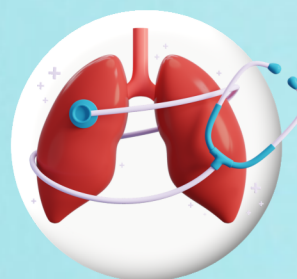


TB AWARENESS

YES! WE CAN END TB!



NEWSLETTER

Tuberculosis (TB) is caused by the bacteria (*Mycobacterium tuberculosis*) and mostly affects the lungs but may affect the central nervous system (brain) and gastrointestinal tract. **A total of 1.6 million people died from TB in 2021** (including 187 000 people with HIV). Worldwide, TB is the 13th leading cause of **death** and the **second leading infectious killer after COVID-19 (above HIV/AIDS)**.

What is Tuberculosis?

- Tuberculosis (TB) is an **airborne-transmitted disease**, and *Mycobacterium tuberculosis* (Mtb) is the causative agent. The bacilli are transmitted by inhaling droplet nuclei **from contagious individuals through coughing** (but also speaking, singing and sneezing).
- High Burden: Nigeria is classified as a high TB burden country, with an **estimated 460,000 new cases reported annually**.
- The prevalence of TB in Nigeria stands at **616 cases per 100,000 population**. (1)



Antibiotic treatment lasting 4 to 6 months, guided and supported by trained healthcare professionals, typically ensures a cure. However, maintaining adherence to treatment can be challenging without direct supervision from a healthcare worker.

TB diagnosis can be difficult, molecular diagnostic tests with high diagnostic accuracy are recommended for initial testing since these lead to major improvements in **early detection of TB and drug-resistant TB**.



There is an emergence of multidrug-resistant TB strains which may require a more intensive chemotherapy regimen (up to 20 months of treatment). Multidrug resistant TB is an emerging public health crisis and health security threat. The United Nations Sustainable Development Goals (SDGs) targets to end the TB epidemic by 2030. This goal requires stakeholder involvement in the education, prevention, improved diagnosis and treatment of tuberculosis.

Credit: Dr. Elikem Kumahor & the Business Team

1. National Tuberculosis, Leprosy and Burli Ulcer Control Programme, (NTBLCP), 2023 TB Report. Web source: ntblcp.org.ng/resources/2023-annual-tb-report/