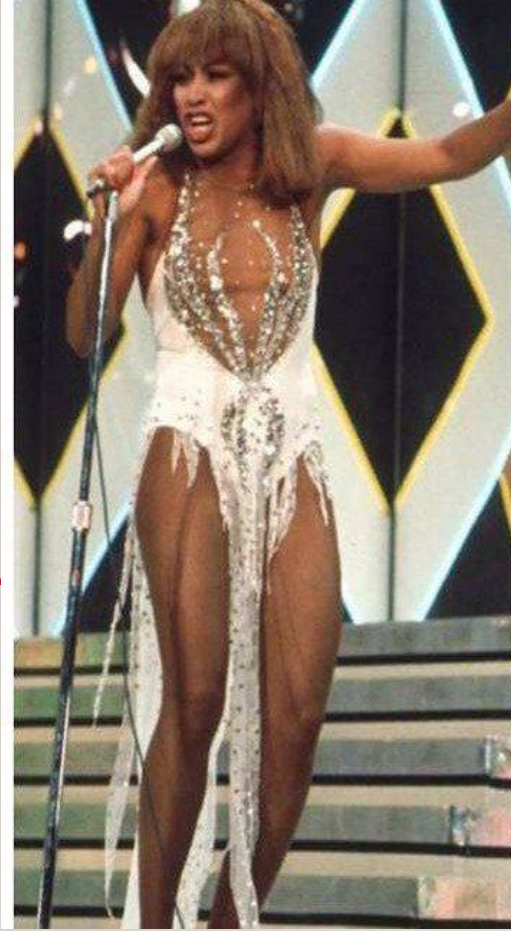
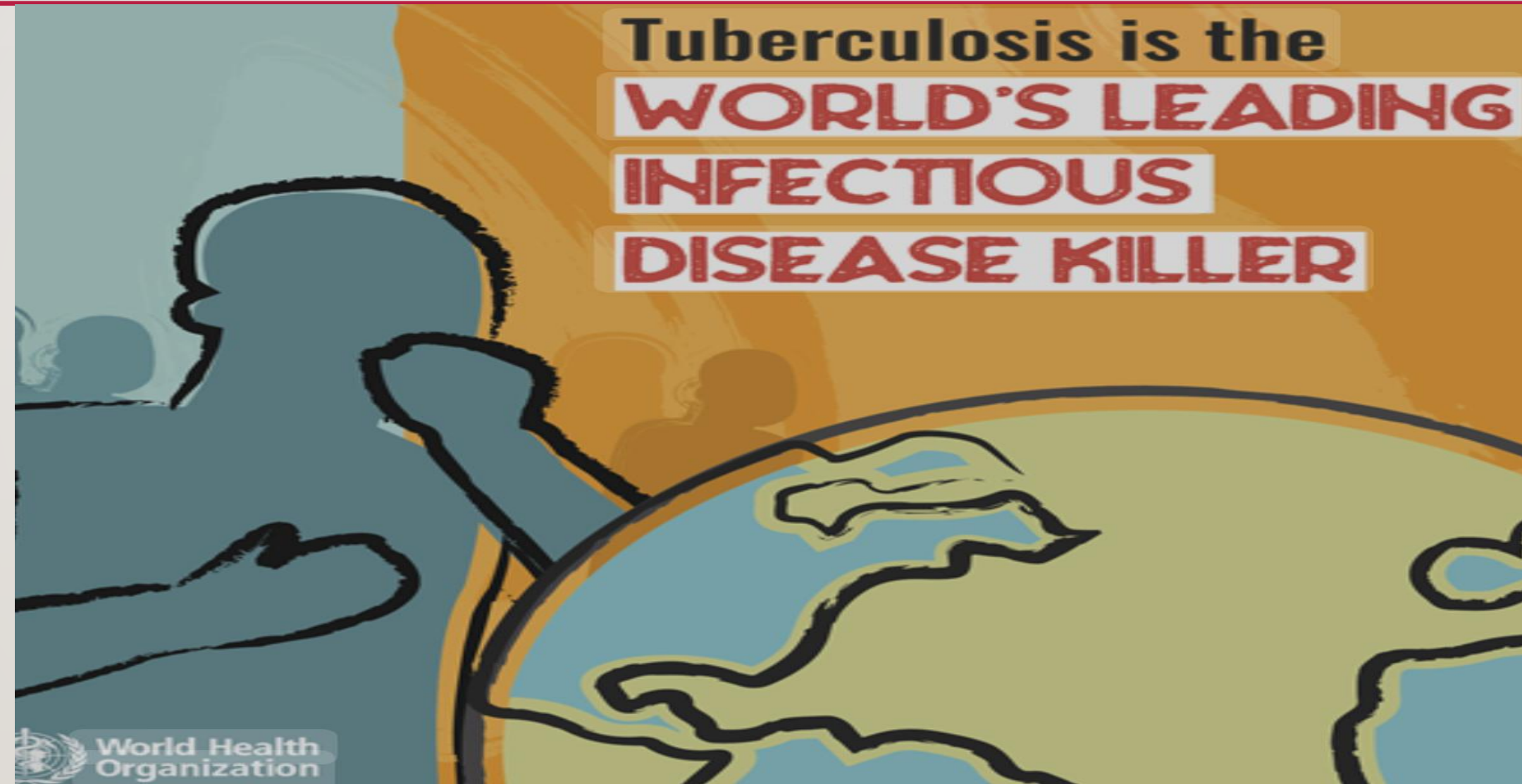
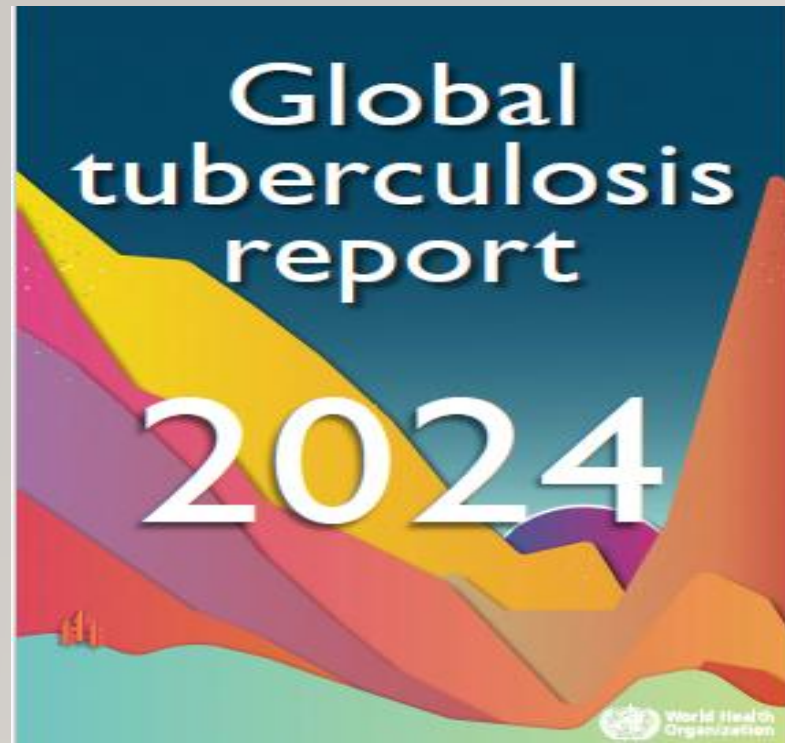




