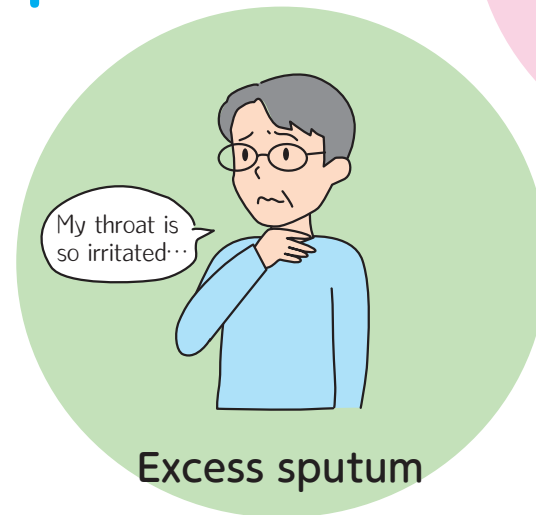
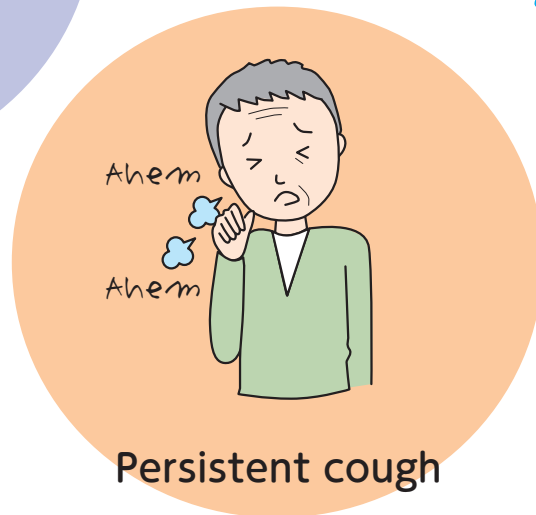
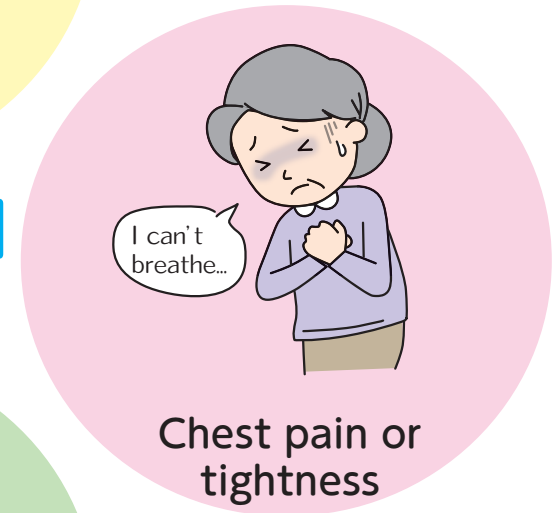
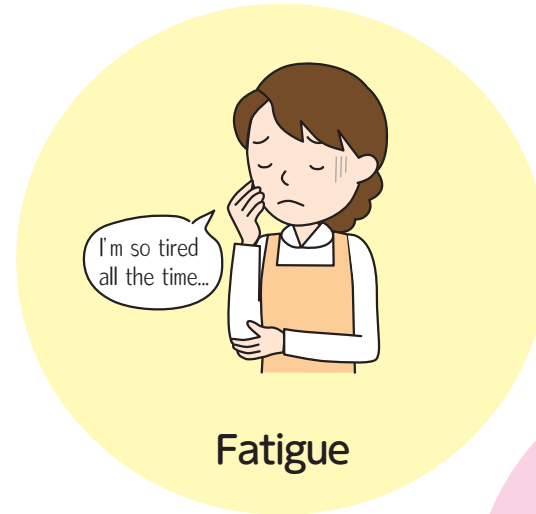
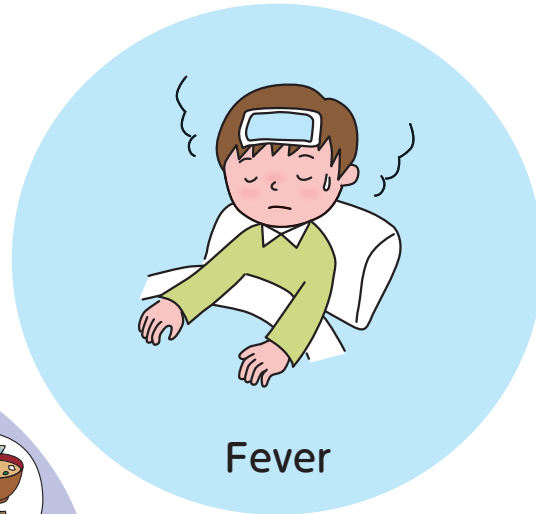


