

Understanding TB

TB is an infectious disease caused by the TB bacteria (a germ).

TB usually affects the lungs but can affect any part of the body.

A person with **TB disease** in the lungs or throat can spread the germ through the air when coughing, sneezing, singing or speaking. People nearby may breathe in the TB germ and develop **TB infection**.

People with **TB infection**:

- do not feel sick or have symptoms
- can not spread TB to others
- may develop TB disease in the future

A small percentage of people with TB infection will get sick with TB disease at some point in their lives.

People with **TB disease**:

- may feel sick and have symptoms
- may spread TB to others
- can be treated and cured with medications

Most people with TB infection do not become sick with TB disease.

***TB can be
prevented,
treated & cured***



Our Vision

Healthiest people

Healthiest communities

Exceptional service

For more information call:

**TB Control Saskatchewan
1-866-780-6482**

**Saskatoon Main Office: 306-655-
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Prince Albert: 306-765-4260

Regina: 306-766-4311

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Tuberculosis (TB) Clinics

TB Control Saskatchewan



***Working to eliminate tuberculosis
in Saskatchewan***

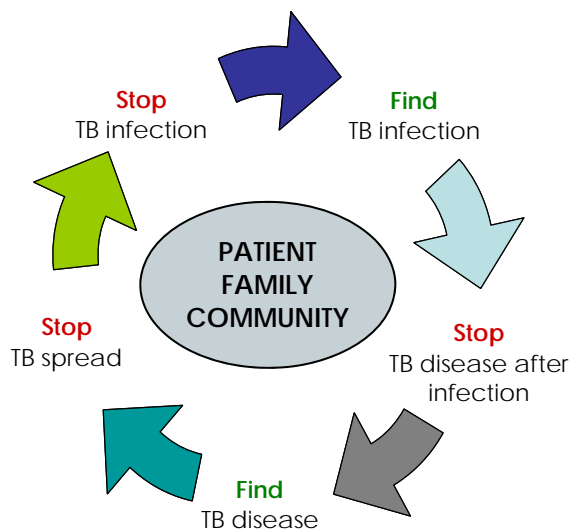


Population and Public Health

About TB Control Saskatchewan

The Saskatchewan TB Control program offers a province-wide approach to the prevention, treatment and control of tuberculosis (TB).

Services focus on finding and stopping TB.



Clinic locations:

- Cooperative Health Centre, Prince Albert
- Regina General Hospital
- Royal University Hospital, Saskatoon
- Mobile clinics in at least 7 northern communities.

Over 25 mobile TB clinics are held each year in at least 7 communities

TB Clinics

At every clinic visit, it is important for the TB team to review each client's health status. This is done to ensure that clients are not sick with TB, even though they may feel well.

What happens at a TB clinic appointment?

- TB clients are asked to arrive early for their appointments if they are required to register in admitting. Everyone is asked to bring their health card.
- The TB doctor may request a chest x-ray or other important tests.
- You will be weighed and measured.
- Each client is seen by the TB doctor and nurse. Here, they will take a TB and health history and will do an assessment.
- Based on the findings, the TB physician will determine a treatment plan and will discuss the plan with each client and provide TB education.
- The TB physician and nurse will explain the plan, discuss any medications or treatment prescribed, and answer any questions clients may have.
- A letter will be sent to the family doctor and referring doctor about the TB appointment.

Follow up appointments

Some reasons a TB clinic appointment may have been arranged:

- **TB contact:** recent contact with a person with active TB.
- **Immigration:** the risk of being in contact with a person with active TB may be greater in many countries than in Canada.
- **Screening:** a positive Tuberculin Skin Test.
- **Treatment follow up:** those who are currently being treated for active TB or to prevent active TB. A TB clinic appointment is important to assess whether the TB medications are working and to monitor for any medication side effects.
- **High risk follow up:** those that are at high risk of developing active TB. This is to ensure that they have not become sick. Some examples of conditions where clients may be considered high risk:
 - HIV
 - Organ transplant
 - Kidney failure
 - Treatment with medications that affect the immune system eg. steroids, chemotherapy, anti-TNF medications

If you have TB infection, your lifetime cumulative risk for developing active TB is 10%