PHILIPPINE COLLEGE OF CHEST PHYSICIANS
TB Council

PREPARED BY: HERMOGENES P. MASANGKAY JR. MD, FPCP, FPCCP





The Philippines is one of the five countries that accounted for 56% of the estimated global TB cases

Rank	Country	% from global total of TB incident cases (2023)
1	India	26%
2	Indonesia	10%
3	China	6.8%
4	Philippines	6.8%
5	Pakistan	6.3%



Reference: Global Tuberculosis Report 2024

2023 ESTIMATED **TB** BURDEN IN THE PHILIPPINES

Source: WHO Global TB Report, 2024

Total TB Incidence

739 Thousand People
Fell ill with TB

643 per 100,000 population

MDR/RR TB Incidence

29 Thousand People
Fell ill with MDR/RR-TB

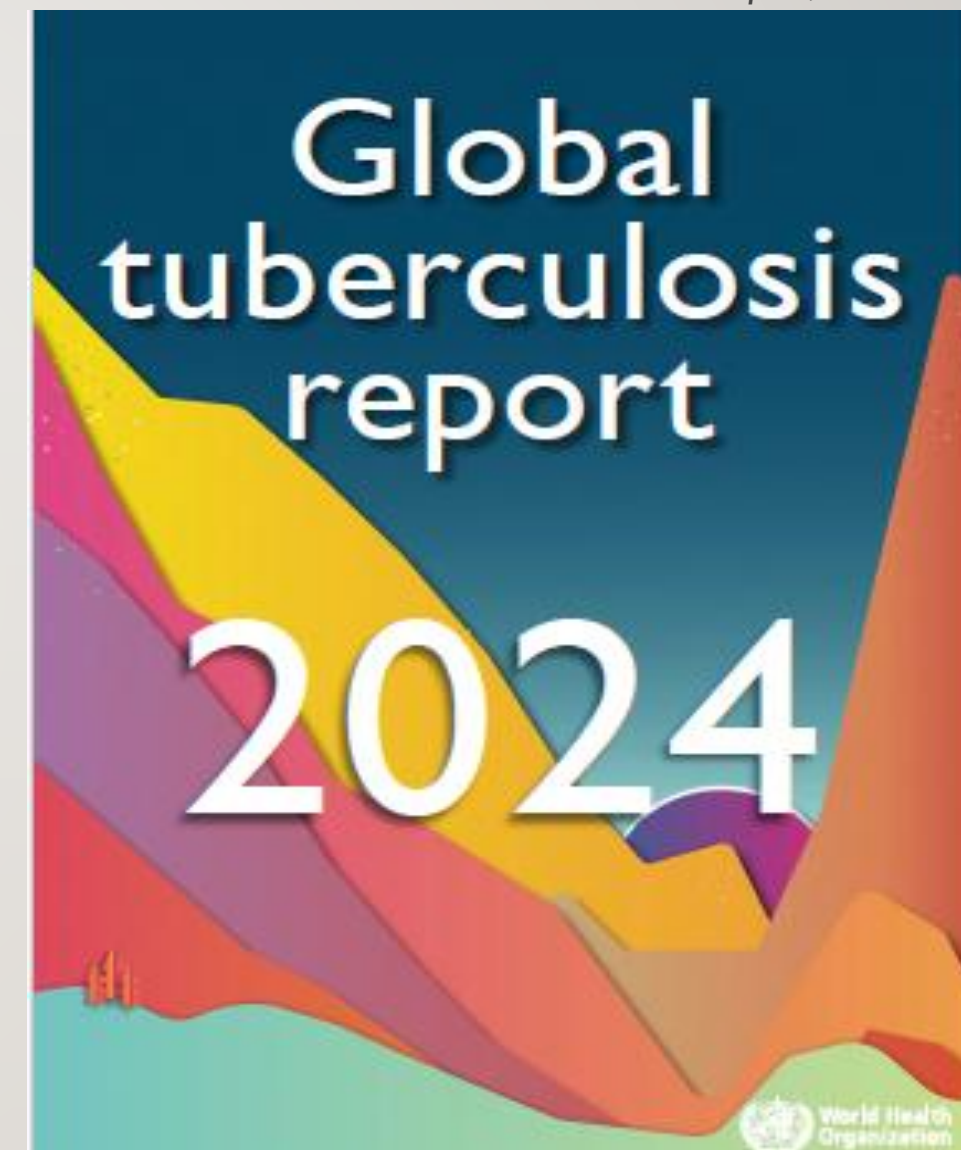
25 per 100,000 population

TB Mortality

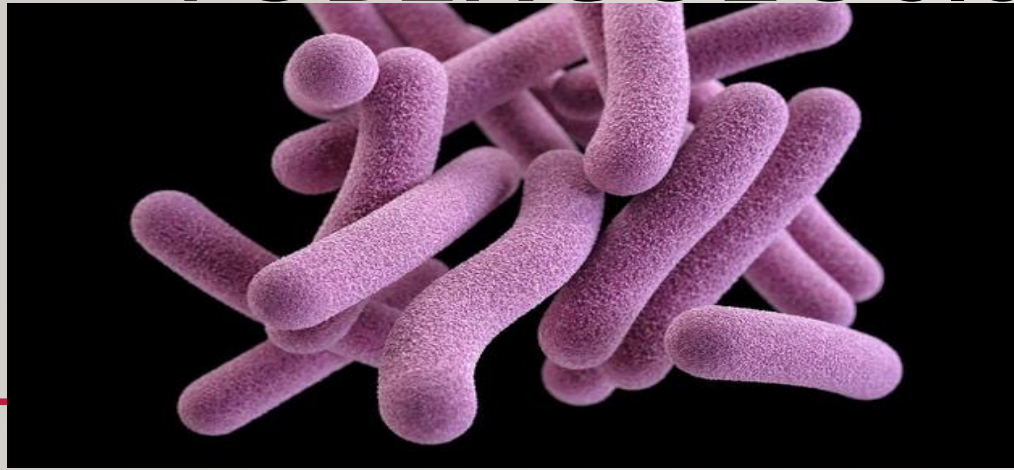
37 Thousand People
Died of TB

32 per 100,000 population

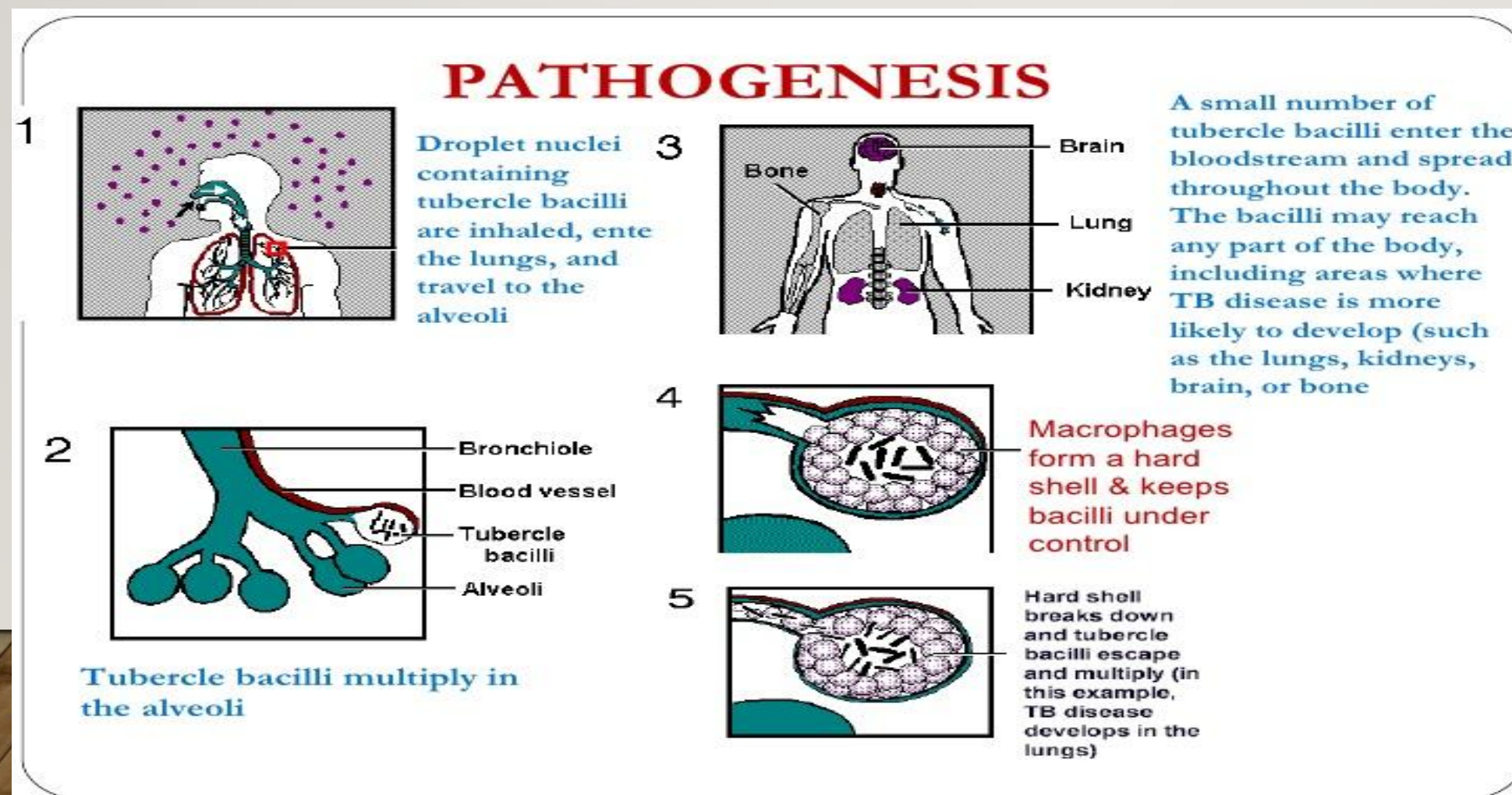
*TB Mortality per PSA Source (2023):
18 per 100,000 population*



TUBERCULOSIS



- TB is caused by bacteria (***Mycobacterium tuberculosis***) that spreads from person to another



Natural History of TB Infection



Person's lungs are healthy



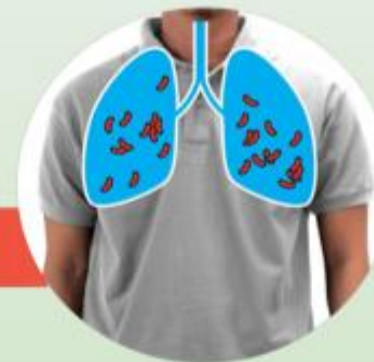
TB EXPOSURE
Child or adult spends time with someone who has infectious TB disease

70-90% exposed but not infected

TB INFECTION
Child or adult breathes in TB bacteria into his or her lungs, then carries live (often dormant) bacteria inside the body but remains well with no signs or symptoms of TB

10-30% will get TB infection

5-10% will develop active TB during their lifetime (higher for PLHIV)



TB DISEASE

Child or adult becomes unwell with signs and symptoms of TB because the bacteria are multiplying



DOH Center for Health Development
Metro Manila
ncroffice.doh.gov.ph

Exposure to infection depends on various factors: *intensity, duration, and frequency of exposure, environment, and host immune responses*

LATENT TB

✓ SLEEPING TB GERM
TB AY TULOG

✓ DOES NOT MAKE YOU FEEL SICK
WALANG ALINMANG SINTOMAS

✓ CANNOT SPREAD TO OTHER PEOPLE
HINDI NAKAKAHAWA

✓ TESTED WITH TB SKIN TEST OR BLOOD TEST
POSITIBO ANG SKIN TEST O DUGO

✓ CAN BE PREVENTED!
MAAARING IWASAN!

