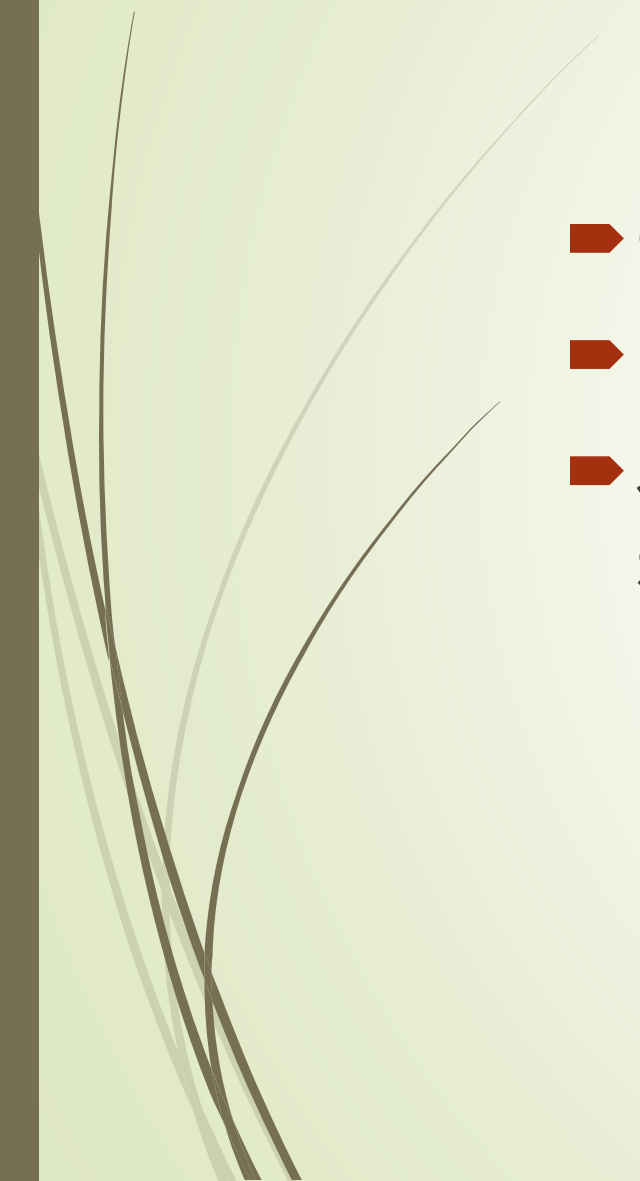




**Mga Haka-haka at  
Katotohanan Tungkol sa TB**  
(Myths and Facts about TB)

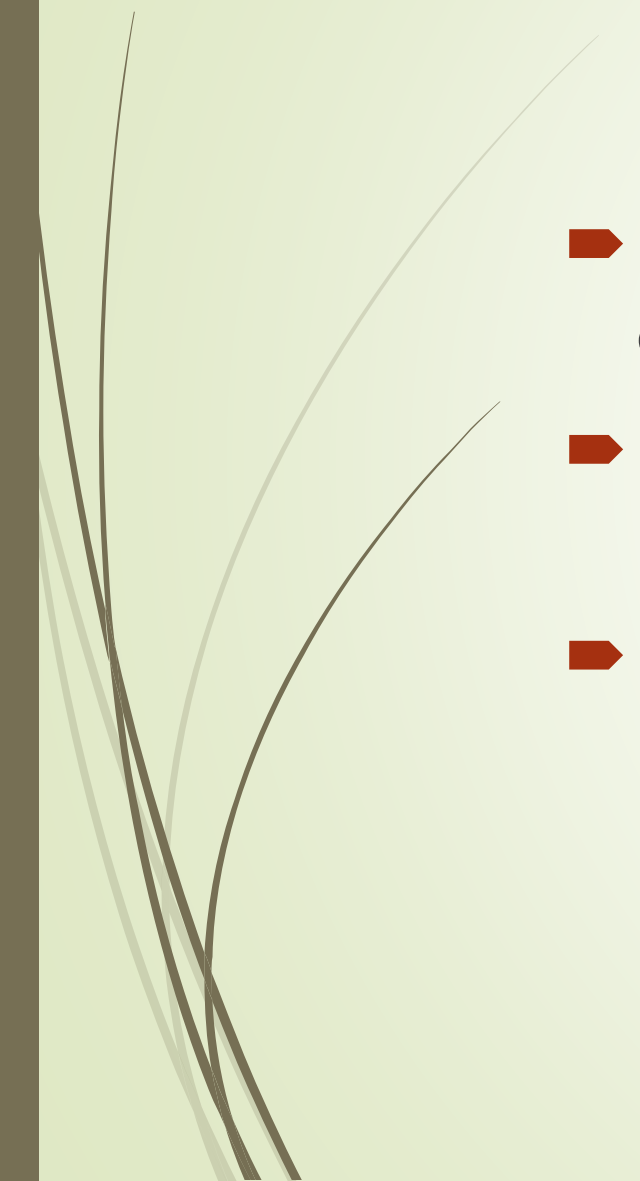


# What is Tuberculosis?

- Caused by *Mycobacterium tuberculosis*.
  - Primarily affects lungs but can affect other organs.
  - Spread via airborne droplets from coughs or sneezes.
- 




# TB in the Philippines

- Philippines is one of the highest TB burden countries.
  - Free diagnosis and treatment available at health centers.
  - Public stigma still affects TB treatment-seeking behavior.
- 

