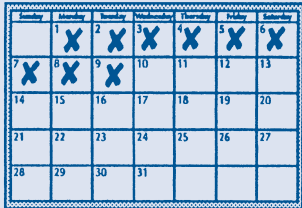


TB is curable

Sometimes it is easy to forget your pills when you feel healthy. You must take your pills **every day** for as long as your doctor says (usually 6-12 months) or the TB germs will come back and make you sick. If this happens, the germs may get stronger and the pills may not work as well to cure the disease.



As a reminder, mark each day on your calendar as you take your pills.

Can I give TB to others?

No. You cannot give TB to others if you have TB outside the lungs (extrapulmonary TB).



TB is preventable

Your doctor may want people who live with you to have a TB skin test to make sure they were not infected at the same time as you were.

If they are infected, they can take medicine (pills) to prevent TB from making them sick.

Remember TB is preventable and curable as long as you take your pills.



**If you have any questions,
please call
Toronto Public Health**

TB Prevention Team

General Inquiries, 416-338-7600
Drug Ordering, Medical Surveillance,
Education and Outreach, Resources,
Homeless/Underhoused and
Correctional Team

TB Case Contact Management/ Directly Observed Therapy Teams

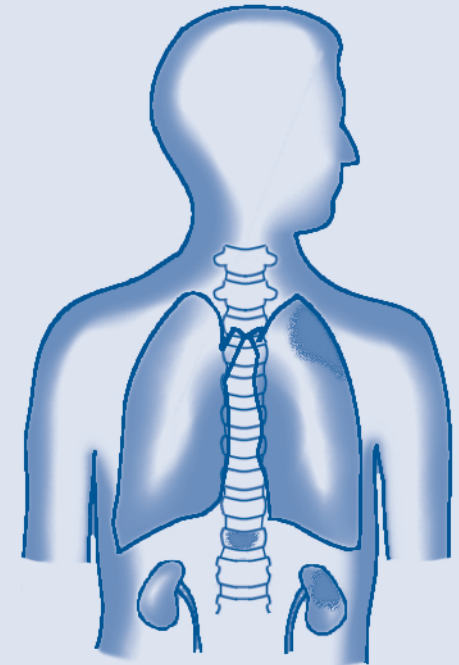
East Region 416-338-7492
North Region 416-338-8380
South Region 416-392-7457
West Region..... 416-338-1521

or e-mail

targettb@toronto.ca

Tuberculosis (TB) Outside the Lungs

(Extrapulmonary TB)



PH0704GB108 (Rev. Dec. 2009)

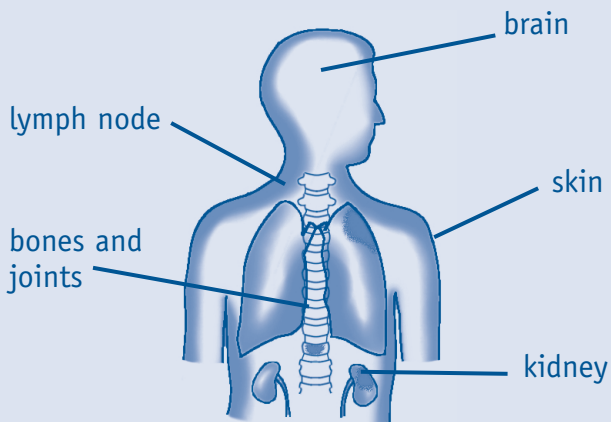
TB germs can cause disease in the lungs, called pulmonary tuberculosis. TB can also cause disease anywhere in the body – in the glands (lymph nodes), kidneys, bones, brain or other places. When TB germs cause disease outside the lungs, it is called **extrapulmonary tuberculosis**.

TB Infection

TB is spread when a person with TB disease in the lungs coughs or sneezes, and you breathe in the TB germs.

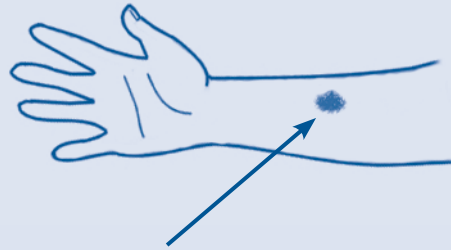


First, the germs go to your lungs. From there, they can go to other parts of your body through the blood stream.



You may have been infected with the TB germs and not know it because your body fought against the germs to stop them from making you sick.

A TB skin test will tell if you have been infected with the TB germs.



A positive skin test shows you have TB infection.

Most people who have TB infection never get TB disease. But, if your body becomes weaker, the TB germs can start to spread and make you sick with TB disease.

Some reasons why your body can become weak are:

- not eating enough healthy food
- not getting enough sleep
- not dealing with stress
- being sick with another disease
- getting older
- HIV/AIDS. People with HIV/AIDS can get TB disease more easily. Since their bodies are already weaker, they may get more sick from TB than people who don't have HIV/AIDS.

TB Disease

Some signs of extrapulmonary TB (disease outside the lungs) are:

- problems in the part of your body with TB disease (i.e. pain, swelling)
- fever
- night sweats
- feeling tired
- not feeling hungry
- weight loss

TB Treatment

All TB medicine (pills) is **free**. Your doctor will get the medicine (pills) from Toronto Public Health.



Because TB germs are strong, treatment for TB disease means taking pills every day for a minimum of 6-12 months.

Everyone with TB should have an HIV test. If you are HIV positive, you will need to take the TB medicines for a longer time.

Some people have problems with the pills.

Call your doctor or nurse if you have:

- nausea/vomiting (throwing-up)
- yellow skin/eyes
- very dark urine (pee)
- rash
- “pins and needles” (tingling) feeling in your fingers/toes
- vision changes (problems seeing)