Learning about Tuberculosis (TB)

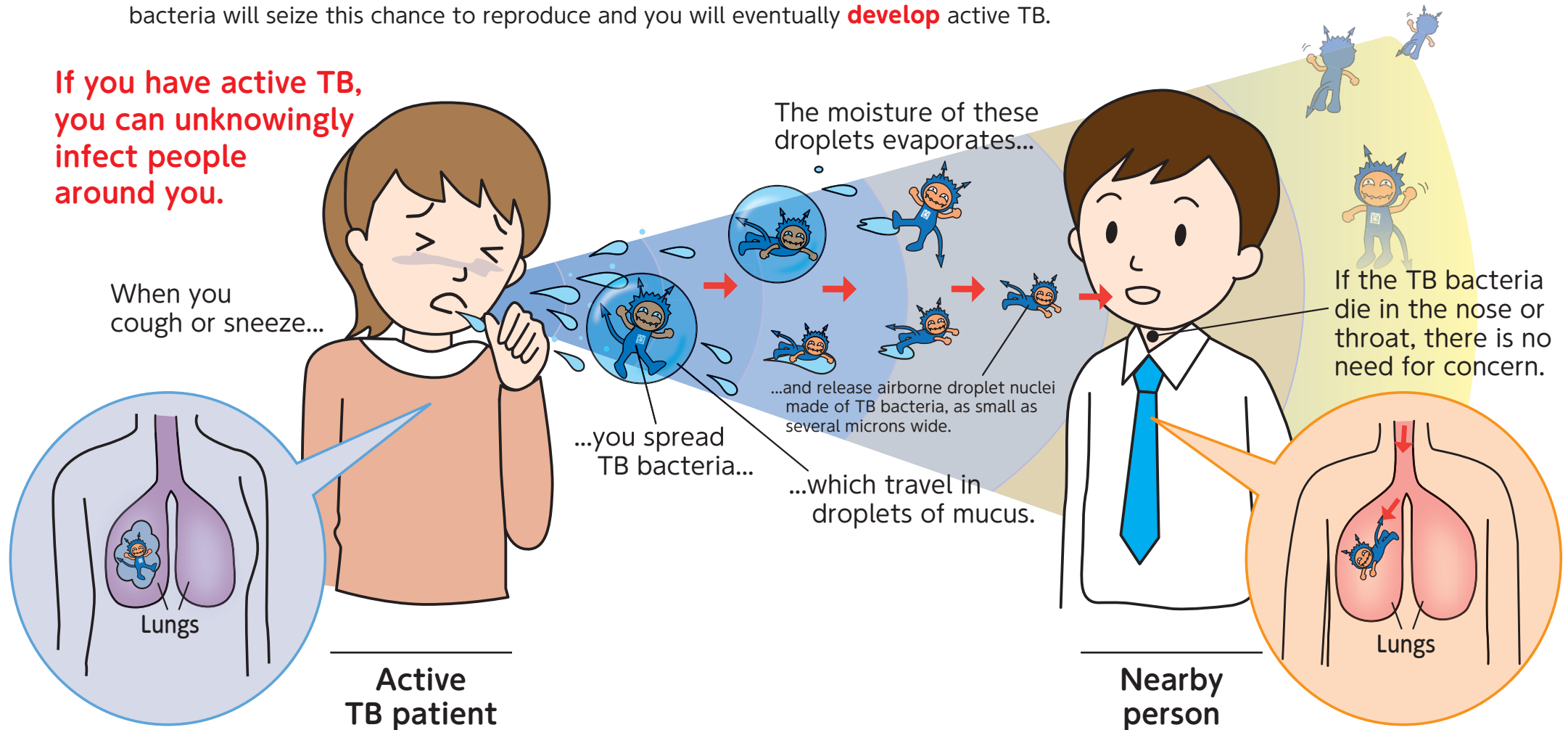


Have you recently experienced these symptoms?

How do you get TB?

Tuberculosis (or TB for short) is caused by a type of bacterium called mycobacterium tuberculosis. The active form of TB **occurs** when the bacteria colony grows and triggers an infection, especially in the lungs. You can contract TB when a person with an active TB infection in their lungs coughs or sneezes and you inhale the expelled droplets containing the bacteria. However, being infected does not necessarily mean you have the active form of TB. If you are in good health, your immune system has the ability to stop the TB bacteria from multiplying. But when your immune system weakens, the TB bacteria will seize this chance to reproduce and you will eventually **develop** active TB.

