



## 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  
電話：(04) 22052121 分機 2209  
HE-10005-E