ACTIVE TB

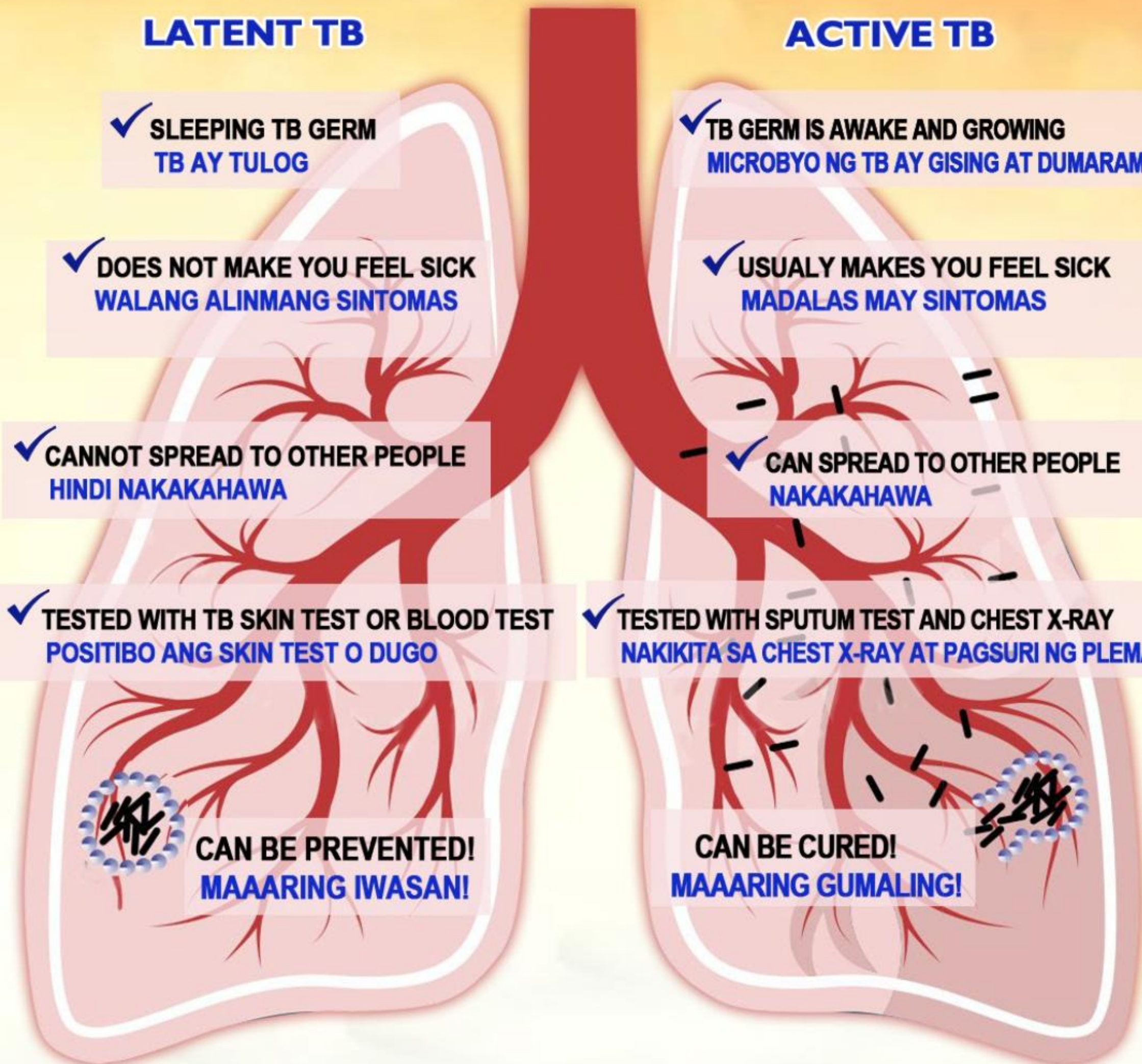
✓ TB GERM IS AWAKE AND GROWING
MICROBYO NG TB AY GISING AT DUMARAMI

✓ USUALLY MAKES YOU FEEL SICK
MADALAS MAY SINTOMAS

✓ CAN SPREAD TO OTHER PEOPLE