If you have active TB, you can unknowingly infect people around you.



Will I develop active TB if I'm infected?



Your immune system rises to fight the TB bacteria

Let's say you're infected

Only one or two in ten people infected with TB bacteria develop the active form of the disease.



If the TB bacteria wins...

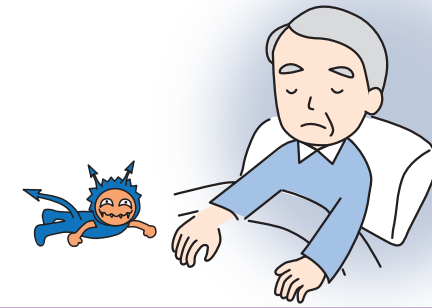


Ahem
Ahem



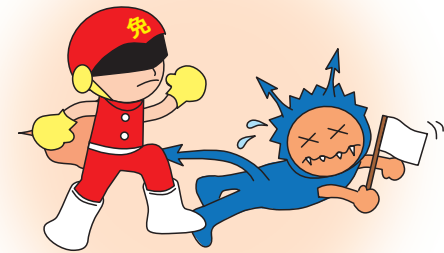
...you spontaneously develop active TB

(usually within two years of being infected)



...or you develop active TB when your immune system is compromised

(for example, when you grow old or when you contract a serious illness)



If your immune system wins...



...you won't develop active TB

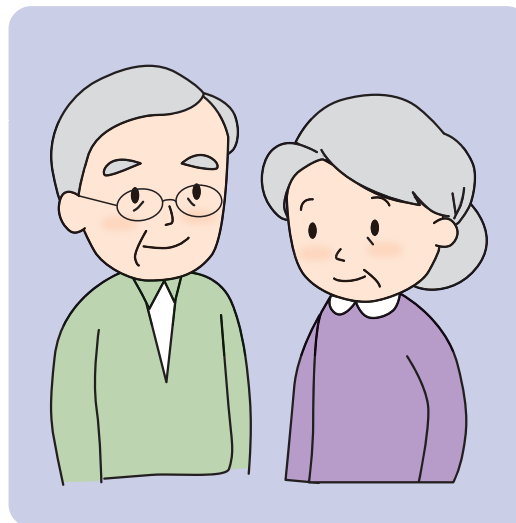
Your immune system will prevent the TB bacteria from growing.

