Is long lasting cough “common cold”? It may be “TB”!

(2015 TB prevention week campaign slogan)
Let’s learn more about Tuberculosis (TB)!
Having the correct knowledge on TB is essential to control TB. Please use this leaflet to prevent you and your beloved ones from TB.
1. What is TB?
2. How is TB transmitted?
3. TB Prevention
4. TB Treatment
5. TB Situation in Japan and the World
6. Activities of Japan Anti-Tuberculosis Association

TB prevention week from 9/24 to 9/30
① What is TB?

TB is not a past disease rather a current disease. TB is not a problem of somebody else, but may be your problem.

TB is still a serious infectious disease in Japan where 6 people die of TB in a day.

TB had been referred to as a “national disaster” in Japan for a long time up to 1950s. Annual death from TB exceeded 100,000. TB was the first leading cause of death in Japan 50 years ago. Thanks to the progress of medical technology and living standard in Japan, TB is now curable by taking proper medication. Yet, TB should not be mistaken as a “disease of the past”. Even now, TB is serious infectious disease in Japan where 56 people newly develop TB and 6 people die of TB in one day.

**TB Situation in Japan (2013)**

<table>
<thead>
<tr>
<th></th>
<th>Number of newly notified TB cases</th>
<th>20,495</th>
<th>TB notification rate</th>
<th>16.1/100,000</th>
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</thead>
<tbody>
<tr>
<td>Number of TB death</td>
<td></td>
<td>2,087</td>
<td>TB Mortality Rate</td>
<td>1.7/100,000</td>
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How is TB transmitted?

TB is transmitted ‘through the air’ by coughing or sneezing.

TB is caused by tubercle bacilli (Mycobacterium tuberculosis) that most often affects the lungs. When people with lung TB cough, sneeze or spit, they scatter around the TB germs into the air. TB infection takes place by inhaling these germs into the lungs. If you suspect that you might be infected with TB, please consult a doctor. Wearing a surgical mask by a coughing patient is important to prevent the TB infection.

You will be fine! TB is curable by following proper treatment!
TB is no need to be scared of if you have and follow the correct knowledge on TB. If conghing continues for 2 weeks or longer, please consult with public health facilities. Early diagnosis and treatment is the most effective way to prevent the spread of TB to your family and colleagues at work place. Infant babies with immature immune system are easy to develop severe forms of TB which may risk their lives. The BCG (Bacille Calmette-Guérin) vaccination is effective for its prevention. By following the guideline in the local government of your residence, the vaccination should be done by 1 year old at latest. Recommended vaccination period by the national guideline is between 5 and 8 month after birth.

If elderly people experience prolonged fatigue or rapid weight loss, it may be due to TB. If you have these symptoms, please visit a doctor.

Basic preventative measure

- Moderate exercise
- Enough sleep
- Well balanced diet
- No smoking
What if you get infected of TB?

Even if you are diagnosed as TB, TB is curable by taking medicines regularly for 6 month. If you stop taking medicines during the course of treatment due to disappearance of symptoms, TB bacilli may become resistant to TB drugs. In order to ensure proper treatment, not only giving anti-TB drugs to the patients, administration of the drugs under direct supervision is recommended. This method is called **Directly Observed Treatment, Short-course: DOTS**. When you have a particular concern, please consult to the nearest health center.
Aging of TB patients progresses more rapidly!
More than 70% of newly diagnosed TB patients are over 60 years old. Aging of TB patients is much faster than the population of Japan.

Proportion of foreign born TB patients has been increasing among younger people!
Among TB patients of 20s and 30s, proportion of foreign born TB patients has increased. More than 40% of new TB patients in 20s are foreign born.

Outbreaks caused by delay in diagnosis and treatment!
Unfortunately there is misconception that TB is a “disease of the past” not only among general public but even among medical professionals. This causes delay in the diagnosis and treatment which may lead to outbreaks often.

There are big gaps in the incidence of TB within Japan.
There are more TB patients in big cities with large population and many foreign people compared with rural provinces. There are big gaps in the incidence of TB within Japan which require tailored approach to each area.

Under this globalised society, the decline in the number of TB patients in Japan cannot be achieved without TB reduction in the whole world. Let’s aim to achieve TB low burden country (TB notification rate less than 10/100,000 population) by 2020 when Tokyo Olympic and Paralympics are held in Japan!
Global situation

About one-third of the world's population has been infected with TB. In 2013, 9 million people fell ill with TB and 1.5 million died from the disease. TB is a second higher next to HIV/AIDS as the top killer worldwide among infectious disease. It’s estimated that 480,000 people develop multidrug resistant TB (MDR-TB) every year. The problem of TB has become more complicated due to TB/HIV co-infection (WHO Factsheet). Global actions are continuously taken aiming to achieve the world free from TB.
Japan Anti-Tuberculosis Association’s Activities

Double-Barred Cross Seal Campaign

Do you know about Double-Barred Cross Seal Campaign?
Japan Anti-Tuberculosis Association (JATA) raises funds through Double-Barred Cross Seal Campaign in order to achieve the "world free from TB."

Campaign period
Aug 1 ~ Dec 31

Support Double-Barred Cross Seal to control TB!

For more information about TB is available from....

◆ JATA HP URL http://www.jatahq.org/

◆ JATA Publications (Wide range of publications from easy to understand comic books to specialised books)

◆ JATA's English Telephone Consultation.

Please contact the following regarding this leaflet.
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