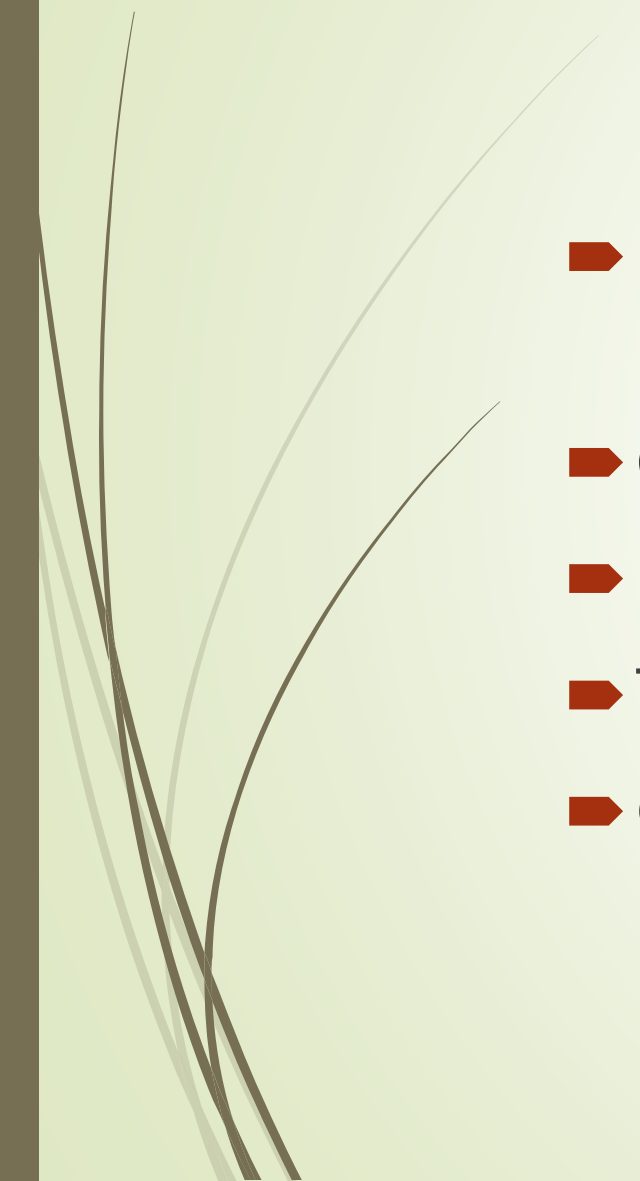


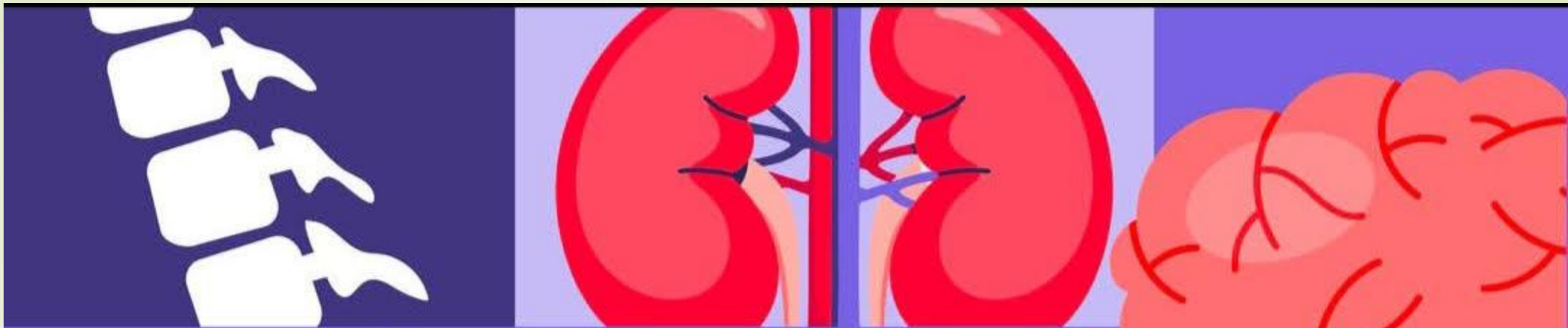
# Rationale

- The myth about TB delays treatment, brings stigma, and spreads it widely.
  - The facts about TB leads to early diagnosis, proper care, treatment and recovery.
- 



# Myth: TB Only Affects Lungs

- Fact: TB can affect other organs like brain, bones, kidneys
  - Called extrapulmonary TB
  - Pott's Disease
  - TB Meningitis
  - Gastrointestinal TB
- 



## MYTH

Ang mga baga lang ang tinatamaan ng TB.

## FACT

Karaniwang tinatamaan ng TB ang mga baga, ngunit maaari din nitong tamaan ang iba pang bahagi ng katawan gaya ng utak, gulugod (spine), at mga bato (kidneys).



