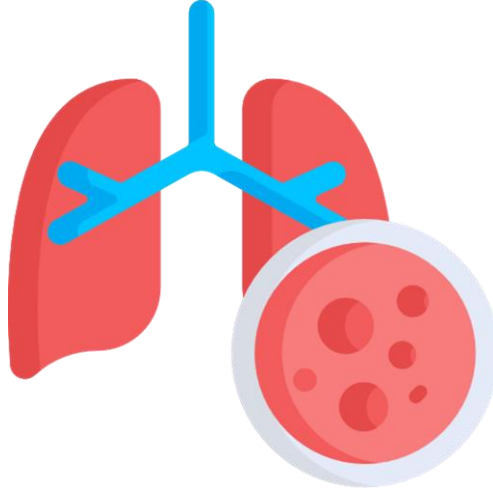




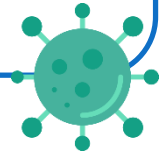
تجمع الرياض الصحي الثاني  
Riyadh Second Health Cluster  
شركة الصحة القابضة



**Tuberculosis**

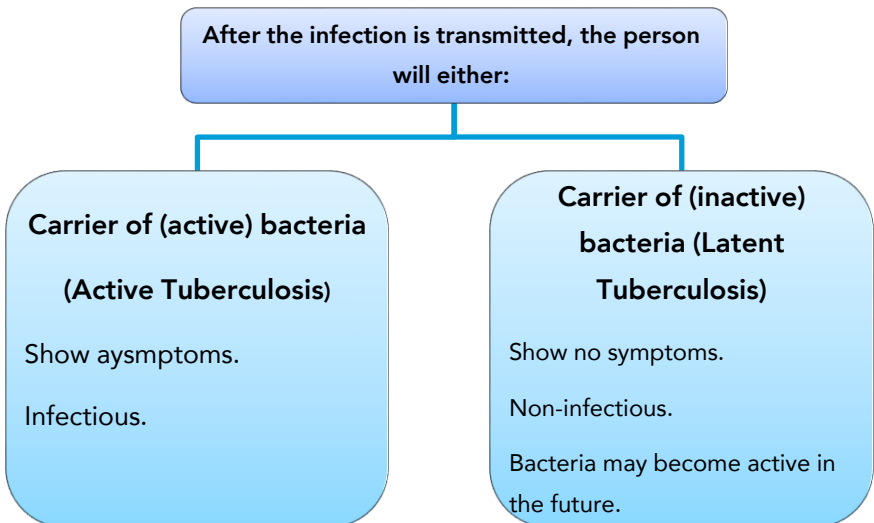
## Tuberculosis (TB)

An infectious disease usually caused by *Mycobacterium tuberculosis*. TB mainly affects the lungs, but it can also affect other parts of the body (extrapulmonary tuberculosis).



### How is infection transmitted:

Through droplets from an infected person after coughing, sneezing, or direct contact.

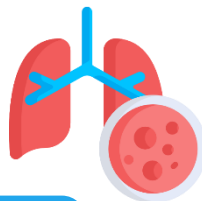


## Symptoms



Coughing for three or more weeks.  
Coughing up blood.

Chest pain, or pain with breathing or  
coughing.

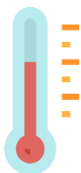


Loss of appetite, weight loss.

Fatigue.



Fever.



Night sweats



## People who are at high risk for becoming infected with tuberculosis



Anyone can get infected, but the following factors may increase the chance of infection:

- Immunodeficiency, Caused by:
  - Diabetes.
  - HIV or AIDS.
  - Cancer patients.
  - Taking drugs that cause immunosuppression.
  - Malnutrition.
- Traveling or moving to countries with high tuberculosis rates.
- Direct contact with people with tuberculosis.

## Diagnosis

There are several ways to diagnose by examining:

**Skin:** by injecting a small amount of fluid (called tuberculin) into the skin on the lower part of the arm.



A person must return within two to three days to monitor any reaction on the arm, such as swelling, hard areas, or redness, as this means that you may have tuberculosis.

**Blood tests:** measure how the immune system reacts to the bacteria that cause TB.

**Sputum:** laboratory tests.

**Clinical examination:** symptoms and signs.



**Chest radiograph:** X-ray.

## Treatment

### Medical history of the family.

Through medication and it may take a period of time ranging from 9 to 12 months for patients with TB (sensitive to drugs). While patients with TB (drug-resistant), the treatment period may be increased to approximately two years.



**We advise TB patients to limit the spread of infection by:**

- Staying in an isolated place, especially in the first weeks of infection.
- Putting on a mask when moving around or existing with other people.
- Airing the room
- Compliance to medication.





**Always make sure to adhere to the prescribed treatment period and do not stop without the permission of your doctor.**

**Neglecting medication may expose you to many complications; it may affect other parts of the body, such as brain, heart, bones, liver or kidney.**

# لأن الوعي وقاية

إدارة التثقيف الصحي

Health Promotion Department