



HIV AND TUBERCULOSIS



- HIV attacks the immune system, weakening the body's ability to fight off infections and diseases.
- It is primarily transmitted through unprotected sexual intercourse, sharing contaminated needles and from mother to child during child birth or breastfeeding.
- Early detection of HIV testing is crucial for timely medical intervention and management.
- There is no cure for HIV / AIDS, but ART can control the virus and improve the quality of life for those infected.
- Prevention methods are practicing safe sex, using clean needles, and providing anti-retro viral drugs for HIV negative individuals at high risk.
- Stigma and discrimination against people living with HIV/AIDS remain significant barriers to effective prevention and care.
- Supportive connections, awareness campaigns, and health care access are essential in the global fight against HIV/AIDS.
- HIV and TB often Co-exist as individuals with weakened immune systems due to HIV are more susceptible to TB infection
- HIV and TB are major global health challenges, particularly in low and middle income countries.
- TB is one of the leading causes of death among people living with HIV/AIDS.
- Both HIV and TB affect the immune system, but in different ways. HIV weakens the body ability to fight infection, while TB bacteria can cause inflammation and damage to the lungs.
- Routine HIV testing is recommended for all individuals diagnosed with TB as it helps identify co-infected individuals early, allowing for prompt treatment and better health outcomes.
- Providing integrated care for individuals with HIV and TB is essential for managing both conditions effectively.
- Coordinated efforts between HIV and TB can improve treatment adherence control programme over all patient care.

“SAY BIG NO TO AIDS”



For any query please call

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Created by TB association of India and New Delhi Tuberculosis Centre (Its Technical Wing)



POLLUTION AND TUBERCULOSIS



- India faces severe air pollution challenges. Air pollution includes vehicular emissions, Industrial activities, construction and biomass burning.
- Air pollution is linked to respiratory diseases, heart problems and other health issues, affecting millions of people
- Smog, a result of pollution and weather conditions, reduces visibility and impacts daily life.
- Water bodies are polluted due to untreated sewage industrial effluents and agricultural runoff.
- Improper disposal of plastic waste contributes to environmental pollution, affecting land and water ecosystem.
- Proper waste management and recycling systems are necessary to tackle pollution.
- High level of air pollution in India contributes to increased vulnerability to tuberculosis. Pollutants can weaken the respiratory system and compromise immune responses.
- Air pollutants can damage the lungs and make individuals more susceptible to respiratory infections including TB.
- Individuals with TB who are exposed to high levels of pollution may experience slower recovery due to worsened respiratory system and reduce treatment adherence.
- Urban areas with high pollution levels often have crowded living conditions, which can accelerate the spread of TB.
- Reducing pollution levels can lead to better respiratory health and indirectly contribute to reducing the burden of TB.
- Vulnerable populations, including those living in poverty and marginalized communities are affected by both pollution and TB.

“GO GREEN; BREATHE CLEAN”

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SMOKING AND TOBACCO



- Tobacco use is a significant public health issue in India, with millions of people using various forms of tobacco products.
- Tobacco consumption is linked to a range of serious health issues, including cancer, respiratory diseases and cardiovascular diseases.
- Smoking and smokeless tobacco consumption (chewing tobacco, gutka, paan masala) are common practices in India
- Public health campaigns aim to educate people about the dangers of tobacco use and encourage quitting.
- Smoking cessation programmes and resources are available to help individuals quit tobacco use.
- Smoking increases the risk of developing tuberculosis and makes individuals more vulnerable to TB infection.
- TB symptoms can worsen in smokers, leading to more challenging treatment processes and are increased risk of relapse.
- Smoking weakens the immune system, hindering the body's ability to control and clear the TB infection.
- Smoking can interfere with TB treatment outcomes leading to reduced responsiveness to medications and an increased risk of treatment failure or drug resistance.
- There is a need for comprehensive TB prevention and treatment strategies, especially for individuals who smoke.

“STOP SMOKING START LIVING”



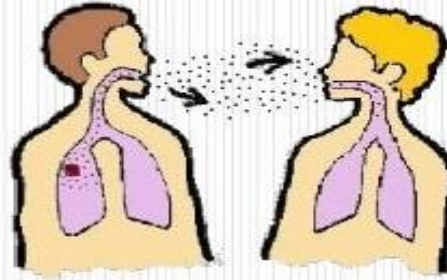
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Tuberculosis & Diabetes



- About 10% of TB cases globally are associated with diabetes.
- People with diabetes are at a higher risk of progressing from latent to active TB.
- People with diabetes have a 2-3 times higher risk of developing TB disease compared to people without diabetes.
- People with TB and coexisting diabetes are more likely to be sputum positive and take longer to become sputum negative.
- All people with TB should be screened for diabetes. Also all people with diabetes should be screened for TB. There should be a bi-directional approach for screening.
- Due to lack of early detection and treatment, complications from TB–diabetes co-morbidity lead to high cost on treatment and out-of-pocket expenditure. Early detection can help improve care and control of both diseases.

Halt the Rise: Beat Tuberculosis =Beat Diabetes

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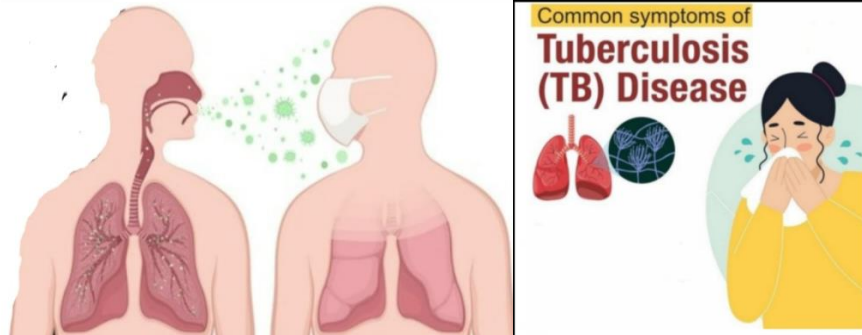
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IS TB CURABLE? YES



- TB spreads through air from one person to another.
- TB Diagnosis and treatment is free for all people.



- Symptoms of TB:
 - Cough for 2 weeks or more
 - Fever
 - Night sweats
 - Weight loss
 - Loss of appetite
- Take all your TB medicines regularly to kill TB germs and **stop TB**.
- TB treatment is for 6 months.
- Regular and complete treatment is the key to prevent Multi Drug Resistant **(MDR) TB**.
- MDR TB can take long time, upto 2 years to get treated.
- Develop good immunity to fight TB by:
 - Avoid Smoking and Alcohol.
 - Include exercise and meditation in daily routine.
 - Say No to junk food
 - Say Yes to home cooked well balanced diet .
- All contacts / people living with pulmonary TB patients should take a medicine to protect themselves from TB under the guidance of TB Programme staff.

“TB HAREGA - DESH JEETEGA”

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