



Pulmonary Tuberculosis 肺結核(英文)

What is pulmonary tuberculosis (TB)?

TB is an infectious disease, caused by germs called Mycobacterium tuberculosis, often dispersed through air and triggers contagious lung disorder, and such a disease is either active or inactive. Active TB indicates a new infection or a reactivation of an old disease; so patients' condition is unstable and is in need of remedy; and doctors have to evaluate their sputum to determine whether it is contagious. The inactive (latent) TB indicates that patients have been infected for a period of time; since their condition is stable, medication treatment is unnecessary at the moment yet regular follow-ups are highly recommended.

Symptoms of Tuberculosis

Pulmonary tuberculosis symptoms are quite diverse: from mild cold symptoms to severe respiratory failure, either systemic or local.

1. Systemic symptoms are non-specific like malaise, weight loss, loss of appetite, and fever.
2. Local symptoms include coughing, sputum lasting longer than 2-3 weeks, coughing blood during severe conditions, or breathing difficulties.

Patients' conditions vary respectively; consult chest physicians or infectious disease specialists when some of the symptoms emerge.

Things to be aware of with home care

1. TB is spread through aerosol droplets and TB bacteria are likely to sprout under dark, humid, and poor ventilating environment; therefore, it is vital for the living environment to stay circulated with sufficient sunlight and little dust.
2. Comply with the doctor' s instruction: taking medicine with patience and regularity because the treatment course lasts at least 6 months. Do not stop

medication at will for it could generate worse and deteriorating conditions like resistance to drug.

3. Live a regular and fully rested life with thoroughly balanced nutrition to stay strong and healthy.
4. Maintain regular follow-ups at the clinic.

若有任何疑問，請不吝與我們聯絡
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