NAKAKAHAWA

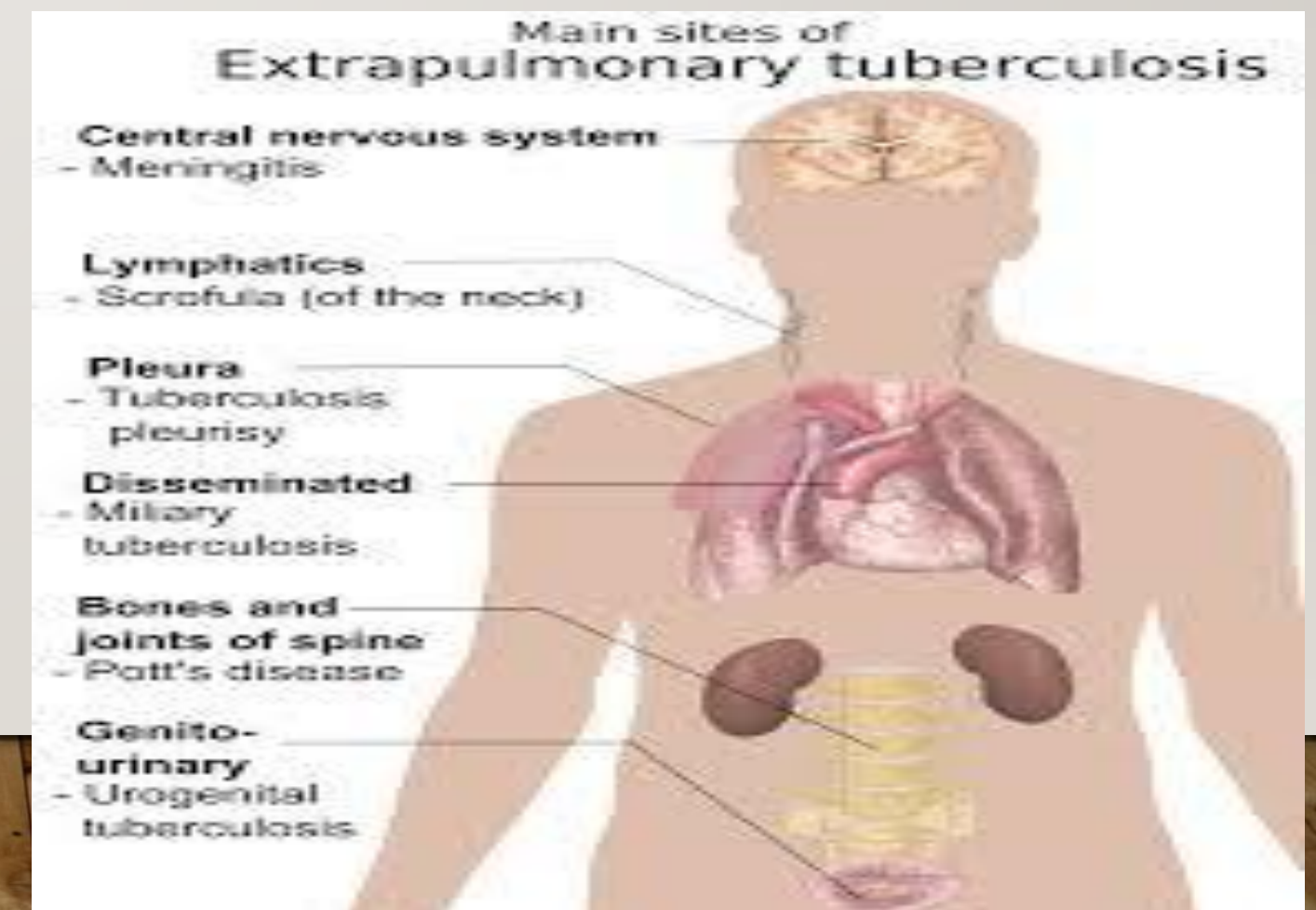
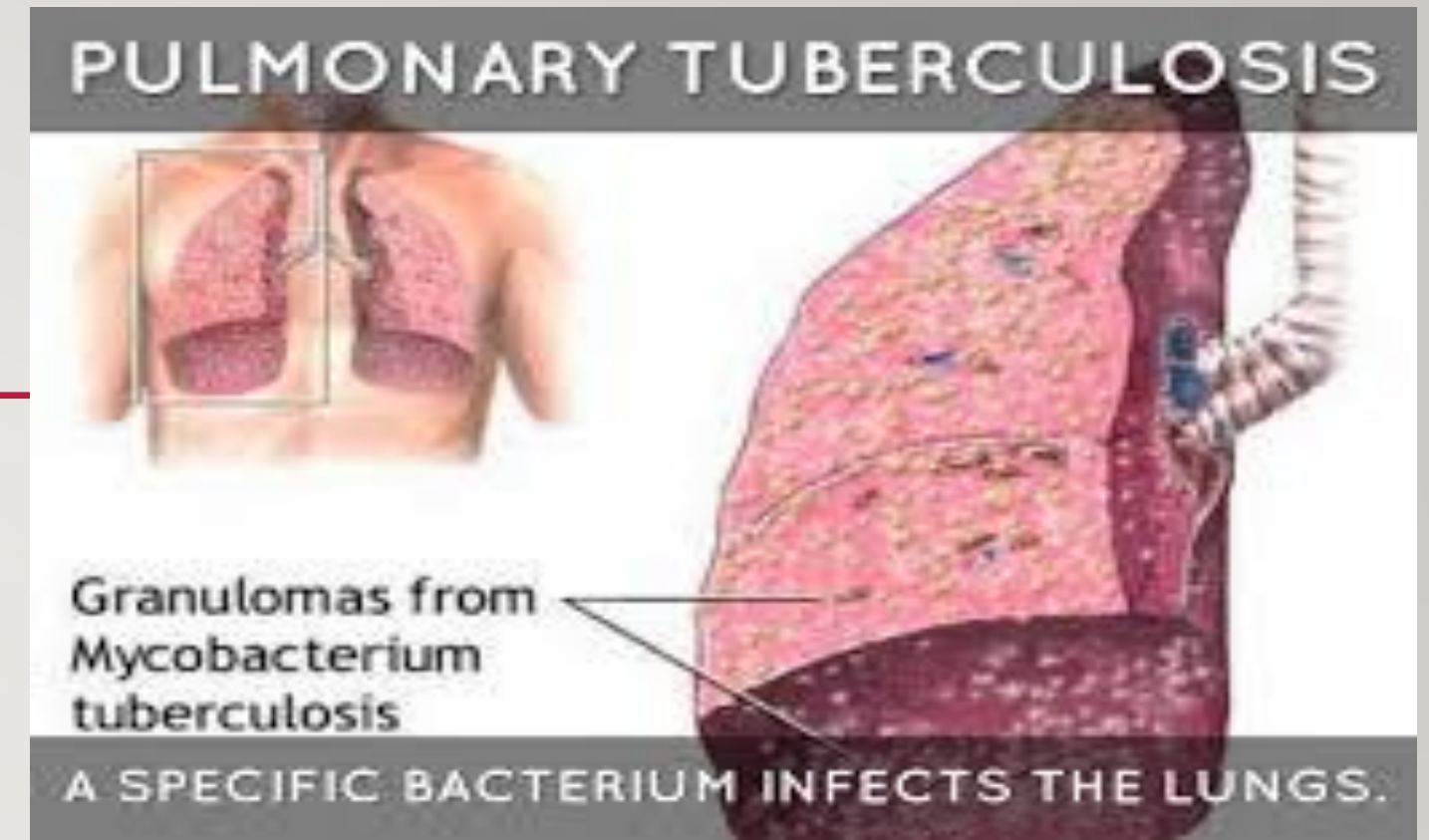
✓ TESTED WITH SPUTUM TEST AND CHEST X-RAY
NAKIKITA SA CHEST X-RAY AT PAGSURI NG PLEMA