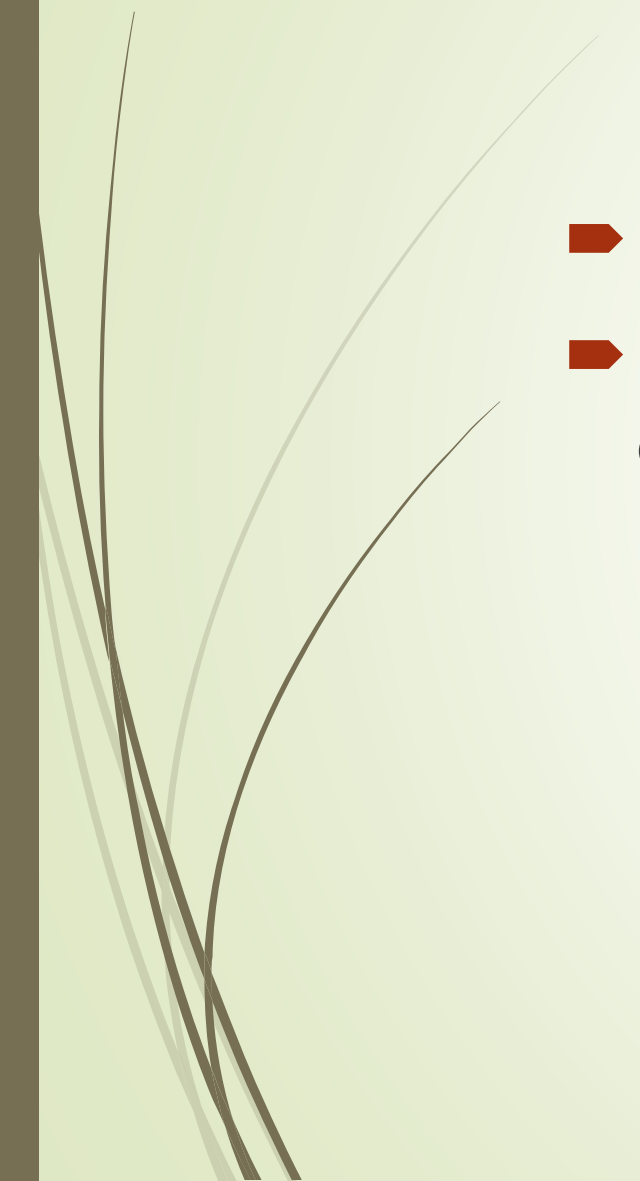


# Myth: TB is Hereditary

- Fact: TB is infectious, not genetic nor inherited.
- Caused by a Bacteria: *Mycobacterium Tuberculosis*
- Mode of transmission: “droplet”, cough, sneeze or talks
- INHERITANCE??:
  - PROLONGED EXPOSURE TO SOMEONE IN THE FAMILY WHO HAS TB WHO WERE NEVER DIAGNOSED AND TREATED PROPERLY.



# Myth: Only Poor People Get TB

- Fact: TB can affect anyone
  - Higher risk with poverty due to overcrowding and poor healthcare access
- 



## MYTH

# Ang TB ay sakit ng mahirap.

## FACT

Mas mataas man ang tiyansang magka-TB ng mga taong humaharap sa malnutrisyon at limitadong healthcare, **ang TB ay hindi namimili ng estado sa buhay.** At risk din sa sakit na ito ang mga health workers, detention authorities, at mga taong madalas pumunta sa mga bansa kung saan karaniwan ang TB.



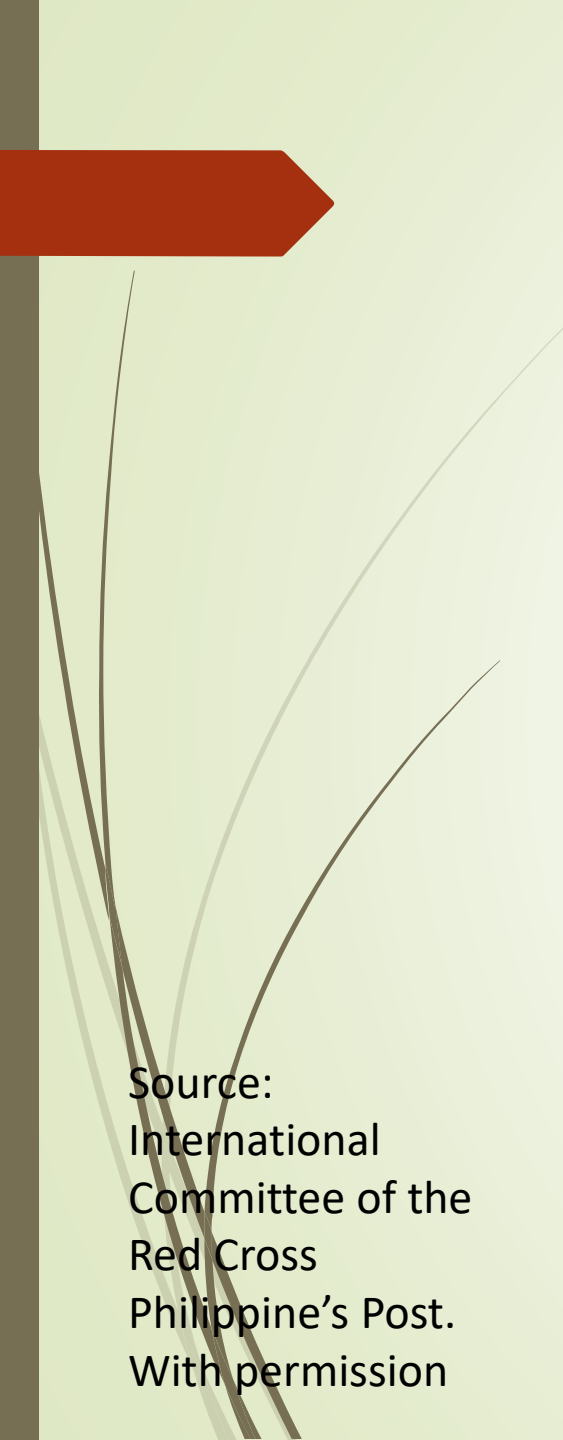
# Myth: All TB is Contagious

- Fact: Only **active** pulmonary TB spreads infection.
- Latent TB (natutulog na TB) can become **active** if not properly assessed and properly managed.



# Myth: Sharing Utensils Spreads TB

- Fact: TB is not spread by sharing plates or utensils or causal contacts like simple handshakes.
  - It spreads through airborne "droplet" particles.
- 



Source:  
International  
Committee of the  
Red Cross  
Philippine's Post.  
With permission



**MYTH**

**Napapasa ang TB sa paghihiraman ng mga kubyertos, pinggan, o baso.**

**FACT**

Kumakalat ang TB sa hangin—ibig sabihin, maaari ka lang mahawa kapag nakalanhap ka ng ng droplets na may TB germs mula sa isang infected na tao. Naipapasa ito sa pamamagitan ng pag-ubo, paghatsing, pagsasalita, o pagkanta. Hindi napapasa ang TB sa mga bagay gaya ng kubyertos, maging sa pakikipagsalo ng pagkain.



# Myth: All TB will have symptoms

- Fact: some will show no symptoms – ‘ASYMPTOMATIC’
- Active and untreated TB will show symptoms: coughing, weight loss, night sweats, fever, hemoptysis



# Myth: TB is a Death Sentence

- Fact: TB is 100% curable with proper treatment.
  - Early diagnosis improves outcomes.
- 



# Myth: Treated TB Never Returns

- Fact: TB can recur or relapse or reinfect.
  - Complete treatment is essential.
- 



The illustration features the letters 'TB' in a large, dark blue font. Red, rod-shaped bacteria with small protrusions are scattered around the letters. To the right, a pair of human lungs is shown in a light red color, with a network of red blood vessels. A single red TB bacterium is depicted inside the right lung, near a white circular spot representing a lesion. The background is a light purple color.