Persons at risk of developing active TB

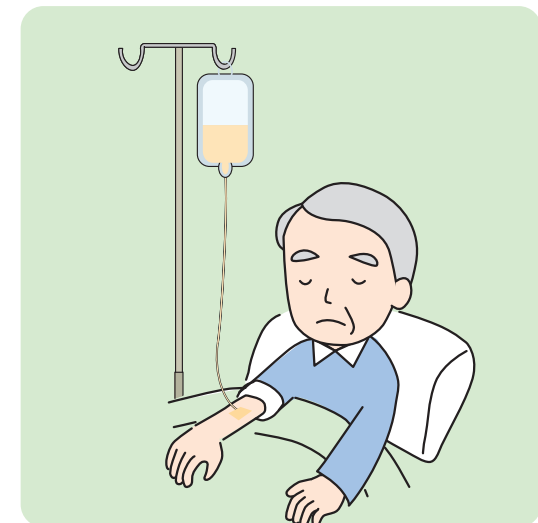
Once you have been infected, your risk of developing active TB increases when your immune system weakens. Infants and seniors are particularly vulnerable because their immune systems are less active. The same is also true for people who have lifestyle diseases such as diabetes, who have undergone a major medical procedure such as surgical removal of the stomach or who are being treated for cancer. Medical studies have established that these types of people are at high risk of falling ill with active TB.



Infants



Seniors



People with compromised immune systems

Take care if your immune system is impaired!



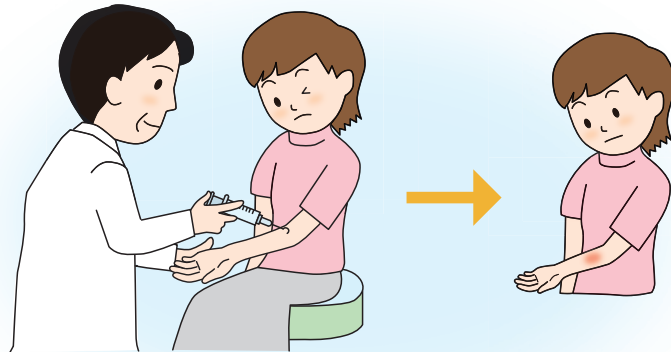
You should be especially concerned if you...

- have a chronic disorder
(and especially if you have discontinued treatment)
- are physically weak
- have undergone a major surgical procedure
- are taking steroids or anticancer drugs
- have not been eating a nutritional diet
- are HIV-positive



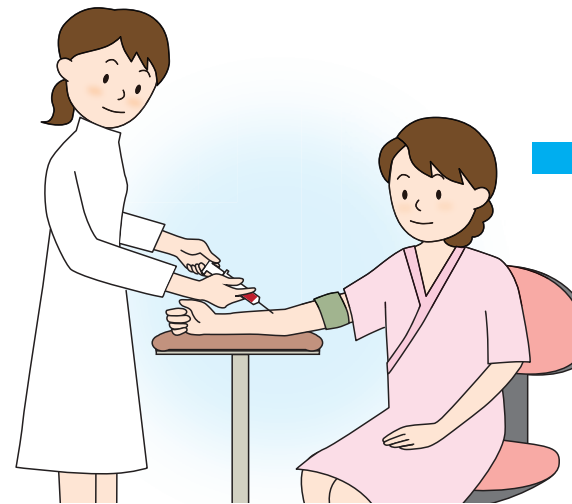
Tests to diagnose TB

Determining if you have been infected



■ Tuberculin skin test (TST)

An injection of a protein called tuberculin causes a hard, raised red bump on your skin if you are infected or if you have been vaccinated with the bacille Calmette-Guerin (BCG) vaccine.



■ Blood test

A blood test can also show if you have TB bacteria in your body. The results of blood tests are not affected by BCG vaccination.

Determining if you have active TB



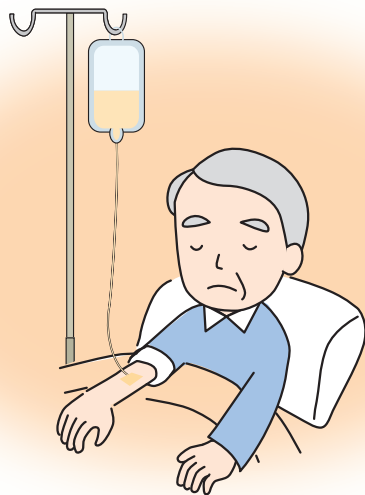
■ Chest x-ray

Abnormalities in chest x-ray images are used as diagnostic indicators because most active TB infections develop in the lungs.

