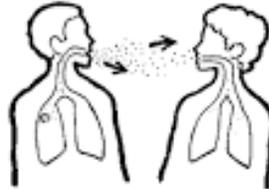


PATIENT EDUCATION/SELF MANAGEMENT

TB DISEASE: WHAT YOU SHOULD KNOW

WHAT IS TB DISEASE?

- You have TB disease when you have active TB germs in your body.
- TB disease makes you sick.
- TB disease usually attacks the lungs.
- TB disease may also occur in other parts of the body such as kidney, brain, spine or other bones.
- People with TB disease can spread their TB germs to other people, especially to those they are close to.

**HOW DO I KNOW IF I HAVE TB DISEASE?**

Only your provider can tell if you have TB disease.

If the disease is in your lungs you may:

- Cough a lot.
- Cough up mucus.
- Cough up blood.
- Have chest pain when you cough.

You may also:

- Feel weak.
- Lose your appetite.
- Lose weight.
- Have a fever.
- Sweat a lot at night.



These symptoms may last for many weeks. They usually get worse without treatment.

TB disease outside the lungs may cause other symptoms.

HOW IS TB DISEASE DIAGNOSED?

TB disease is diagnosed by a medical provider using:

- The symptoms you are having.
- Your physical examination.
- Your chest x-ray.
- Collecting sputum and performing laboratory tests on the sputum.



PATIENT EDUCATION/SELF MANAGEMENT

TB DISEASE: WHAT YOU SHOULD KNOW CONTINUED

HOW IS TB DISEASE TREATED?

- TB disease can be cured with medicine.
- You will be separated from other people until you are no longer able to spread TB germs. This separation is usually not very long if you take your medicine as ordered by your health care provider.
- Missing doses will increase the duration of your treatment and it can cause your treatment to fail.
- Your health care provider may order laboratory tests or chest x-rays during your treatment.

WHAT SHOULD I DO?

Tell your health care provider if you have:

- A fever.
- A rash.
- Aching joints.
- Aches or tingling in fingers or toes.
- Stomach upset, nausea, or stomach cramps.
- Vomiting.
- Changes in eyesight such as blurred vision.
- Changes in hearing such as ringing in your ears.
- Dizziness.
- Bruising.
- Easy bleeding with cuts.
- Less appetite or no appetite for food.
- Tingling and numbness around the mouth.
- Yellow skin or eyes.



Tell your health care team right away if you think you are having any reaction to your treatment. Your health care provider will find a medicine plan that works for you. Most people can take their TB medicines without any problems.

WHAT ELSE SHOULD I KNOW?

- Even if you feel better after a few weeks of treatment it does not mean the TB germs in your body are dead.
- Treatment for TB disease takes a long time (6 months or longer) because TB germs die very slowly.
- It is very important to take all of the medicines you are given exactly as they are prescribed and not to miss ANY doses.