

Dear,

Tuberculosis is a disease which can affect each and every organ of the body. most commonly affecting Lungs (lung tissue and pleura), lymph nodes, intestines, bones, Brain. Tuberculosis of any form is completely curable. Only pulmonary tuberculosis (TB affecting the lung parenchyma) is infective (can be transmitted to other unaffected people). All other forms of Tuberculosis usually does not spread to others. Tuberculosis is not hereditary in nature (vaarsaagat nathi).

Healthy and regular eating keeps up immunity and prevents disease from Tuberculosis. It is very crucial to understand the difference between tuberculosis infection and Tuberculosis disease. Any one can get infected with tubercular bacilli but all infected people will not develop Tuberculosis disease. After being infected by tubercular bacilli the immune status of the patient will decide which patient will develop the disease.

Tuberculosis can affect people of all ages and all socio economic categories. That means no one is immune from this common disease but one's immune status will decide his or her immunity for Tuberculosis.

Most common symptoms of Tuberculosis are cough with or without expectorant for more than 15 days associated with low grade fever, blood in sputum, loss of appetite, weight loss, weakness. If one have these symptoms then should immediately consult doctor to rule out any underlying tuberculosis.

For prevention of Tuberculosis BCG vaccine at birth is of prime importance. Other thing is healthy living and eating regular meals without skipping meals and fasting for prolonged periods.

For pulmonary tuberculosis Sputum examination and X ray chest is must. For other organ affection radiological imaging, biopsy or tissue material from site is useful.

Once diagnosed for Tuberculosis it is mandatory to complete 6 to 8 months of anti tubercular therapy for complete cure. If treatment is interrupted or stopped in between before completion then it can be hazardous as it can lead to multidrug resistant Tuberculosis i.e. the tubercular bacilli will become resistant to normal anti TB drugs and new high dose high power high duration of therapy would become must which will lead to side effects, lower rate of complete curability and longer duration of therapy lasting for 18 to 24 months..

On this World tuberculosis Day let us all unite against Tuberculosis and vow for early diagnosis and complete treatment of Tuberculosis to make India Tuberculosis FREE...

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