

Tuberculosis (TB)

TB is a disease caused by germs called bacteria that most often affect the lungs. You can be infected with TB when you breathe in the germs. You are at a higher risk to get TB if you have a weak immune system. This system can be weakened by poor diet, illness, medicines, or other causes.

Signs

People with TB may have some or all of these signs:

- Cough
- Fever
- Weight loss
- Coughing up blood
- Feeling weak and tired
- Chest pain

Testing

A skin test will be done to see if you are infected. A positive test means that you have been infected by the germ. Your doctor will do a chest x-ray and sputum tests to see if you have TB. Your family members and others living with you will also be skin tested.

A negative test often means that you are not infected. The skin test may not react if you have a weak immune system. Your doctor may check for TB if your skin test is negative, but you still have signs.

Your Care

If you have a positive skin test or have TB, you will be started on medicines.

- Take your medicines as directed. Take your medicines at the same time each day and do not stop taking them. You may have to take your medicines for 6-24 months. If you do not take your medicines, your TB may return and be harder to treat. You may also infect others if you do not take all of your medicines.

Tuberkuloza (TBC)

TBC je bolest uzrokovana bacilima zvanim bakterije, koja najčešće napadaju pluća. TBC-om se možete se inficirati kada udišete bacile. Pod većim ste rizikom od dobijanja TBC ako imate slab imun sistem. Ovaj sistem može biti oslabljen zbog slabe ishrane, bolesti, lijekova ili drugih uzroka.

Simptomi

Osobe sa TBC-om mogu imati neke od ovih simptoma:

- kašalj
- groznicu
- gubitak težine
- iskašljavanje krvi
- osjećaj slabosti i umora
- bol u prsima

Ispitivanje

Uradiće se test kože da se vidi da li ste inficirani. Pozitivni nalaz znači da ste inficirani bacilom. Vaš doktor takođe može uraditi rentgenski snimak i test pljuvačke da provjeri da li imate TBC. Test kože će se uraditi i Vašim članovima porodice i ostalim osobama sa kojima živite.

Negativni nalaz često znači da niste inficirani. Test kože može proći bez reakcija ako imate slab imun sistem. Vaš doktor može uraditi nalaze za TBC ako je Vaš test kože negativan, ali ipak imate simptome.

Vaša njega

Ako imate pozitivan nalaz testa kože, ili imate TBC, počecete uzimati lijekove.

- Uzimajte lijekove kao je propisano. Uzimajte lijekove u isto vrijeme svaki dan i nemojte prestajati da ih uzimate. Možda ćete morati uzimati lijekove od 6-24 mjeseca. Ako ne budete uzimali lijekove, TBC se može vratiti i biti teža za izlječenje. Takođe, možete zaraziti i druge ako lijekove prestanete uzimati prije vremena.

- Do not drink alcohol while on these medicines because the alcohol may cause liver problems.
- One of the medicines used to treat TB also may turn your urine and other body fluids orange.

If you are sick enough that you need to be in the hospital:

- You may be on respiratory isolation. This prevents others from getting TB.
- You will be isolated until you have been on TB medicines for 2-3 weeks or until your sputum is not infected.
- Anyone who comes into your room will wear a mask.
- The door to your room will be closed.
- You will need to wear a mask when you are out of your room.

If you have a positive skin test or have TB:

- Cover your mouth when you cough, sneeze or laugh. Then, wash your hands.
- Wash your hands before meals.
- Eat 3 meals and drink 6-8 glasses of liquids each day.
- Go to all doctor appointments.

Call your doctor **right away** if you:

- Have a worse cough.
- Cough up blood.
- Have trouble breathing.
- Lose weight even when you are eating a good diet.
- Have fevers or night sweats.
- Have brown urine or gray stools.
- Have yellow skin or yellow eyes.

Talk to your doctor or nurse if you have any questions or concerns.

- Nemojte piti alkohol dok uzimate lijekove, jer alkohol može uzrokovati probleme sa jetrom.
- Jedan od lijekova korištenih za liječenje TBC-a može obojiti Vaš urin i druge tjelesne tečnosti u narandžasto.

Ako ste toliko bolesni da morate biti u bolnici:

- možda ćete biti u respiratornoj izolaciji. Ovo sprječava da drugi dobiju TBC.
- bićete izolirani 2-3 sedmice od početka uzimanja lijekova za TBC ili dok nalaz Vašeg sputuma (pljuvačke) ne bude u redu.
- svi koji uđu u Vašu sobu će nositi masku.
- vrata Vaše sobe će biti zatvorena.
- moraćete nositi masku kad ste izvan sobe.

Ako imate pozitivan test kože ili imate TBC:

- prekrijte usta kada kašljete, kišete ili se smijete. Zatim operite ruke.
- operite ruke prije obroka.
- uzimajte tri obroka i pijte 6-8 čaša tečnosti svaki dan.
- otidite na sve ljekarske preglede.

Odmah pozovite svog doktora ako:

- imate pogoršan kašalj
- iskašljavate krv
- imate problema sa disanjem
- gubite težinu iako se dobro hranite
- imate groznice ili noćno znojenje
- imate smečkast urin ili sivu stolicu
- imate žutu kožu ili žute oči

Razgovarajte sa svojim doktorom ili medicinskom sestrom ako ste zabrinuti ili imate pitanja.

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