Do I have TB ?!
What you need to know more about TB.

ひよっとして結核？!
結核についてもっと知りたいあなたへ

財団法人結核予防会
1 はじめに

結核は結核菌による感染症です。

結核患者の咳などに含まれていた結核菌を吸い込むことによって、感染が起こります。

感染した状態と発病とは大きな差があり、感染しても、ほとんど（8〜9割）の人は発病には至りません。

発病するとしたら、感染後4〜6ヶ月から2年以内が一般的です。

結核は薬（抗結核薬）を一定期間（最低6ヶ月間）服用するなど、治療をきちんと受ければ治る病気です。

1 Forward

Tuberculosis (TB) is an infectious disease caused by TB germs (bacteria).

When a TB patient coughs, TB germs may spread in the air. When a person inhales TB germs, he may then be infected with TB.

TB infection does not mean TB disease. 80-90 percent of people will not develop the disease. The disease usually occurs between 4-6 months to 2 years after infection.

The TB disease shall be mostly cured, if the patient takes anti-TB drugs for 6months or more.
2 You need to consult a doctor

In case,

① You have one or more symptoms for more than 2 weeks such as cough, sputum (phlegm), slight fever, dullness, tiredness, loss of weight, night sweat and chest pain, please visit to a clinic or a hospital.
The symptoms in the beginning of TB are like a common cold.

② You are told that you have some disorder in your chest X-ray, visit to a clinic or hospital where you are recommended for further examinations. TB may be detected even when you have no symptoms such as cough.

③ You had contacted with a TB patient.
HOKENJO (public health center) in your area will conduct a contact check-up by a chest X-ray, skin test, or QFT. Please follow their instructions. You can consult the HOKENJO without hesitation if you are worried about your health.
3 When you have a check-up of TB, you will have the following examinations

① Chest X-ray
This is a test to see whether you have TB.
The doctor will know whether you need treatment or not by the chest X-ray.
You may have CT test to know more detail.
Shadows in chest X-ray may remain after TB is cured.
Treatment is not necessary. But you need to have regular check-ups as TB may reoccur.

② Sputum (phlegm) test
If your chest X-ray suggests TB, then you need a sputum test.
Sputum test is a test to know whether there is TB germs in the sputum.
There are three kinds of sputum tests.
The smear test and Nucleic acid amplification method (DNA) result will be available with 2-3 days, and the culture test result will be available within 1-2 months.
By the result of sputum tests, we can see whether you may spread TB to the others.
4 結核と診断されたたら

結核の治療を受けることになります。

3. 4種類の抗結核薬を6〜9ヶ月間、服用します。

入院して治療を受ける場合と、外来で治療を受ける場合があります。

どちらになるかは、主に他の人に感染させる怖れがあるかどうかで決まります。

5 入院治療を受けることになったら

感染の怖れがある場合は、結核病棟（床）のある病院に入院して治療を受ける必要があります。

入院期間はおよそ2.3ヶ月で、感染の怖れがなくなれば外来治療に切り替わります。

4 If you are diagnosed to have TB

You need to have TB treatment with 3-4 kinds of TB drugs for 6-9 months.

To be admitted into the hospital or to be treated at outpatient department of the clinic, are depend on if there is a risk of infect to other people.

5 If you are admitted to the hospital

If you have possibility to spread TB germs to other persons, you need to be admitted to the hospital which has TB beds. Period of hospitalization is about 2-3 months, then you can continue the treatment at outpatient department (O.P.D.).
6 外来治療を受けることになったら

他の人に感染させる怖れがない場合は、外来で治療を受けられます。

治療前の全身状態を調べるたために、血液検査、尿検査などを受けます。

初めの内は2週間に1回、後に1ヶ月に1回の通院が必要です。

通院時には、X線検査、喀痰検査を受けます。

また、薬の副作用を調べるために、血液検査、尿検査、視力検査を受けます。

無理をしない程度で通常の生活（学校や仕事）を続けられます。

6 If you have treatment at O.P.D.

If there is no risk to spread TB germs to other people, you are able to have treatment at O.P.D. Before you start treatment, you will have blood test and urine test to check your health condition.