✓ CAN BE CURED!
MAAARING GUMALING!



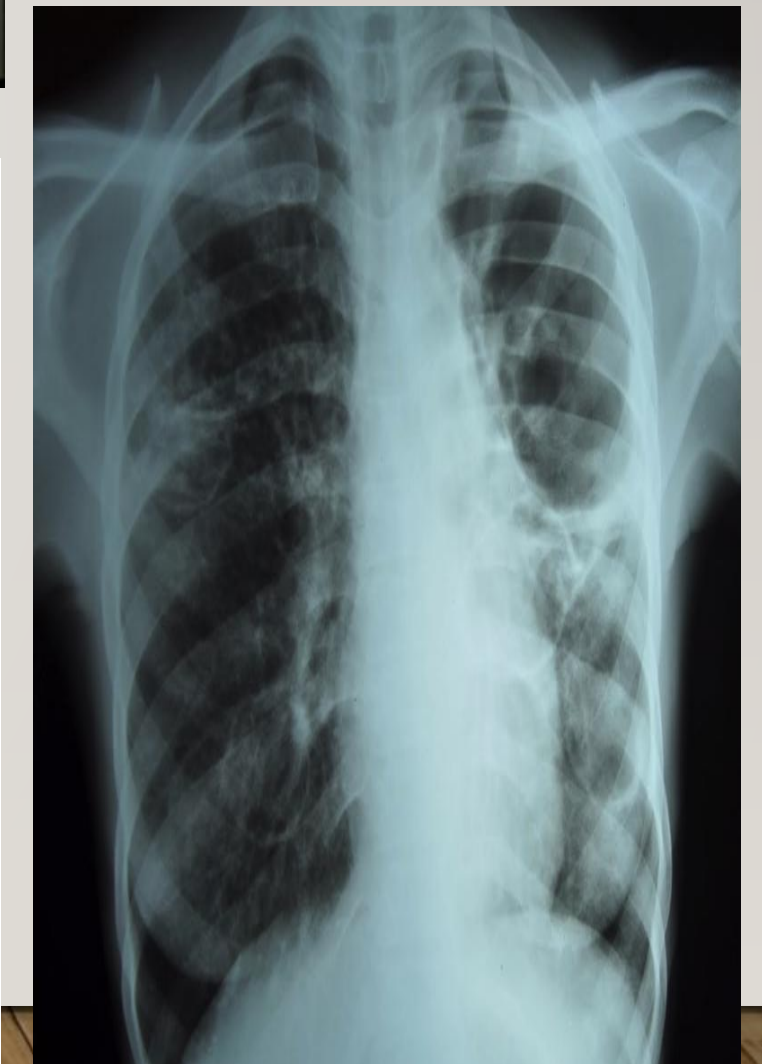
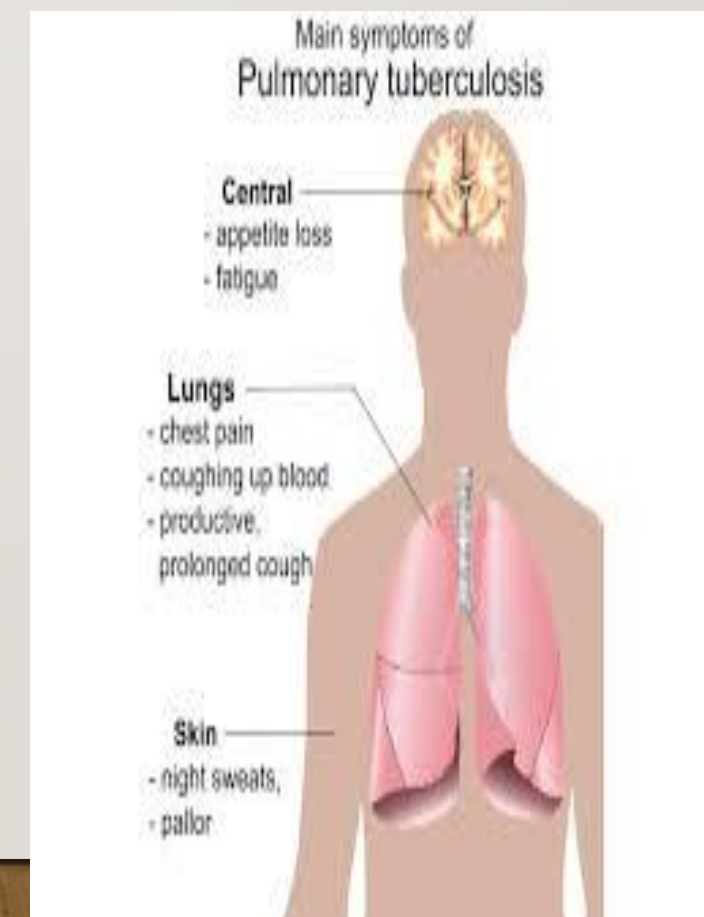
TUBERCULOSIS

