

World TB Day March 24, 2008

This month, we will commemorate World TB Day at Zimba Mission Hospital. Tuberculosis is a disease that affects the poor. Just as in other developing countries, many Zambians suffer from tuberculosis. This issue will give details about TB and the current state of control.

Dan and Joan Jones Medical Missionaries in Zambia



March 2008

Prayer Request: Continued good health for us.

Praise Item: We are in good health.



Moono Mapanza Clinical Officer is the TB Program Coordinator



Priscilla Kanyanga Sianyenzyu is the nurse at the TB clinic



Dramatic Skit to Raise Awareness about TB



TB Education being provided during a visit to the village of Luezi

Staff from Zimba Mission Hospital recently participated in a TB Community Outreach program. 10 villages were visited in a period of 10 days.

Tuberculosis (TB)

Tuberculosis has been infecting people for more than 200 years. TB is unlike some other infectious disease success stories such as polio and smallpox. It has not yet been eliminated by the medical community. Due to the HIV/AIDS epidemic, TB has been resurgent in recent years.

In 2005, the World Health Organization (WHO) estimated 8.8 million people around the world were newly diagnosed with active TB. In that same year, it was estimated that 1.6 million people died from TB. The highest incidence of TB is found in sub-Saharan Africa. Also, the highest number of deaths occur in sub-Saharan Africa.

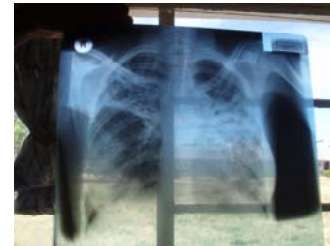
TB is caused by a bacteria called *Mycobacterium tuberculosis*. It most commonly affects the lungs. It is transmitted from one person to another by inhalation of respiratory droplets.

Overall, one-third of the world's population is currently infected with tuberculosis. However, not all people infected with TB will necessarily become sick. The immune system can "wall off" the TB bacteria which can lie dormant for years. Failure of the immune system to control the infection leads to active TB disease. 5-10% of people infected with TB will become sick some time during their life.

Active TB disease is diagnosed by collecting phlegm or sputum from the patient. The sputum sample is then stained by a special technique. A microscope is used to identify acid fast bacilli which confirms the diagnosis of active pulmonary TB.

Once a person is diagnosed with TB, a full course of the correct dosage of anti-TB medications should be started. The most commonly used anti-TB medications include isoniazid, rifampin, pyrazinamide, and ethambutol. TB treatment usually is continued for a minimum of 6 months. Treatment is supervised by health workers who directly observe the patient taking the medications each day.

In 2005, over 70,000 Zambians were diagnosed with TB. 55% of these new TB cases were in HIV positive patients. Less than 2% of cases were identified as multi-drug resistant cases. More than 13,000 Zambians died of TB in 2005. Case detection rate is 68% and DOTS treatment success rate is 83%. Both rates are just slightly below established WHO goals.



Chest x-ray of a patient diagnosed with Tuberculosis



Dr. Joan Jones on rounds in the male TB ward with Nurse Rose Handima



TB Community Health Workers



Clinical Staff at Zimba Mission Hospital attending recent workshop on TB

150 patients are currently being treated at Zimba Mission Hospital TB Clinic



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