**MYTHS**

**vs**

**FACTS**


**MYTH**

**Hindi na magkakasakit sa TB ang mga taong gumaling na dito.**

**FACT**

At-risk pa rin ang mga taong gumaling mula sa TB. Maaaring mamalagi lang ang bacteria sa katawan at kinalaunan, ay mag-reactivate, lalo na kapag ang tao ay may mahinang immune system.

Source:  
International  
Committee of the  
Red Cross  
Philippine's Post.  
With permission



# **Myth: Once You Feel Better, You Can Stop TB Medication**

- Fact: Stopping TB medication early can lead to drug-resistant TB (MDR-TB).
- TB treatment lasts 6 - 9 months.



# Myth: BCG Vaccine Gives Full Immunity

- Fact: BCG gives partial protection.
- It only prevents the severe forms of TB in children but does not work for adults against TB.
- Especially effective in children, but not lifelong.

Myth: Breastmilk  
can treat TB

Fact: TB is a  
bacterial disease  
and can be cured  
only by giving the  
proper  
medications



#### STATEMENT ON USING MILK AS A SUBSTITUTE FOR TUBERCULOSIS MEDICATION



Amid misinformation about the health benefits of drinking milk to combat tuberculosis, the **Philippine College of Physicians (PCP)** and **Philippine College of Chest Physicians (PCCP) Council on Tuberculosis** would like to clarify that tuberculosis is a disease entity caused by: *Mycobacterium tuberculosis*, is transmitted through airborne droplets between people.

Active TB disease, with susceptible strains, can be cured by a combination of a 4-drug regimen: isoniazid, rifampin, pyrazinamide, and ethambutol given over a span of 6 months. Milk supplementation supports bone health but is **not an alternative to TB management.**

**Delay of treatment can cause spread to other organs and other people, and may even lead to death.**



# Myth: Smoking and Alcohol Do Not Contribute to TB Recovery

- Fact: Smokers, vapers and alcoholics take much more time to get well from TB as they deteriorate the symptoms of TB.
- Smoking and Vaping harms the lungs.
- TB patients who smoke are two times more prone to complications.
- Alcohol weakens the immune system and thus reduces the effectiveness of the TB medication.

## MYTH

**Dahil nakabukod ang mga persons deprived of liberty (PDLs) mula sa lipunan, mas mababa ang tiyansa nilang magkaroon ng TB.**

## FACT

Sa kabaligtaran, mas mataas ang tiyansa nilang magkaroon ng TB. Kadalasan, siksikan at kulob sa loob ng mga piitan; dahil dito, mas madaling mapasa ang TB bacteria.

Source:  
International  
Committee of the  
Red Cross  
Philippine's Post.  
With permission