- **Classification based on anatomic site:**
 - **Pulmonary Tuberculosis** – most common, involves the lungs
 - **Extrapulmonary Tuberculosis** – TB involving organs other than the lungs (example: bones, joints, kidneys, lymph nodes)



TUBERCULOSIS

- **Classification based on bacteriologic status**
- **Bacteriologically-confirmed** – biologic specimen is positive by smear microscopy, culture or rapid diagnostic tests
- **Clinically-diagnosed** – does not fulfill the criteria for bacteriologic confirmation but has been diagnosed with active TB by clinician and decided to give the patient a full course of TB treatment (symptoms and Radiologic findings)





DO I HAVE TB?

MAYROON BA AKONG TB?

SYMPTOMS *(Sintomas)*

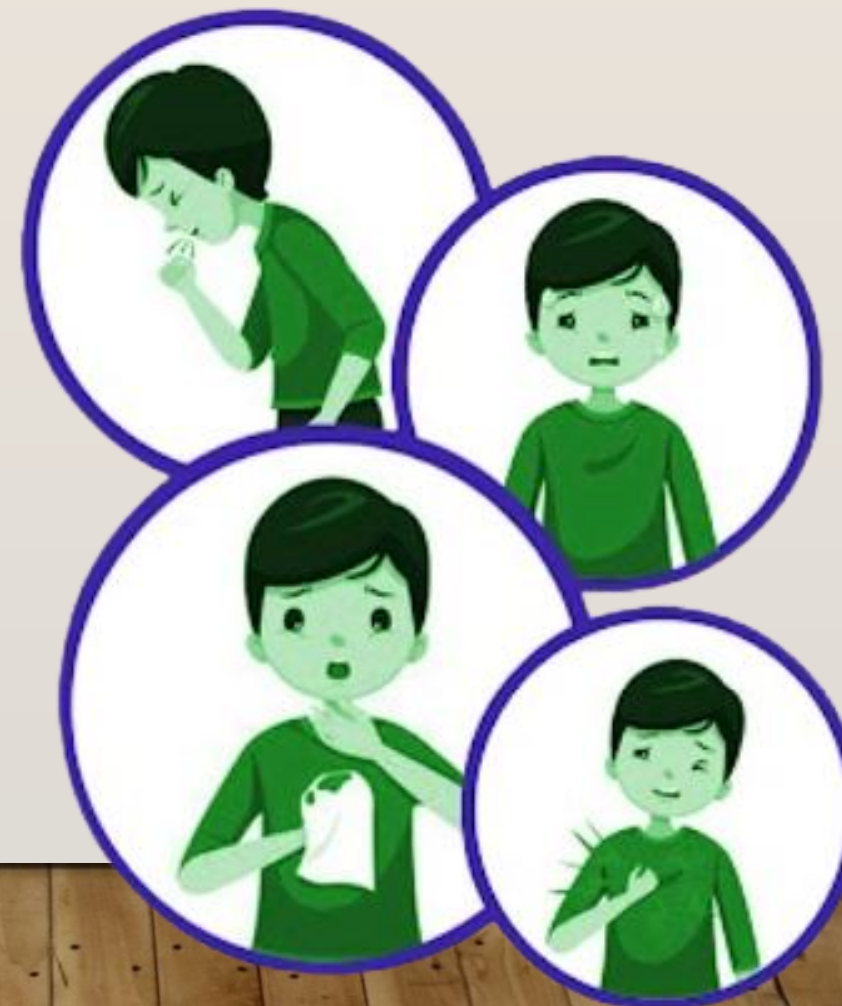
Any of the following 4 Cardinal symptoms lasting two weeks or more


Alin man sa 4 na pangunahing sintomas ng ito, na nagtatagal ng dalawang linggo o higit pa

- Cough (*ubo*)
- Unexplained fever (*Di maipaliwanag na lagnat*)
- Unexplained weight loss (*Di maipaliwanag na pagbaba ng timbang*)
- Night Sweats (*Pagpawis sa gabi*)

Others:



- Chest or back pain (*Pananakit ng dibdib o likod*)
- Coughing out of blood (*Plemang may dugo*)
- Shortness of breath (*Hinahapo or hirap huminga*)





**Consult your doctor if you have these signs and symptoms to find out if you have TB.
Because TB is treatable**

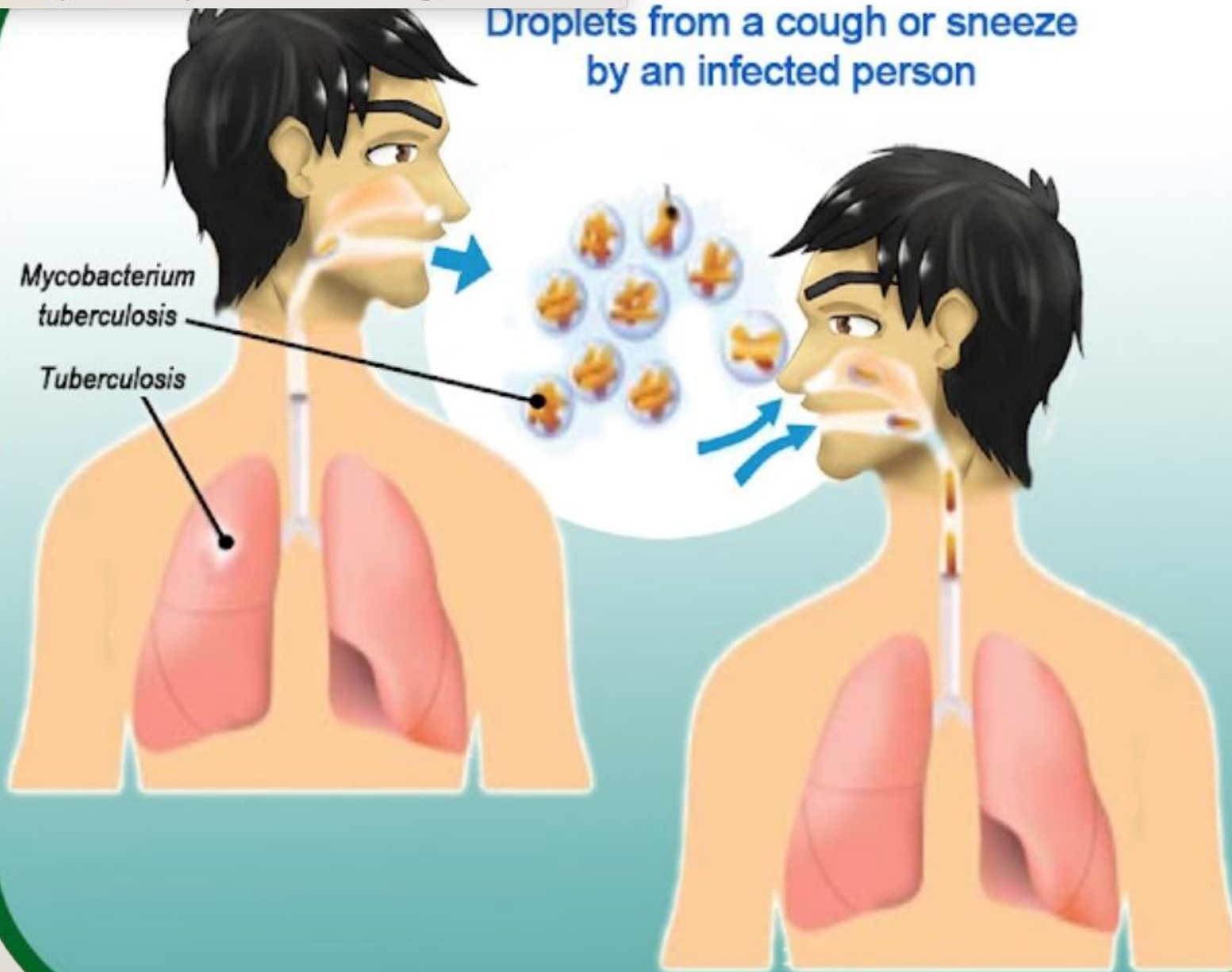
**Kumonsulta sa inyong doktor kung ikaw ay may sintomas upang mapag-alaman kung ikaw ay may TB.
Dahil ang TB ay nagagamot.**



