

The Myths of Tuberculosis (TB) 2



Must it be TB if I have prolonged cough?



Persistent cough for more than 3 months, fever, blood in sputum, night sweats, chest discomfort, fatigue, poor appetite and weight loss are the symptoms of TB. Since other diseases may have similar symptoms, patient should seek medical advice from family doctors, and undergo appropriate investigation such as X-ray and sputum testing to confirm the diagnosis.



Can TB recover on its own without any medicine?



TB cannot be cured without treatment. When infected with TB, early treatment is crucial to avoid worsening of the condition, threatening the life and infect your family.



Can TB treatment stop if no more symptom?



At least 6 months TB treatment is required to eradicate the bacteria. If poor drug compliance or stop treatment early by your own, drug resistant TB may develop. It will be hard to cure TB and treatment is lengthy.

How to avoid contracting TB?



People will be more susceptible to TB if body immunity is reduced. Adopt a healthy lifestyle such as having balanced diet, adequate rest, good ventilation, no smoking and drinking to reduce the chance of getting infection.

Children under 15 years old and have not yet vaccinated with BCG, should arrange for vaccination as soon as possible.

