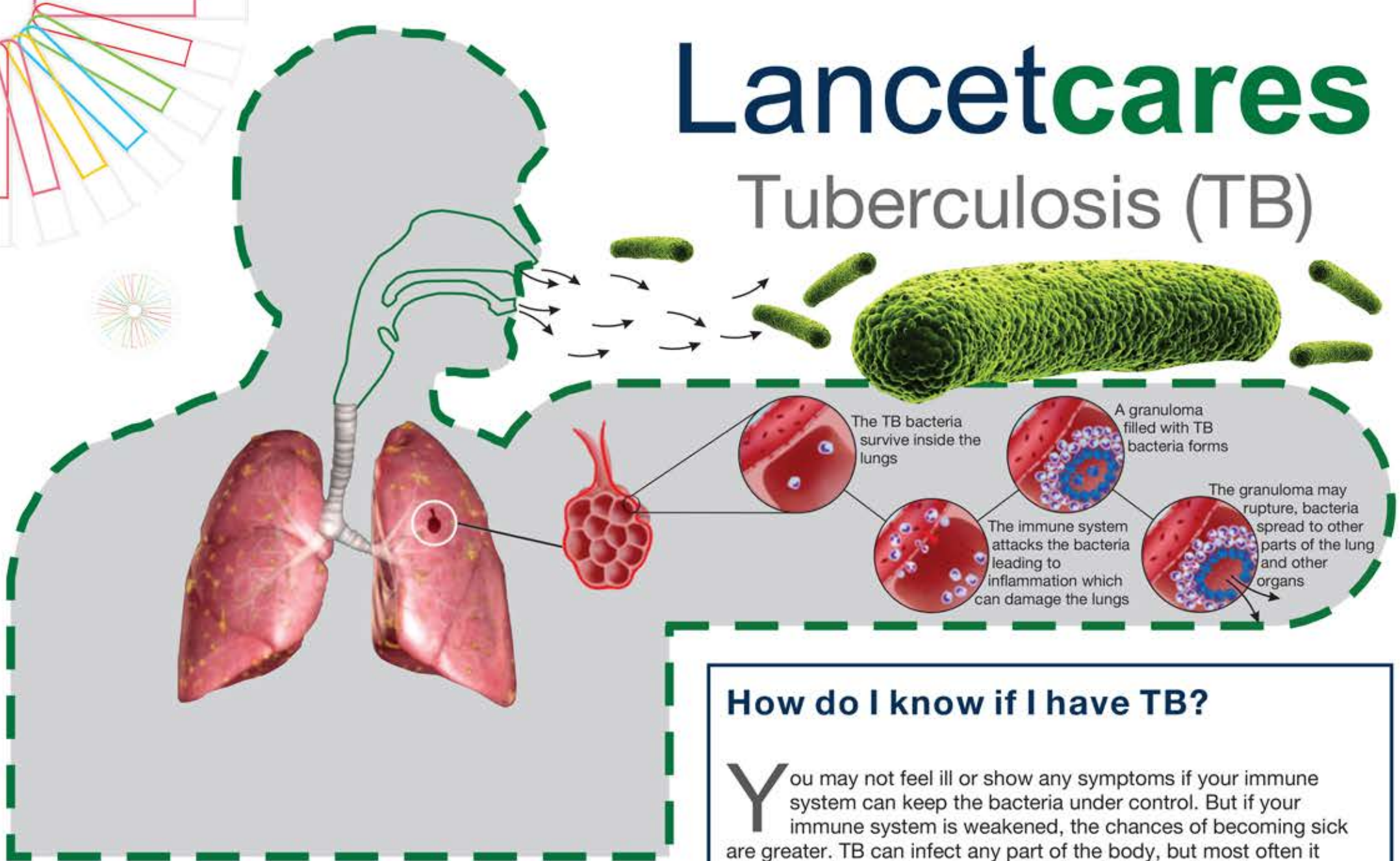


Lancetcares

Tuberculosis (TB)



How do I know if I have TB?

You may not feel ill or show any symptoms if your immune system can keep the bacteria under control. But if your immune system is weakened, the chances of becoming sick are greater. TB can infect any part of the body, but most often it attacks the lungs. Symptoms of TB lung infection include:



Signs to look out for...

- * Chest Pains
- * Chills
- * Cough
- * Coughing up blood
- * Difficult breathing
- * Fatigue
- * Fever
- * Loss of Appetite
- * Night Sweats
- * Shortness of Breath
- * Weakness
- * Weight Loss

How is TB diagnosed?

Many methods are used to diagnose TB, including a chest x-ray and sputum (phlegm) exam. Sputum comes from a deep cough from the lungs. Testing is only recommended if you have symptoms of TB.

To help stop the spread of germs:

1. Cover your mouth and nose with a tissue when you cough or sneeze.
2. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
3. Put your used tissue in the waste basket.

About TB

Tuberculosis, or TB is a disease caused by bacteria or germs called *mycobacterium tuberculosis*. The bacteria can attack any part of the body, but usually attack the lungs.

TB spreads through the air and that's why it spreads in overcrowded spaces. To get TB, all you have to do is breathe.

Anyone can be infected with TB but with the right treatment it can be cured.

How is TB spread?

TB is contagious. Like the common cold, it spreads through the air. When infectious people cough, sneeze, talk or spit, they spray TB bacteria into the air. A person needs only to inhale a few of these bacteria to become infected.



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