TRANSMISSION *(Pagkakahawa)*

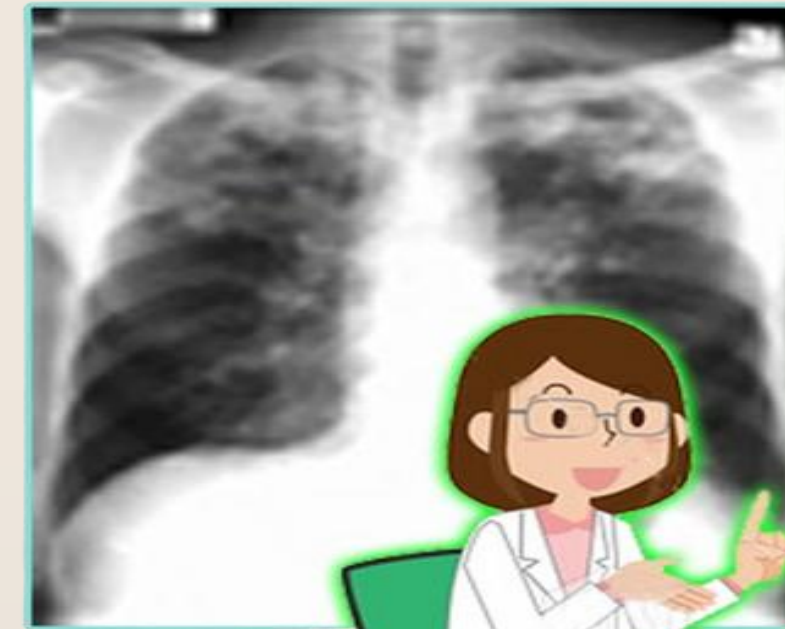
lisinterf/TD-Web/TDServer.dll?LoginCheckURL
lisinterf/TD-Web/TDServer.dll?LoginCheckURL

Droplets from a cough or sneeze
by an infected person



- TB is spread from person to person through the air.
- When an untreated infected person **coughs, sneezes, talks or sings**, the airborne particle released is inhaled by another person and becomes infected.
- *Ang pagkalaganap ng TB ay sa pamamagitan ng hangin.*
- *Kapag ang taong may TB ay umubo, bumahing, nagsalita o kumanta, pwede siyang makahawa dahil ang mikrobyo ng TB ay kanyang inilalabas sa hangin.*
- *Maaari itong masagap ng iba sa kanilang paghinga at sila ay magkaroon din ng TB.*

DIAGNOSIS *(Pagsuri)*



A **presumptive TB patient** (with one of the Cardinal symptoms or a positive chest X-ray) needs to have his/her phlegm examined through rapid TB diagnostic test such as **Gene Xpert** to confirm the diagnosis of TB.

*Ang pasyenteng **Presumptive TB** (na may isa sa mga pangunahing sintomas o positive chest xray) ay kailangang magpasuri ng plema sa pamamagitan ng Rapid TB diagnostic test tulad ng **Gene Xpert** para makumpirma ang TB.*

TREATMENT *(Gamutan)*



Complete the prescribed 6-month course of treatment for drug susceptible TB even if you feel better early on.

(2 months intensive phase and 4 months maintenance phase)

Kumpletuhin ang itinakdang 6 na buwang gamutan para sa "drug susceptible TB"

kahit na nakakaranas na ng agarang ginhawa

(2 buwang masinsinang gamutan at 4 na buwang pagpapatuloy ng gamutan)

TREATMENT *(Gamutan)*



It is important to take the recommended regimen of anti-TB treatment to **avoid the risk of drug resistance and complicated course.**

Mahalagang inumin ng tama ang rekomendadong rehimen sa gamutan ng TB upang maiwasan ang panganib ng hindi pagtalab ng gamot sa pasyente at iba pang komplikasyon.



TREATMENT *(Gamutan)*

The number of tablets that one must take depends on the **patient's weight**.

Ang bilang ng tabletang iinumain ay depende sa **timbang** ng pasyente.



TREATMENT *(Gamutan)*



REMEMBER, it is only the doctor who shall advise on when to stop treatment.

*TANDAAN, ang doktor lamang
ang maaaring magpatigil ng gamutan.*



COMMON ADVERSE DRUG REACTIONS OF ANTI-TB TREATMENT

(Mga Di Kanais-nais na Epekto ng mga Gamot sa Baga)

MINOR ADVERSE REACTIONS

- **Gastrointestinal intolerance**
Pagdighay, Paglihab ng tyan o pananakit ng tyan o sikmura
- **Mild or localized skin reactions**
Pangangati sa balat
- **Orange OR red colored urine**
Kulay pula o kahel na ihi
- **Burning sensation in the feet due to peripheral neuropathy**
Pamamanhid o pakiramdam na may tumutusoktusok sa iyong mga daliri sa kamay o paa
- **Flu like symptoms (Fever and muscle pain)**
Mga sintomas katulad ng trangkaso (lagnat at pananakit na mga kasu-kasuhan)



WHAT TO DO?

ANO ANG DAPAT

GAWIN?

CONTINUE TB medications

while taking symptom-based treatment.

TULOY and pag inom ng gamot sa TB

habang umiinom ng gamutan batay sa sintomas.