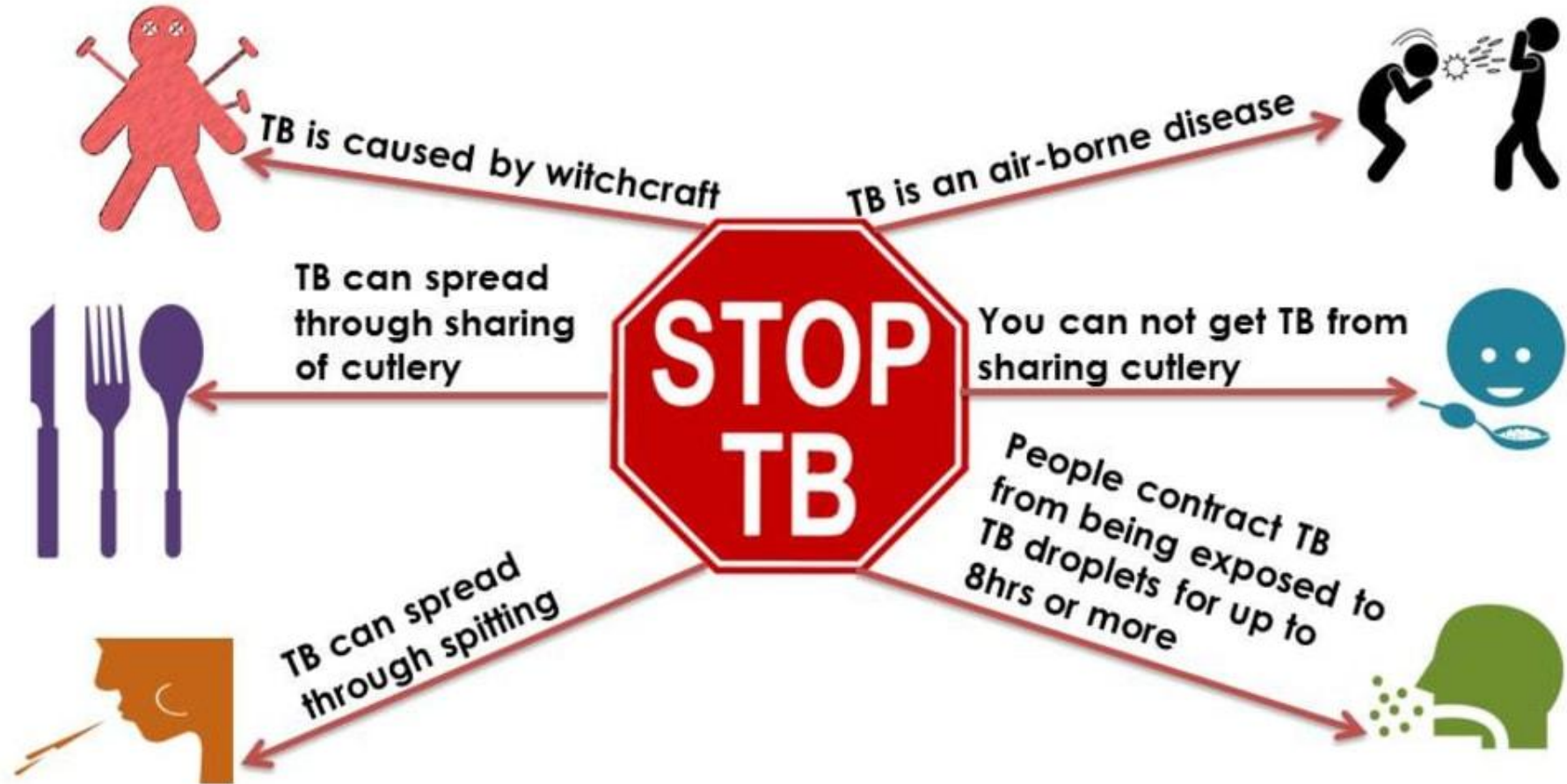


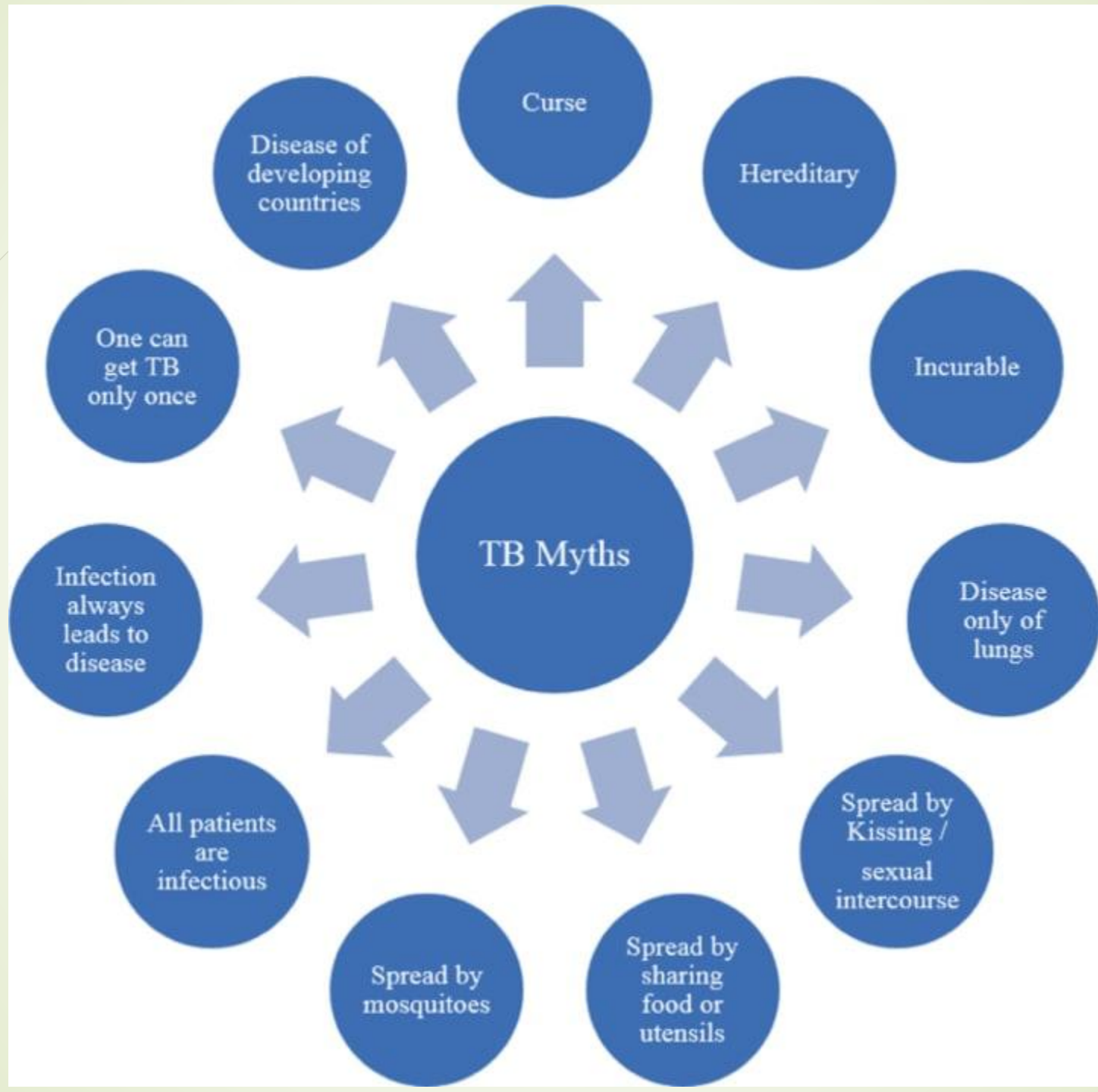
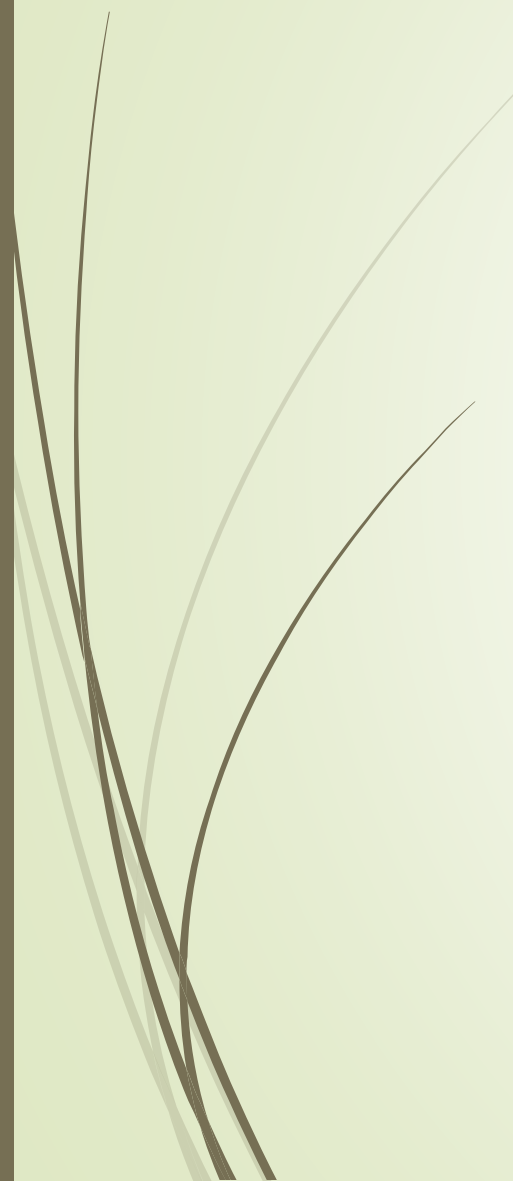
ICRC

