB among all those at risk (intensified case-finding)
- Treating TB infection with isoniazid before people develop TB disease (isoniazid preventive therapy)
- Reducing TB transmission in healthcare facilities and community settings (infection control)

WHO: Policy on collaborative TB/HIV activities



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TB
WISE



What is Tuberculosis (TB)?

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- TB is a germ (bacteria)
- TB usually causes disease in the lungs, but it can cause disease in any part of the body, for example, around the brain or in the brain, around the heart, in the abdomen, in bones, in lymph nodes and in the skin



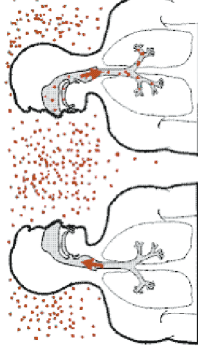
TB or not TB - don't compromise!



How is TB transmitted?

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- TB is transmitted through the air
- When you cough, sneeze, speak, or sing, you release TB into the air
- We are infected with TB when we breathe in air that is carrying TB germs



What are the symptoms of TB?

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- Coughing for more than two weeks
- Coughing up blood or sputum
- Pain in the chest
- Fevers
- Chills or rigors
- Night sweats
- Weakness or fatigue
- Loss of appetite
- Unexplained weight loss



If you have symptoms of TB, then you should get tested for TB and HIV

Who is at risk for TB?

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- ALL OF US – South Africa has the highest prevalence of TB in the world
- Those exposed to someone with TB
- Those who have HIV or AIDS
- Those working in the mines
- Those working in healthcare facilities
- Those who are in prison/jail
- Those living in a hostel
- Children and the elderly
- Those suffering from malnutrition
- Those abusing alcohol or drugs

Know your HIV and TB infection status - why?

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- HIV positive persons are at 50 times higher risk of getting sick with TB than HIV negative persons
- TB is the number ONE killer of HIV positive persons
- If you are HIV positive, you should get a TB skin test
- A positive skin test means you have been exposed, but the germs are not yet active
- If you have HIV and test positive for the TB skin test, then you may be eligible for isoniazid (INH or IPT) to prevent TB disease

The test will set you free



Why is it so important for me to take my TB medicines everyday and for so long?

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- It takes a long time to cure TB (at least six months)
- You will feel better with treatment for TB before all the TB germs are killed
- If you stop TB treatment too early, the TB germs will make you sick again, and you might end up with drug-resistant TB