In the beginning of the treatment, you need to attend the clinic every two weeks then every month. You will have a chest X-ray, and a sputum test every month. Other test of blood, urine and eye sight may be needed to check the side effects of the drugs.

You can continue your regular activities such as working and going to school, while taking TB drugs.

7 予防的治療を受けることになったら

結核患者と接触した場合、保健所から接触者健診を受けるよう指示されることがあります。

接触者健診の結果、結核に感染していると診断されたり、発病を抑える予防的治療が必要です。

抗結核薬（1種類）を6〜9ヶ月間、服用します。

感染しているだけで発病はしていませんから、他の人に感染させる怖れはありません。

7 In case you need to take preventive therapy (Latent TB Infection, LTBI)

If you have had contacted with an infectious TB patient, you may be told to have contact check-up by HOKENJO.

And if you are diagnosed to have TB, you need a therapy to prevent TB disease with TB drugs for 6 or 9months.

TB infection DOES NOT mean you have TB disease and you have no risk of spreading TB to others.
8 There is public subsidy to medical expense for TB.

By infectious disease control law, medical expense for TB is basically covered by public subsidy.
You have to apply for public subsidy to HOKENJO in your area.
As public subsidy will given after you apply, it is important not to delay for the application.
95 percent of medical expense for TB treatment at O.P.D. is basically covered by public subsidy and you need to pay the rest of 5 percent of it.
Some tests in order to diagnose TB before starting treatment are not included in public subsidy. You need to pay according to the ordinary insurance scheme.
While you are admitted in the hospital, most of medical expense is covered by public subsidy.

9 HOKENJO supports you

HOKENJO in your area supports you and your family as follows:
• Consultation of patient and the family during the treatment.
• Application for Public subsidy of medical expense.
• Contact check-ups of patient’s family and close contacts.
• Supporting the patient to take TB drugs to complete the treatment until cure (DOTS).
• Carrying out check-up for some time after treatment in order to prevent the relapse of the disease.
10 治療中、注意すること

初めから咳などの症状がなくても、また、途中で症状が治まっても、治療が終了するまではきちんと薬をのみましょう。

自分の判断で薬を一部しかのまなかったり、服薬を中止したりすると、病状が悪化したり、薬が効かない薬剤耐性結核になったりします。

また、薬をのんでいて、食欲低下など変わったことがあれば、すぐ病院に連絡してください。

肝臓に負担をかけないため、飲酒は控えましょう。

もし治療の途中で帰国することになったら、主治医に紹介状（診療情報提供書）を書いてもらいましょう。

帰国後も治療を続けることが大切です。

10 Important things during the treatment

It is very important to take drugs regularly until the completion of the treatment even you did not have cough or other symptoms since the beginning.

If you take only some of the drugs, or stop taking drugs by your own idea, your TB will get worse, and may become drug resistant TB.

If you lose your appetite or have other troubles while you are taking drugs, please contact your doctor or hospital.

You should not drink alcohol while taking TB drugs to protect your liver.

If you have to go back to your own country before you complete treatment, ask your doctor to write a reference letter to the doctor in your country.

It is very important to continue and complete the treatment also after you return to your own country.
11 After completion of the treatment

After you have completed your treatment, you need to have a check-up 3 months later, then 6 months later and so on for 2 years.
Please have check-ups at the hospital or clinic where HOKENJO recommend.

12 Preventative of TB

80-90 percent of the people will not develop the disease, even if they have been infected with TB germs. But when your physical strength decreases, you may develop TB disease.
Try to keep your physical strength well through healthy life.
It is important to have yearly check-up (include chest X-ray), and to visit a doctor if you have any symptoms mentioned earlier.
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