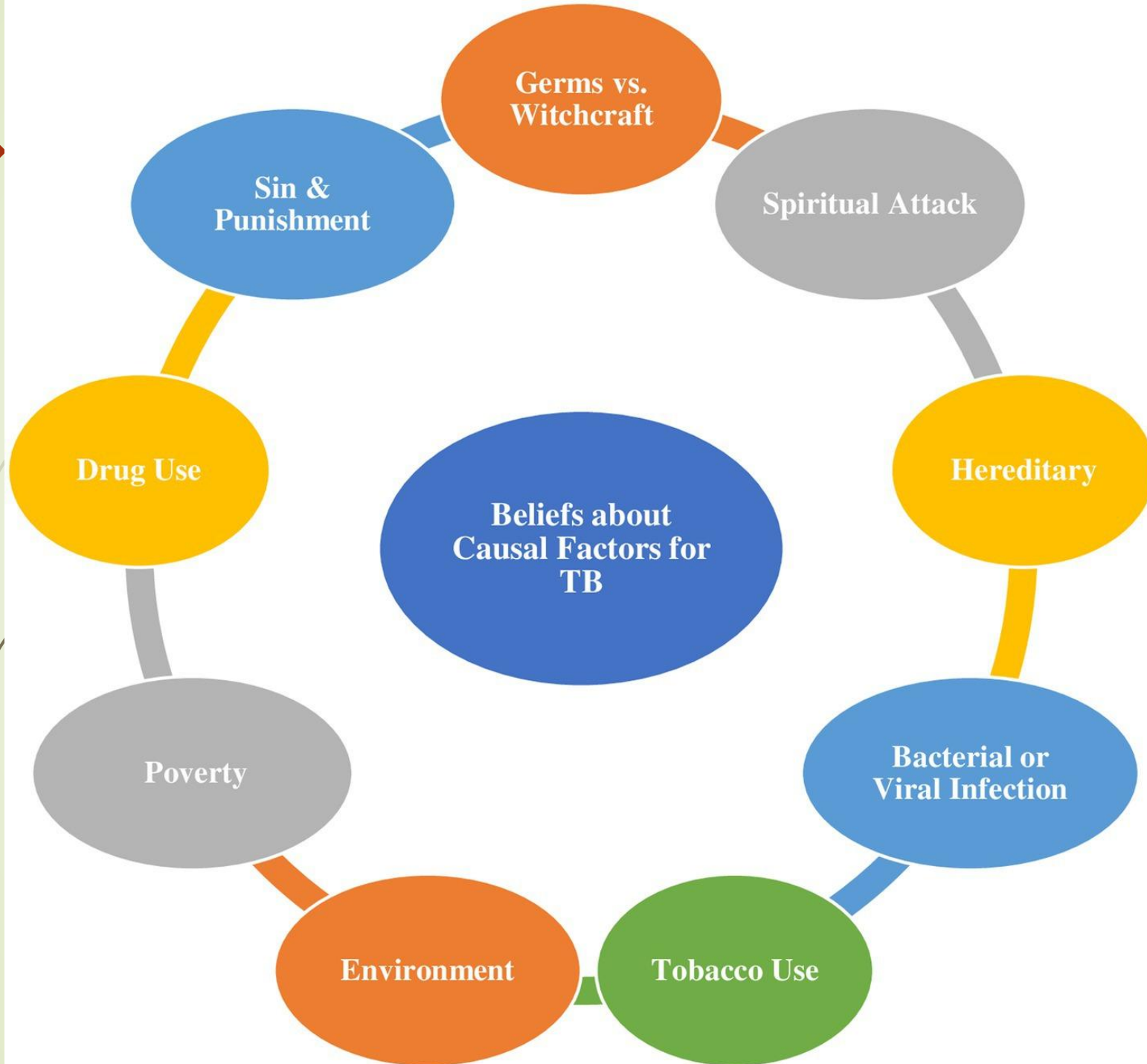
# Common Philippine Myths & Facts

| Myth  | Fact  |
|---|---|
| TB is a curse or punishment.                      | TB is caused by bacteria—not spiritual forces.                |
| You can't talk to a TB patient.                   | TB spreads only through inhaled droplets; brief talk is safe. |
| Herbal teas cure TB.                              | Only full antibiotic treatment cures TB.                      |
| TB remains contagious as long as patient is weak. | Contagiousness ends ~2 weeks after proper treatment starts.   |

