



What happens after I finish my treatment?



After taking your medication exactly as directed for six months, you'll be asked to take a chest X-ray a total of four times in the future: six months, one year, one and a half years and two years after you completed your treatment. This is to check to see whether you have active TB. Visit your doctor immediately if you experience symptoms such as coughs, sputum, chest pain or fever.

If you find yourself experiencing sputum, coughs, chest pain or fever that doesn't go away during or after your latent TB treatment, make sure to tell your doctor about your condition in detail and get a chest X-ray.

Feel free to consult your local public health department about any questions or concerns you might have about TB care, recovery and medications.



Assigned Public Health Officer:

この冊子は 1600 部作成し、1 冊あたりの単価は 617 円です。

(英語)

Learning about Latent Tuberculosis Treatment



大阪府

Make Sure You Treat Tuberculosis While It's Still Inactive!

After taking a tuberculin skin test and a QuantiFERON® (QFT) test to find out whether you have tuberculosis...

...these are the results for ()

	Tuberculin skin test	QFT test	Chest X-ray
Date	/ /	/ /	/ /
Result			Normal

The above results show that you need to undergo treatment for latent tuberculosis.

Q1 What is latent tuberculosis (TB) and why do I need to be treated?

Latent TB is when you have been infected with TB bacteria but aren't showing any major symptoms. Since you have TB in its inactive form, you need to take medication to reduce the risk that your infection will develop into the full-blown disease.



Q2 How do you know if I'm infected?

We give you two types of tests - a tuberculin skin test and a QFT test - to find out if the type of bacterium that causes TB is in your body. If the test results are positive, then you've been infected.



In many cases, latent TB turns into active TB within two years of infection. If this doesn't happen within two years, then the risk of activation falls to a certain extent, but you will still be in danger of developing the full-blown disease for the rest of your life if you aren't properly treated.

Q3 What's the difference between latent and active TB?

If your immune system is relatively strong, it has the ability to keep TB bacteria from becoming active for some time after it enters your body. This doesn't mean your immune system has killed the bacteria. On the contrary, the bacteria are just asleep, so to speak. When your immune system weakens, the bacteria seize this chance to awaken from this sleep and start causing trouble. Under these circumstances, you now have active TB.



Q4 What kinds of drugs will I take for latent TB?



You'll need to take a drug called isoniazid (or INH for short) every day for at least six months.

INH works by gradually killing the TB bacteria in your body.

You have to take the drug once every day exactly as your doctor ordered.

Q5 How long will latent TB treatment be effective?

If you take your medication every day exactly as directed for six months, you can cut the risk of developing active TB by about 70% compared to not undergoing treatment. According to medical studies, this reduced risk lasts more than 10 years. If you don't take your medication exactly as directed and tend to miss doses, the treatment won't work and your risk of developing active TB will rise considerably.

For the sake of your health, be sure to take your medication exactly as directed without missing any doses

Medication Planner

This is pretty useful!

Q6 Do I need to change anything in my lifestyle during treatment?

Your treatment won't affect your daily life in any way.

You won't have to change anything about going to work or school, and you can go on with your life as you always have.



Q7 What about side effects?

INH has been used around the world to treat and prevent TB for a long time and has minimal side effects. However, in rare instances people taking INH may experience liver deficiencies, numbness of the fingers, loss of appetite or skin rashes. Talk to your doctor if you notice such side effects.

Q8 How much does this treatment cost?

You can lower your out-of-pocket treatment costs by applying for financial aid through the Public Program to Subsidize Medical Care for Tuberculosis. You will need to ask your doctor to fill out a proper financial aid application form. You will then take this form along with your chest X-ray images to your local public health department.