

WHO IS AT RISK FROM TB?

- Anyone can catch TB if they spend enough time with an infectious person with the disease.
- People with pre-existing health problems are more at risk. Examples are those with damaged immune systems, the elderly and the very young.
- People with addictions to alcohol, other substances or smokers are also more at risk.
- People who are experiencing increased stress are more vulnerable. Examples of these are new entrants to the UK, homeless people and prisoners.



CONTACT US



Visit our website at
www.nhft.nhs.uk



Follow us on twitter at
@NHFTNHS



Find us on Facebook
Northamptonshire
Healthcare NHS
Foundation Trust



Northamptonshire Healthcare
NHS Foundation Trust
TB Service
Isebrook Hospital
Wellingborough
NN8 1LP
Telephone: 01933 235848
www.nhft.nhs.uk

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504
এই লিফলেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে ০৮০০ ৯১৭ ৮৫০৪ নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

TUBERCULOSIS (TB)

PATIENT INFORMATION



THE FACTS

01933 235848

nhft.nhs.uk



TUBERCULOSIS (TB) - THE FACTS

WHAT IS TUBERCULOSIS?

Tuberculosis is an infection caused by bacteria (germs) called *Mycobacterium tuberculosis*. It most commonly affects the lungs, however it can affect other parts of the body such as lymph glands, bones and kidneys.

Sometimes TB does not cause immediate illness but remains inactive in the body for many years. These bacteria can reactivate and cause disease later in life.

HOW DOES TB SPREAD?

Only people with TB in the lungs or throat can spread the infection. Bacteria that are coughed into the air can be breathed in by other people. It takes close contact with an infectious person, over lengthy periods of time to catch TB.

The body's immune system often destroys the bacteria when they are breathed in, but if that does not happen they may cause illness weeks or months later.

WHAT ARE THE SYMPTOMS?

People with TB may have some of these symptoms:

- A cough that lasts three weeks or longer
- Weight loss
- Fevers and night sweats
- Loss of appetite
- Feeling tired and generally unwell
- Enlarged glands (often in the neck)

HOW IS TB DIAGNOSED?

TB is diagnosed from the patient's symptoms and a chest X-ray. Samples of sputum (phlegm) will be taken and tested to try to identify the infecting bacteria. Specimens can be taken from other affected parts of the body.

TB IS CURABLE WITH THE CORRECT MEDICATION.

TREATMENT

TB bacteria die very slowly. It takes at least six months for the medicine to kill all bacteria. You will probably start to feel better after only a few weeks on treatment, but remember, the TB bacteria are still alive in your body. You must continue to take your medicine until you are told to stop.

People on treatment for TB are no longer infectious after two weeks of treatment.

NORTHAMPTONSHIRE'S SPECIALIST TB NURSING SERVICE

The TB nurses visit all patients at home offering support and information and arrange screening of their contacts. They provide walk-in TB screening clinics and offer advice and training.

For help, advice and details of clinics please contact the TB Nursing Service on 01933 235848.

WHAT ABOUT TB CONTACTS?

Only people who have TB bacteria in their sputum (phlegm) can transmit the infection to others. The infection cannot be carried to other people by someone who is not ill themselves.

All household contacts of a patient with TB will be offered screening. Close contacts of an infectious case of TB will also be offered screening.

Screening involves answering some questions about your health and having a simple blood test or chest X-ray. Tuberculosis bacteria has the ability to lay dormant therefore screening may be repeated after a few months.

REDUCING THE RISK TO OTHERS

The best way to reduce the risk of TB to others is to give early treatment for all people with the disease.

People with a cough should cover their mouth when they cough and then wash their hands afterwards.