# Tuberculosis: Myths Versus Truth

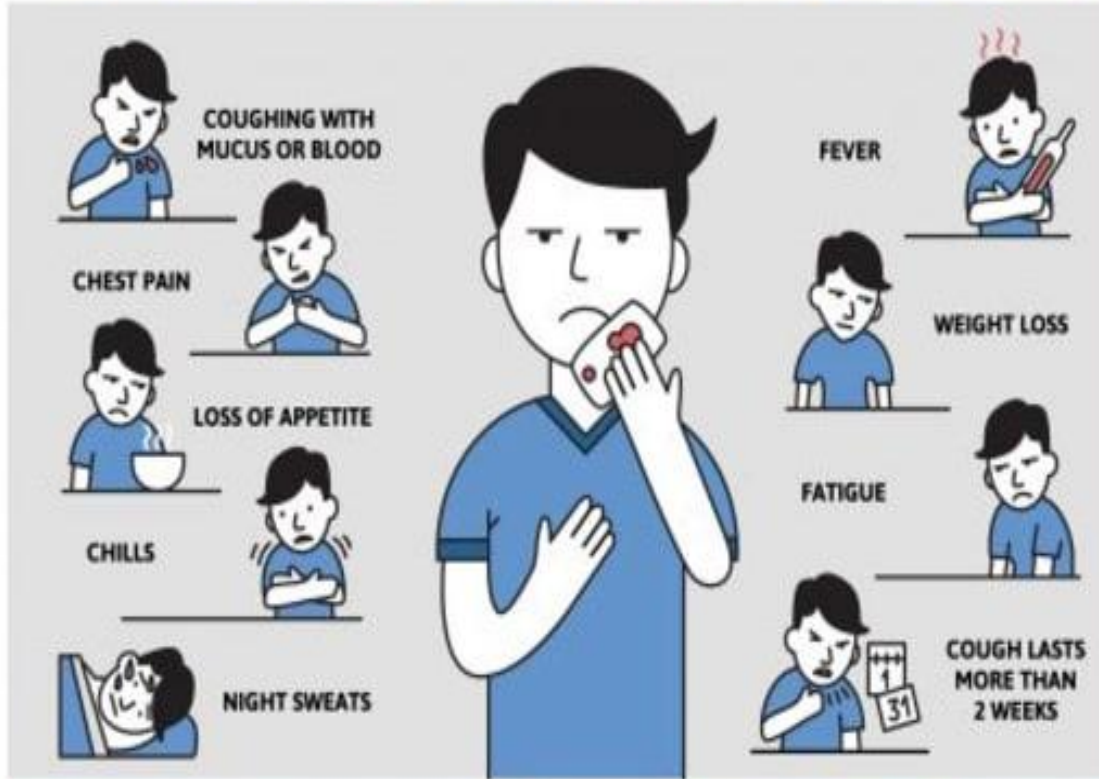






Insights, beliefs, and myths surrounding tuberculosis among pulmonary patients with delayed healthcare access in a high-burden TB state in Nigeria – a qualitative inquiry  
Beatrice Damilola Adeoye | Turnwait Otu Michael and Richard Dele Agbanam | Department of Sociology, Federal University, Oye, Nigeria

# TUBERCULOSIS



Consult your doctor regularly, stay active and stick to the treatment plan.

