

# Tuberculosis

## Information for people from Ukraine

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Tuberculosis is an infectious disease caused by bacteria and is easily treatable if it is detected in time. The person suffering from the disease can usually be cured of the disease without any consequences. Undetected and untreated, tuberculosis can also become life-threatening so it is extremely important that an infection with the tuberculosis pathogens is detected as early as possible.

### Why it is important to be examined

Tuberculosis can be treated well with antibiotics if it is detected early. If it is not detected, it can be transmitted in the air. The risk of serious illness is very high for infants and young children because their immune system is not yet fully developed. But older people are also at risk. An examination can also detect infections that are still asymptomatic and they can then be treated accordingly. The examination is therefore intended as a personal precaution. At the same time, the spread of tuberculosis cases is prevented if infections are detected and treated as early as possible.

### What is the procedure for testing for tuberculosis?

The most reliable way to identify infectious pulmonary tuberculosis is to X-ray the chest (thorax). Skin, spit and blood tests are not as reliable in comparison and are usually only used in people for whom X-ray examination is not recommended (for example, pregnant women and children under 15 years of age). The X-ray examination creates images of specific areas of the body. The X-ray radiation used is limited to the areas where a change is suspected. Pulmonary tuberculosis can then be detected by a doctor in the images.

**Due to technological developments, X-ray examination is associated with a very low radiation dose. The radiation exposure is therefore very low.**

It is best to discuss with your doctor whether you require an examination to check for tuberculosis. This is the best way to protect yourself and others.

### And if tuberculosis is detected?

Tuberculosis is easily treatable and the person suffering from the disease can usually be cured of it without any consequences if it is detected early. It is treated with a combination of medication – usually four different antibiotics – that together develop a high level of effectiveness. The medication is taken for several months. This is extremely important because the pathogens can otherwise become resistant and therefore insensitive to the medication. If the medication treatment is interrupted, it should be continued as soon as possible so that the person suffering from the disease can be successfully cured of it.

### Tuberculosis info box

The tuberculosis pathogens predominantly affect the lungs. One of the first symptoms is a cough. However, the pathogens can also infect other organs and cause severe disease. Tuberculosis is usually transmitted from person to person. In open pulmonary tuberculosis, people suffering from the disease are able to excrete the pathogens, especially when coughing and sneezing. These can then be inhaled by other people and cause infection.

Typical symptoms of tuberculosis are a prolonged cough, occasionally with bloody discharge and pain when breathing. In addition to tiredness and lethargy, loss of appetite, weight loss, mild fever and (nocturnal) sweating can also occur. Similar symptoms may also occur in other diseases. An examination is therefore very important if these symptoms occur.

If you notice symptoms of tuberculosis in or around you, it is important to keep your distance. People suffering from the disease should go to a doctor as soon as possible because the earlier pulmonary tuberculosis is detected and treated, the better the chances of recovery – and the lower the risk of infecting people around you.

### More information in the Ukrainian language

1. [Information in simple language](#)
2. [Infectious disease profile for tuberculosis](#)
3. [Help and advice](#)

