

World TB Day 2009

World TB day, falling on 24th March each year, is designed to build public awareness that tuberculosis still remains a public health problem in much of the world, causing the death of more than a million people each year, mostly in the third world. Dr. Robert Koch astounded the scientific community on 24th March 1882 by announcing that he had discovered the cause of tuberculosis, the TB bacillus. Koch's discovery opened the way towards diagnosing and curing tuberculosis. Everyone can take an active role in helping all people in need gain access to accurate TB diagnosis and effective treatment. Patient can stop TB by becoming active participant in their own care and taking all their anti-TB drugs as prescribed. Health workers can stop TB by staying alert to the symptoms of the disease and providing prompt diagnosis and treatment. Scientist can stop TB by engaging in need research to develop new diagnostics, new drugs and new vaccines. Teachers can stop TB by educating their students about this age-old scourge. Communities can stop TB by sharing information to help prevent the disease and get treatment to those who need it.

Tuberculosis is one of the Pakistan's major public health problems. Drug resistance is emerging as one of the major challenges in the management of tuberculosis. Patient's non-compliance is one of the major issues in the rise of drug resistance.

The TB epidemic must be stopped. Thirty million peoples could die from TB in the next 10 years. TB is the leading infectious killer of youth and adults. Someone is infected with tuberculosis every second. TB is the leading killer of women. Tuberculosis continues to be a major cause for morbidity and mortality in Pakistan. Both WHO and IUATLD have described the situation in Pakistan "extremely serious". Diagnosis of TB depends on the history, clinical examination and laboratory investigations. Isolation of Mycobacterium is required to establish the diagnosis. Sputum microscopy, worldwide, directs smear examination of sputum is the only practicable method of detecting tuberculosis. Radiography shows the extent of the disease, culture of the respiratory secretions shows the activity. Currently tuberculosis cannot be controlled by any mean until it is taken of on a war footing and all sections of society not only realize but also fulfill their respective responsibilities. In tuberculosis one man's cure is many men's prevention. Poor treatment is the worst treatment than no treatment. Treatment is like vaccination against tuberculosis for prevention. First time treatment is the best treatment and gives complete cure, if we use drugs with proven bioavailability in correct dosage. In order to improve the situation of TB in Pakistan our goals should be.

1. Better management of TB patients particularly smear positive patients
2. Better diagnosis of pulmonary TB by direct smear examination of sputum.

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