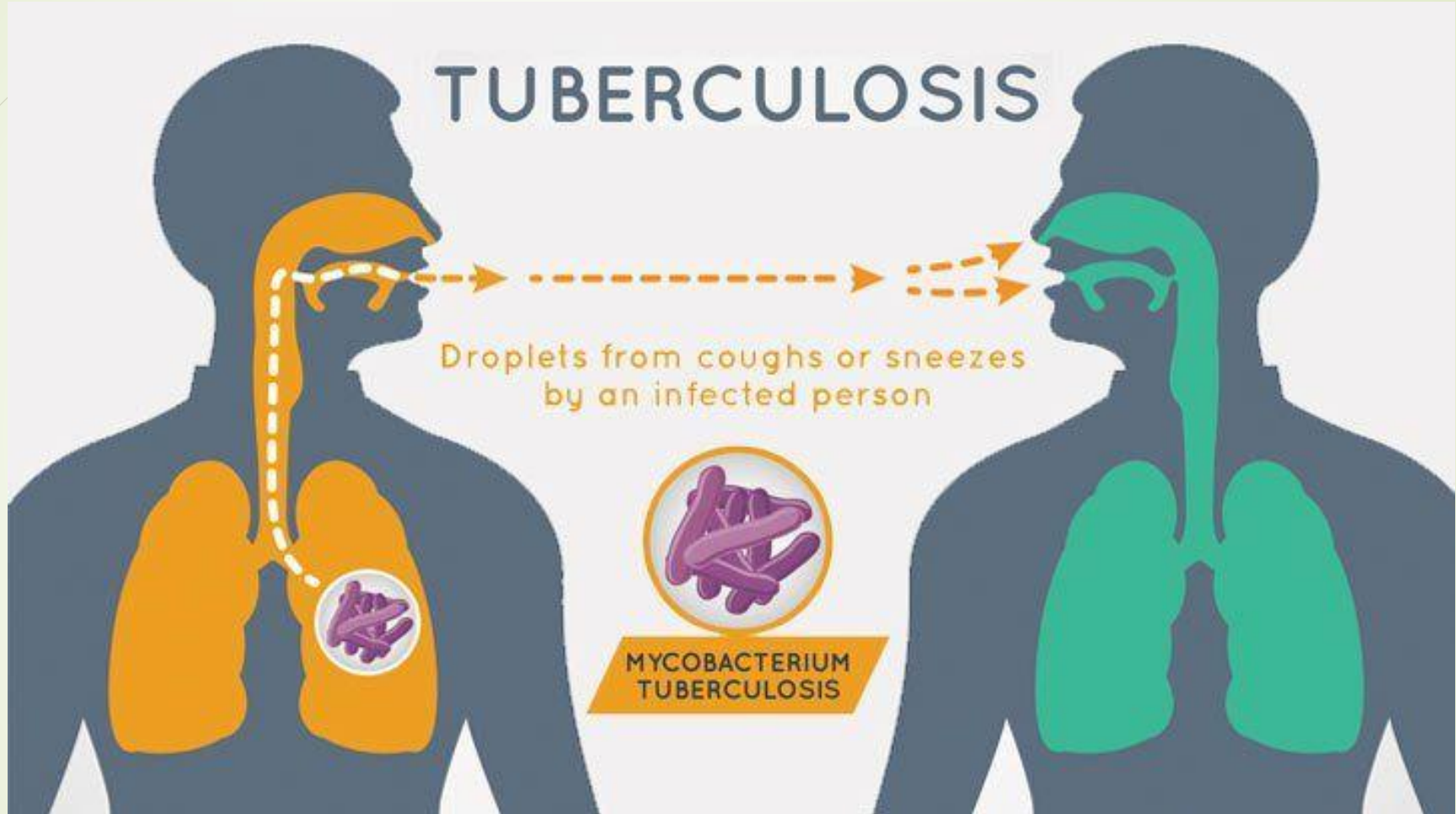


# TUBERCULOSIS

Droplets from coughs or sneezes  
by an infected person

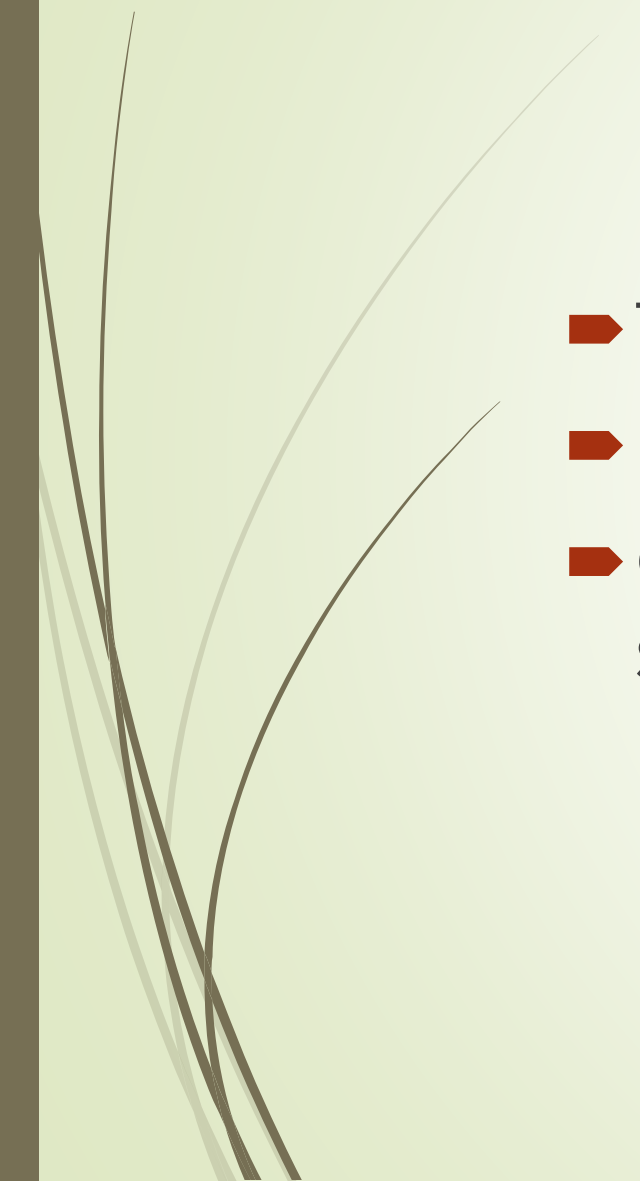


MYCOBACTERIUM  
TUBERCULOSIS






# Key TB Facts

- TB is preventable and curable.
  - DOTS is the global standard for care.
  - Good ventilation and hygiene help prevent spread.
- 

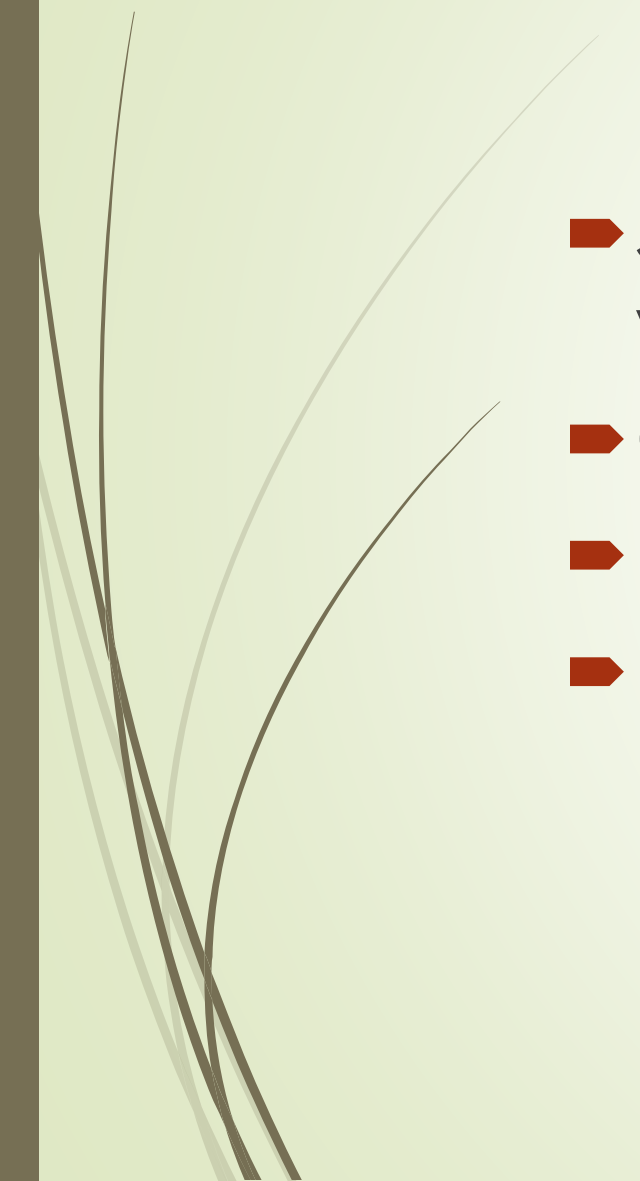


# Call to Action

- Seek medical attention for symptoms like chronic cough, fever, or weight loss.
  - Complete the full course of TB treatment.
  - Fight misinformation and stigma.
- 



# Prevention & Call to Action

- Seek care for chronic cough (>2 weeks), fever, weight loss.
  - Complete full course of TB treatment (DOTS).
  - Ensure good ventilation and cough etiquette.
  - Fight stigma – share facts.
- 



# Questions and Discussion

➤ Any questions? Let's discuss!





# Source/Reference

- Note: This is AI and Google Scholar guided
- ICRC (International Committee of the Red Cross)
- DOH and WHO
- You can freely modify the slides according to your needs and comfortability
- May incorporate our latest educational “comic book poster” to augment the needed facts