

肺结核 (TB)

Tuberculosis (TB)

Tuberculosis or TB is a disease caused by germs called bacteria that most often affects the lungs. You can get 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, stress and other causes.

Types of infection

There are two types of TB infection, latent and active.

Latent infection is when you may have no signs of TB. The bacteria are in your body, but they are not active. You will not feel sick or spread TB to others. Skin or blood tests will be positive for TB. Treatment is still needed to prevent you from getting active TB later.

Active infection is when you have signs of the disease. You are able to spread the disease to others when you breathe, cough, sing or laugh and other people breathe in the TB germs. Without treatment, TB can cause serious damage to the lungs and death.

Signs

TB in the lungs can cause these signs:

- Cough that lasts more than 3 weeks or won't go away
- Fever and chills
- Weight loss or loss of appetite
- Feeling weak and tired
- Chest pain
- Night sweats

肺结核 (或称 TB) 是由一种最常影响肺脏、称为细菌的微生物引起。当您吸入细菌时, 您可能会感染肺结核。如果您的免疫系统较弱, 您罹患肺结核的风险就较高。免疫系统可因不良饮食、疾病、药物、压力或其他原因而变弱。

感染类型

TB 感染分两种: 潜伏型和活跃型。

如果是**潜伏型**感染, 您可能没有任何 TB 症状。细菌在您的体内, 但是它们并不活跃。此时您不会感到不适, 也不会将 TB 传播给其他人。皮肤或血液测试会显示 TB 阳性。但仍然需要治疗以防此后患上活跃型 TB。

如果是**活跃型**感染, 您将有疾病症状。当您呼吸、咳嗽、唱歌或大笑时, 以及其他他人吸入结核病菌时, 您就可能将疾病传播给他人。如不加以治疗, TB 可能导致肺部的严重损伤, 甚至导致死亡。

症状

肺部 TB 可能导致以下症状:

- 咳嗽持续长达 3 周以上且无好转
- 发烧或寒战
- 体重下降或食欲减退
- 感到虚弱和疲累
- 胸痛
- 盗汗

Testing

A skin test will be done to see if you are infected. A positive test means that you have been infected. If your test is positive, your doctor may also use a blood test, a chest x-ray and tests of the sputum you cough up to see if you have TB. Your family members and others living with you will also be skin tested to check if they also are infected.

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.

Medicines

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

- For latent infection, you may need to take medicine for 3 to 9 months.
- For active TB, medicine treatment may be needed for 6 to 12 months or more.

Take your medicines as directed. You may need more than one type of medicine for TB.

- **You need to take all of your medicines for as long as your doctor orders.**
- **Do not stop taking them, even if you feel better.**

Skipping doses or stopping medicines early can cause:

- The spread of TB to others.
- The infection to come back.
- The germs to become resistant to the medicine. This means the germs are harder to stop with the medicines available, making it harder to treat.

检测

将做一次皮肤测试, 检查您是否被感染。测试阳性表示您已被细菌感染。如果测试呈阳性, 医生可能也会为您进行血液测试、胸部 X 光检查和对您所咳出的痰液进行化验, 以确定您是否感染了 TB。您的家人及和您一起生活的其他人也将进行皮肤测试, 以确定他们是否感染。

测试阴性通常表示您未受感染。如果您的免疫系统较弱, 皮肤测试可能会不起反应。如果您的皮肤测试为阴性, 但您有症状, 您的医生仍可能为您做肺结核检查。

药物

如果您的皮肤测试为阳性或您患有肺结核, 您将开始用药。

- 对于潜伏型感染, 您可能需要服药 3 至 9 个月。
- 对于活跃型感染, 您可能需要接受药物治疗 6 至 12 个月。

遵医嘱服药。您可能需要服用一种以上治疗 TB 的药物。

- **您需要服用医生开出的全部药物, 服药时间需要遵循医嘱。**
- **即便您感觉已经好转, 但不能停止服药。**

漏服药物或过早停药可能导致:

- 将 TB 传染给其他人。
- 感染卷土重来。
- 细菌产生耐药。这意味着可用药物更难杀死细菌, 治疗将更为困难。

Most often, after 2 to 3 weeks of medicine treatment for active TB, you are no longer contagious. This means you will not pass TB germs to others, but you still need to take your medicine as ordered.

Protect yourself and others

- Wash your hands well with soap and water or use alcohol based hand sanitizer before and after meals.
- Keep your body strong. Eat 3 meals and drink 6 to 8 glasses of fluid each day.
- Go to all your doctor appointments.
- **Always cover your mouth** when you cough or sneeze with a tissue, then throw it away. You can also cough into your sleeve if you do not have a tissue. Then, wash your hands.

Hospital care

If you are sick enough that you need to be in the hospital, steps will be taken to prevent others from getting TB.

- You will be isolated in your room until you have been on TB medicines for 2 to 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.

通常, 经过 2 至 3 周药物治疗, 活跃型 TB 就不再具有传染性。这意味着您不会将 TB 细菌传染给其他人, 但您仍需按医嘱服药。

保护自己和他人

- 餐前餐后用肥皂和水或醇基洗手液洗手。
- 保持身体强健。每天用 3 餐, 喝 6 至 8 杯水。
- 赴所有医生的约诊。
- 咳嗽或打喷嚏时用面巾纸**捂住口部**, 再将面巾纸丢弃。如果没有面巾纸, 咳嗽时可以用衣袖遮挡。然后洗手。

医院护理

如果您的病情严重, 需要住院, 将采取多种步骤防止其他人感染。

- 直到您已用肺结核药物达 2 至 3 周, 或您的痰液不再感染时, 才停止将您隔离在房间内。
- 任何人进入您的房间都要戴口罩。
- 您房间的门将保持关闭。
- 您出房间时需戴口罩。

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.

如果您有以下情况, 请立刻致电医生:

- 咳嗽加剧。
- 咳血。
- 呼吸困难。
- 您的饮食良好而体重却减轻。
- 发烧或盗汗。
- 尿液呈褐色或大便呈灰色。
- 皮肤或眼睛发黄。

如果您有任何疑问或疑虑, 请与您的医生或护士讨论。