



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



CHRIST THE KING HOSPITAL



DEPARTMENT OF HEALTH

# TB Awareness Day



**TB**eat



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## DEPARTMENT OF HEALTH

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## TB Awareness Like Never Before...



**T**uberculosis, or TB as it is generally known, affects millions of South Africans. In fact, in the year 2009, TB was listed as the cause of death on the death certificates of more than 82 000 of our citizens. Many people, who are HIV-positive, die from TB. There is now also multi-drug-resistant TB doing the rounds. Antibiotics are largely ineffective in treating this, which poses a real danger to the community. Anyone can get TB. Here are some facts about this disease that everybody needs to know on SA TB (March) and even beyond.

Tuberculosis, or TB, is a chronic infectious disease caused by a bacterium called *Mycobacterium tuberculosis*. It usually affects the lungs, but can attack other parts of the body, such as the joints, bones, the nervous system and lymph nodes. TB is a global problem, although undeveloped countries usually have much higher incidences than developed countries. There were an estimated 1.8 million deaths globally

due to TB in 2009, making it the leading cause of bacterial death in adults. South Africa has one of the highest reported TB infection rates in the world.

TB is mainly spread by breathing in air-borne bacteria from people with active infectious TB disease. A person can be infected by the TB organism for years without getting sick or spreading the disease to others. If your immune system is weakened for some reason, latent TB infection can develop into active disease; this can happen to anyone. Although TB can be treated, the minimum period required for successful treatment is six months, and medication must be taken exactly as prescribed. Failure to complete the treatment regimen may result in the emergence of drug resistant strains of TB; this has already happened in SA. In some parts of the world, such as South Africa, TB is the most prevalent opportunistic infection of people with HIV.

It is against this backdrop that CTK's

Acting CEO, Dr SS Ngozo decided to lead Our TB program team in organizing a TB awareness walk at Ixopo CBD on the 27<sup>th</sup> of March. Since March is marked as TB Month according to SA's health calendar, Ubuhlebezwe Health Sub-district organized a string of activities to create awareness on the pandemic.

The walk was the grand finale for all the 2015 TB Month's events. The walk started uptown by the Ixopo post office, down the Margaret Mncadi Street to the newly built Taxi rank downtown. Our team of Nurses and Lay counsellors had erected gazebos to do TB screening right at the taxi rank. The walk ended at Christ The King Hospital, where Prince Nhlanganiso Zulu gave a moving speech to patients and staff at OPD. The day was a success in every respect, and it is all thanks to all who made it possible.

**Stop TB**



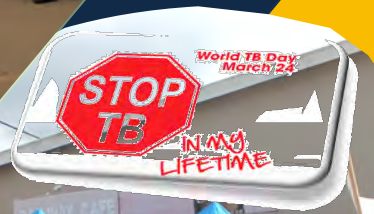
Nurses handing pamphlets to members of the public



Mr Madiba leading the walk in the Taxi



TB IS CURABLE TEST NOW!  
Fighting Disease, Fighting Poverty, Giving Hope



Dr Ngozo led the walk from uptown to the taxi rank



Participants chanted anti-TB songs at the Taxi rank



Patients joined in and chanted



Prince Nhlenganiso giving a moving talk @ OPD



Body Cell