

to track recovery. In certain special cases, monthly monitoring may also include blood tests to monitor liver function or blood counts.

What should be the diet in TB patient?

- Increased protein intake in diet
- Pulses such as green gram, lentil, chickpea
- Green vegetables and fruits in diet
- Milk to strengthen your body
- No food allergens, trans fats, and refined foods

What is the importance of adherence to treatment?

If the patient stops the medication without doctors instructions when they feel better after 1-2 months, the treatment becomes ineffective and drug resistant TB may develop.

Why is drug resistant TB of great concern?

In case of drug resistant TB, cure rate is considerably low and a prolonged treatment is needed.

Can TB come back after treatment?

It is possible to catch TB more than once and so all measures should be taken to prevent it.

TB facts

- TB is not a hereditary disease. Genetics has no role in its transmission or acquisition.
- Smoking is not the only cause for TB, many other reasons may cause TB.
- While earlier TB was considered a disease affecting the poor, it is now affecting the wealthy as well.
- TB is among the top 3 causes of death in people aged 15-45 years.
- Each untreated case of TB accounts for 10-15 other cases per year. So timely diagnosis and treatment of TB is must.

- Only pulmonary or lung TB is infectious. Patients with extrapulmonary TB are usually not infectious

Our Facilities

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- ▶ Lung volume and subdivisions: Total lung capacity (TLC), respiratory volume (RV), and functional residual capacity (FRC)
- ▶ Single breath diffusion capacity of lungs for carbon monoxide and helium (DLCO-He)
- ▶ Allergy testing
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- ▶ Smoking cessation program
- ▶ Pulmonary rehabilitation program



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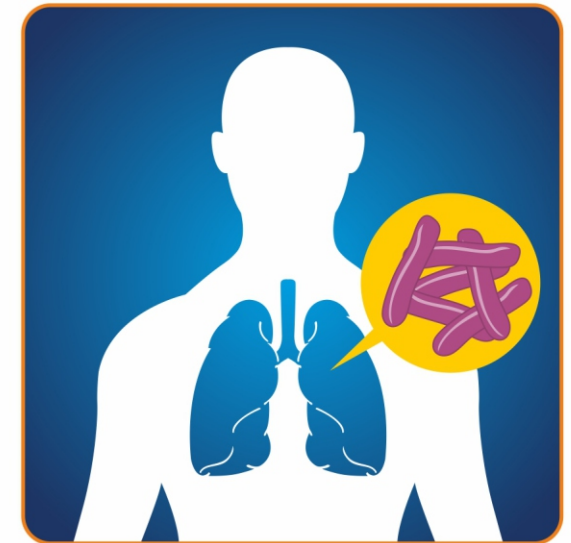
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PULMONOLOGY
Tuberculosis (TB)

“Every breath counts - So
treat it early to cure it”

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What is tuberculosis (TB)?

TB is a communicable disease caused by Mycobacterium tuberculosis bacteria. It is an infectious disease that commonly affects the lungs. It is **one of the top 10 causes of death worldwide** and is preventable and curable.



1 In 3 People Infected
With TB Bacteria

How does TB spread?

TB spreads when an unaffected person inhales the tiny droplets released by an infected person during speaking, coughing, or sneezing.

Which other organs may be affected by TB?

Though it commonly affects the lungs (pulmonary TB), other organs may also be affected (extrapulmonary TB). Inhaled bacteria may travel to other parts of the body through blood or lymph. The affected parts generally include brain, eyes, lymph nodes, pleura surrounding lungs, pericardium surrounding heart, abdomen, bones and joints, mouth, skin, genitourinary organs.

What are symptoms of TB?

Symptoms may vary from no symptom to coughing of blood.

- Bad cough with blood or sputum for more than 2 weeks
- Low grade fever with evening rise (chills)
- Tiredness (fatigue)
- Night sweats
- Unexplained weight loss
- Appetite loss
- Weakness

- Chest pain
- Lung damage
- Site specific symptoms in case of extrapulmonary TB

Who is at risk for TB?

- Diabetics
- End stage renal disease (ESRD) patients
- Malnourished people
- Immunocompromised people
- HIV patients
- People on medication that weakens immune system
- People taking alcohol/ tobacco
- People travelling to regions where TB ratio is high
- Physically inactive people
- Health care or lab worker who is new to health care facility or is in constant contact with patients infected with TB

Can tuberculosis be life threatening?

Tuberculosis generally affects the lungs, but can also affect other parts of the body. Most infections do not have symptoms, in which case it is known as latent tuberculosis. About 10% of latent infections progress to active disease which, if left untreated, kills about half of those infected.

When should you see a doctor?

- Fever
- Cough more than 2 weeks
- Hemoptysis (blood in cough)
- Weight loss
- Unexplained fatigue

What tests are done to confirm TB?

- History
- Physical examination
- Chest X-ray
- Blood tests (ESR)

- Bronchoscopy (in some cases)
- Tuberculin skin test
- In specific cases, CT scan, MRI, sonography
- Gene Xpert (Sputum test)

How is TB treated?

Anti-tuberculosis drugs are given. Depending on the type of TB infection and drug sensitivity of the mycobacteria, a full course of TB treatment takes 2-24 months with a combination of antibiotics.

What is the outlook for TB?

Proper medication and adequate nutrition can cure TB completely.

How can TB be prevented?

- Bacille Calmette-Guerin (BCG) vaccination should be given to infants
- Quick detection and early treatment
- Good cough hygiene
- Avoid crowds
- Use of masks by patients undergoing TB treatment (until sputum negative)
- Stay active
- Get adequate sunshine
- Regular food habits and lifestyle

What should I do if I have been exposed to someone with TB?

TB can be fatal if not recognized and treated timely. So, get all the tests done to rule out the presence of TB.

What is the importance of regular assessment during treatment?

Regular assessment, at least once per month, is necessary during and after TB treatment to monitor any signs of medication toxicity. Moreover, regular chest x-ray and sputum examination is needed