



M.P. SHAH HOSPITAL
—A Legacy of Care—

THE SHADOW ON THE X-RAY:

A Wake-Up Call For Tuberculosis Awareness

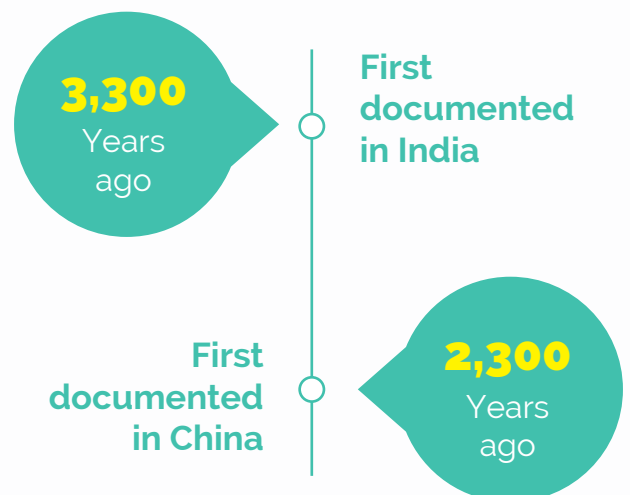


The excitement of starting university was suddenly overshadowed by an unexpected discovery—a shadow on a chest X-ray that she had assumed was just a routine medical check. Now, she sat before the doctor, being told about symptoms she wasn't sure she had noticed... or perhaps she had. She was being advised on further tests—would they be painful? How long would the treatment take? She had thought tuberculosis (TB) was only associated with HIV. What would she tell her family and friends? Would she even tell them?

A Disease as Old as Time

For a disease that has existed since the time of the pharaohs—first documented in India 3,300 years ago and in China 2,300 years ago—TB remains a major public health challenge.

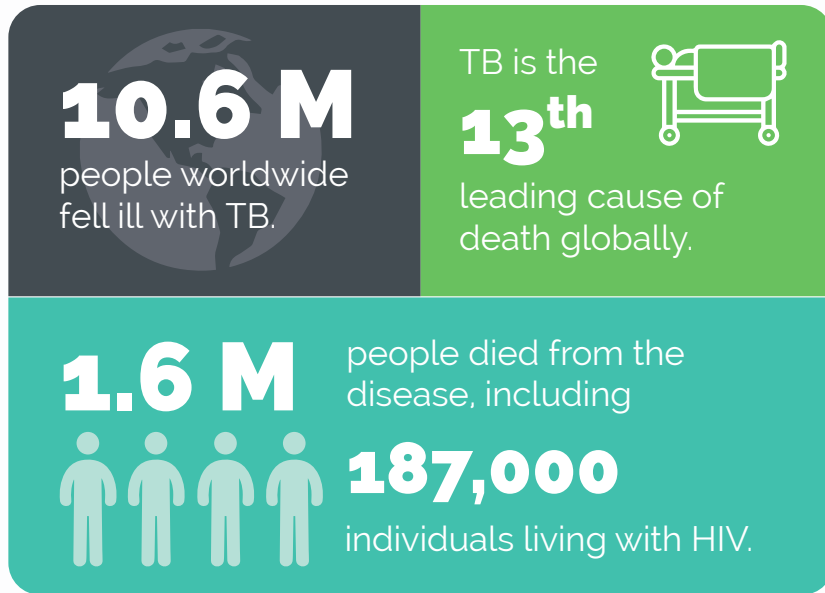
Tuberculosis is caused by the bacterium *Mycobacterium tuberculosis* and has been known by many names, such as the **White Plague** and **Consumption**. Despite medical advancements, TB continues to affect millions worldwide.



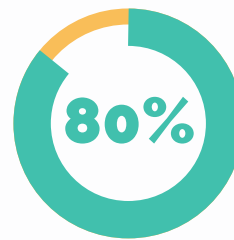
The Global and Local Burden of TB

TB is present in all countries and affects people of all ages.

In 2021:



Kenya is among the countries accounting for



of the world's TB cases,

ranking 15th among the 22 high-burden TB nations and 4th in Africa after South Africa, Nigeria, and Ethiopia.

How Does TB Spread?

TB is transmitted through **droplet infection**—coughing or sneezing in a poorly ventilated space can expose others to the bacteria. Those most at risk include:



The very young and the elderly



Immunocompromised individuals



People in overcrowded environments (such as schools or workplaces)



Individuals with underlying health conditions

Although TB is often linked to **poverty and HIV**, it can affect anyone—young or old, rich or poor, regardless of race or gender. **It is a disease of opportunity, taking advantage of weakened immune systems and poor living conditions.**

Recognising TB Symptoms

Diagnosis depends on the site of infection, which can affect almost any organ except hair and nails. The most common form, **pulmonary TB**, presents with symptoms such as:



A persistent cough lasting more than two weeks



Unexplained weight loss



Night sweats



Blood in sputum



General fatigue and weakness

The Good News: TB is Curable

It's not all doom and gloom—TB is both treatable and curable.

Since 2000:

74 M

lives have been saved through TB diagnosis and treatment.

The global incidence of TB is declining at a rate of

2%
per year

- » Medicines are freely available in public health facilities across Kenya.
- » Treatment typically lasts six months, with newer, shorter regimens being developed.

Patient X was successfully treated and continued her university education. Her encounter with TB is now just a footnote in her medical history. Unfortunately, her story is far from unique.

Ending TB

We must continue to:

- » Raise awareness and combat stigma.
- » Screen vulnerable and exposed populations.
- » Seek medical help at the earliest signs of illness.
- » Share recovery stories to encourage early diagnosis and treatment.

YES, WE CAN END TB

as we strive to Commit,
Invest, and Deliver.

On this World TB Day 2025

let us stand
together.

By **Dr. Shamsa Ahmed**
Head of Infectious Diseases,
M.P. Shah Hospital.



0111 000 600



info@mpshahhospital.org

