



## DOCTOR DISCUSSION GUIDE

# Managing Tuberculosis

Tuberculosis (TB) is a highly contagious bacterial infection that primarily affects the lungs, but can infect any part of the body. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Mycobacterium</b>	A type of bacteria. <i>Mycobacterium tuberculosis</i> is the bacteria that causes tuberculosis.
<b>Latent</b>	Tuberculosis infections can be active or latent. When the infection is latent, a person is carrying the bacteria but does not have symptoms and cannot spread the disease to others. They still need treatment to prevent TB from becoming active and infectious later on.
<b>Sputum</b>	A mixture of spit (saliva) and mucus coughed up from the lungs. Sputum can be tested (cultured) to see if TB is present.
<b>Rifampicin</b>	An antibiotic used to treat tuberculosis. Also known by its brand name Rifadin.
<b>Tuberculin/PPD</b>	Tuberculin, purified protein derivative (PPD) is a skin test is used to diagnose tuberculosis. It is also referred to as the Mantoux test. During the test, tuberculin is injected under the skin. If a reaction occurs, it means the person already has TB antibodies, which usually means they have been infected with <i>Mycobacterium tuberculosis</i> . The infection may be active or latent.
<b>Isoniazid</b>	An antibiotic used to treat active tuberculosis. It may be used together with other antimycobacterial medications, such as Rifampicin.
<b>Drug Resistance</b>	Drugs to treat different conditions, particularly antibiotics, sometimes stop working well or do not work at all. When the bacteria they target evolve, the treatment may become less effective. Some first-line treatments for TB have become less effective. Drug-resistant TB often develops when people with TB do not complete treatment or get TB again after they have been treated.
<b>Directly Observed Therapy (DOT)</b>	It is very important to complete a full course of treatment for TB. Therefore, a doctor may prescribe Directly Observed Therapy (DOT). In DOT, a patient takes each dose of their medicine while being watched by a healthcare professional, such as a nurse, to ensure the treatment is taken correctly and finished completely.
<b>Extra-Pulmonary</b>	TB most often affects the lungs but can infect any part of the body. When TB infects a part of the body outside the respiratory system, it is referred to as extra-pulmonary TB. Other locations include the spine, kidney, or intestines.

