

## Signs & Symptoms of TB Disease:

- Cough of 2 weeks or more
- Fever
- Fatigue or Tiredness
- Weight Loss
- Night Sweats
- Blood in Sputum (lung mucus)

If you have any of these symptoms, you should ask your Doctor or Community Health Nurse about Tuberculosis.



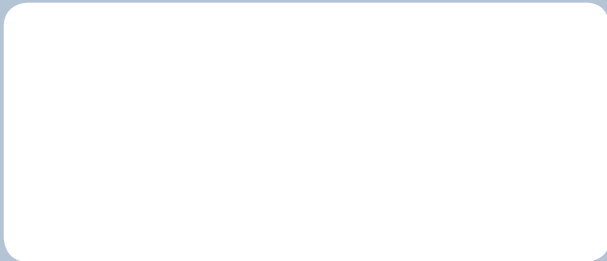
## Our Vision

Healthy, Self-Determining  
and Vibrant BC First Nations  
Children, Families and  
Communities.



First Nations Health Authority  
Health through wellness

For further information about TB  
please contact your  
Community Health Centre:



First Nations Health Authority  
Tuberculosis Services

Toll-Free: 1.844.364.2232

Fax: 604.689.3302

Email: [fnhatb@fnha.ca](mailto:fnhatb@fnha.ca)

Website: [www.fnha.ca/tuberculosis](http://www.fnha.ca/tuberculosis)

The illustrations used in this FNHA Tuberculosis program information series were selected as part of a contest asking First Nations artists to visually show what Tuberculosis looked like or meant to them. We thank each artist for sharing their vision with the FNHA Health Protection team for use in these publications.



First Nations Health Authority  
Health through wellness



## Tuberculosis and Diabetes



## What is Tuberculosis (TB)?

TB are tiny bacteria which are passed through the air when someone with TB Disease coughs, sings or shouts. These bacteria can be breathed into the lungs by another person in the same room.

**Good news!  
TB can be prevented and cured!**

### TB Infection

When you breathe these TB bacteria into your lungs, your body fights back by building a wall around the TB bacteria. You are infected with TB but do not get sick because the germs are inactive.

You will have a positive TB skin test and a clear chest x-ray, but do not feel sick and cannot make anyone else sick.

Once you have TB infection you will have a 10% chance of getting TB Disease over your lifetime. By taking medication you can reduce this chance.



## Diabetes

Is a chronic and often debilitating disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin works to absorb glucose from the blood into the body's cells to use for energy. High levels of glucose (sugar) that stay in the blood can damage organs, blood vessels and nerves.



### Diabetes and TB

Research has shown that those who have Diabetes and a positive TB skin test (Latent TB Infection) have a 30% increased risk of developing active TB Disease over their lifetime.

Those with TB Disease and Diabetes take longer to treat with medications.

When someone is being treated for TB Disease, the standard treatment can take anywhere from 6 months or longer.

When someone has TB Disease and uncontrolled Diabetes there have been higher numbers of TB bacteria found in sputum tests and lungs develop more cavities and lesions.

## TB can be prevented and cured!

If you have Diabetes, it is important to get a TB Skin Test at the time you are diagnosed and each year thereafter.

If you have Diabetes and TB Infection, it is important that you manage and control Blood Sugars!

Talk to your nurse or doctor about taking TB Medication to prevent TB Disease.

Risk factors for developing Tuberculosis:

- HIV
- Diabetes
- Kidney Disease or Failure
- Poor Nutrition
- Cancer
- Medication that weakens the immune system (ie. Prednisone, Methotrexate, Azathioprine, Imuran, Humira, Cyclosporine, Remicade, Enbrel)

If you have any of these risk factors, please contact your Doctor or Nurse to discuss.