COMMON ADVERSE DRUG REACTIONS OF ANTI-TB TREATMENT

(Mga Di Kanais-nais na Epekto ng mga Gamot sa Baga)

MAJOR ADVERSE REACTIONS

- **Severe skin rash due to hypersensitivity reactions**
Pangangati at pagpantal sa balat ng buong katawan



- **Jaundice due to hepatitis**
Paninilaw ng mata o ng balat



- **Impairment of visual acuity and color vision due to optic neuritis**
Pagbabago sa paningin tulad ng panlalabo ng mata



- **Hearing impairment, ringing of the ears, dizziness due to damage of the eight cranial nerve**
Pagbabago sa iyong pandinig tulad ng pag-ugong ng tainga at may kasamang pagkahilo

WHAT TO DO?

ANO ANG DAPAT

GAWIN?

STOP TB medications

Refer to specialist

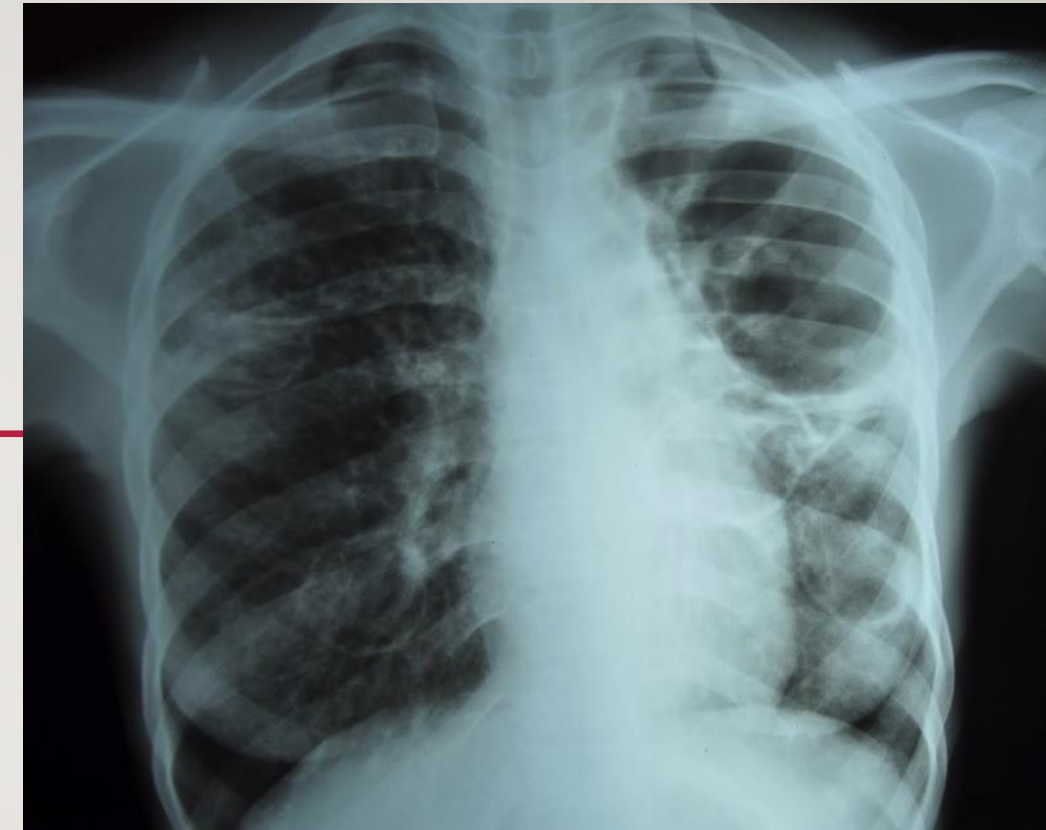


ITIGIL ang gamutan sa TB

Sumangguni sa espesyalista

WHAT ARE THE POSSIBLE COMPLICATIONS OF TB?

- If left untreated, an infected person with active pulmonary TB can infect 10 to 15 people a year.
- It can lead to fulminant or systemic TB and can affect other organs other than the lungs
- Incomplete or irregular treatment can lead to **DRUG RESISTANT TB**.



PREVENTION & CONTROL

(Pag-iwas at Pag Kontrol)



Wash your hands after coughing or sneezing
Maghugas ng kamay matapos umubo o bumahing



Wear Face Mask
Magsuot ng mask takip ang ilong at bibig



Cover mouth with tissue when coughing or sneezing then seal the tissue in a plastic bag and dispose
Takpan ang bibig ng tisyu kapag uubo o babahing matapos ay ilagay ito sa plastic bag at itapon sa basurahan

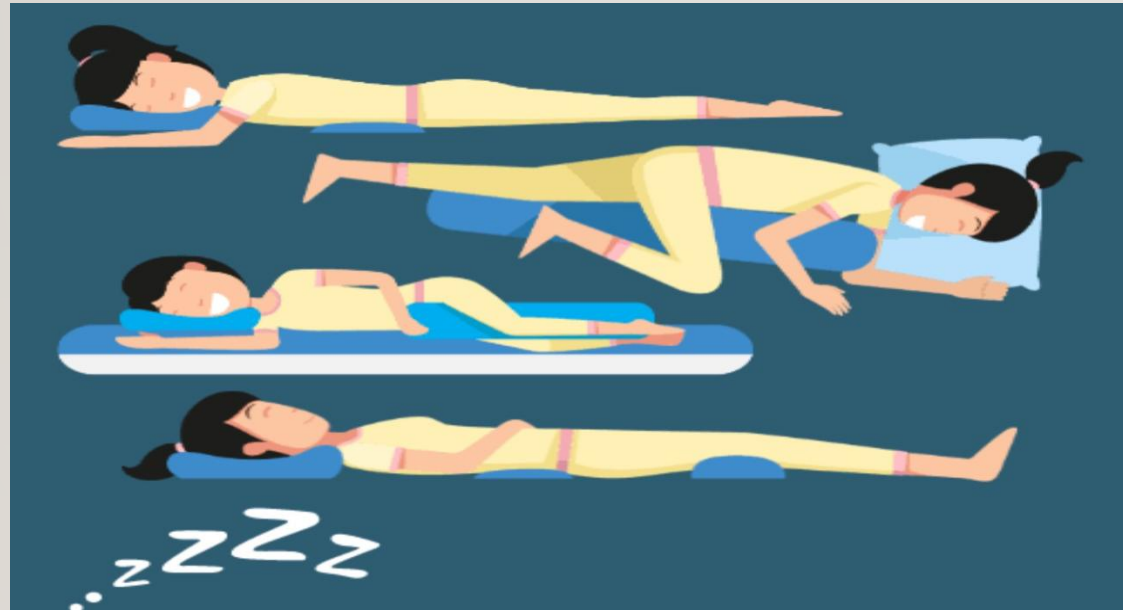


Do not spit anywhere
Huwag dumura kung saan-saan




Use a fan or open windows to move around fresh air
Gumamit ng bentilador o buksan ang mga bintana upang umikot ang malinis na hangin







REFERENCE

- Philippine College of Chest Physicians Pulmonary Tuberculosis English and Tagalog Flyer and Poster
 - MOP 6th Edition
 - Center for Disease Control and Prevention
- 



Thank you