If you are diagnosed with TB...

...you may feel alarmed and overwhelmed by distressing thoughts...but...

In this day and age, TB can be cured completely with early treatment of the proper kind.



If TB bacteria are found in your sputum and you are diagnosed with having active TB, you will need to be hospitalized for treatment. The average length of hospitalization is about two to three months.



If tests fail to detect TB bacteria in your sputum and you are diagnosed with having a mild case of TB, you can receive treatment on an outpatient basis. If you were initially hospitalized with active TB and recuperated to the point where your TB test results are negative, you will be discharged and receive follow-up treatment on an outpatient basis.

TB patients are eligible for financial aid to cover treatment costs.

Recommendations for taking care of yourself

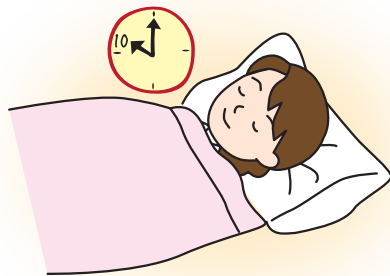
• Recommendations for your daily life •



Eat a balanced diet



Quit smoking



Get enough sleep



Rest when you're stressed out or tired

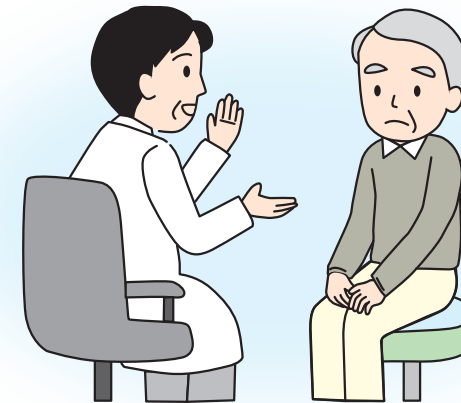


Get adequate exercise



Learn techniques to relax and decompress

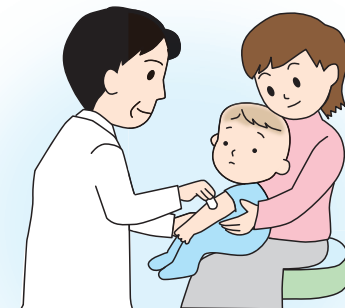
• Recommendations for your medical care •



See your health care provider as soon as possible if you have a cough or other symptoms of a common cold that have persisted for more than two weeks.



Undergo a chest-x-ray at least once a year.



Make sure your baby receives a BCG vaccination.

What happens if someone around me has TB?

Your local public health department regularly talks to TB patients about their daily lives. If these talks reveal that someone close to a patient is at risk of contracting TB, then the department will ask that person to be tested. We hope you will voluntarily follow the advice of your local public officer in the event a situation like this arises.

Your local public health department

In Japan, a physician can arrange to have a public health officer visit you to talk about your health.

Your local public health department...



- Helps people with TB understand their condition and supports them from diagnosis through treatment to recovery
- Ensures that people around TB patients have proper knowledge of this medical condition
- Identifies people with TB to prevent others from becoming infected, and also makes sure those at risk are properly tested

- Feel free to consult your local public health department if you want to learn more about TB or if you're worried you may be infected.
- All communication with your local public health department is strictly confidential.
- Consultations are free of charge.



The public health department in your locality is:

_____ Public Health Department

Ph:

Address:

Public Health Officer:

大阪府 健康医療部
Health Outcomes Division, Osaka Prefectural Government
〒540-8570 大阪市中央区大手前 2-1-22
2-1-22 Otemae Chuo-Ku Osaka 540-8570, Japan

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