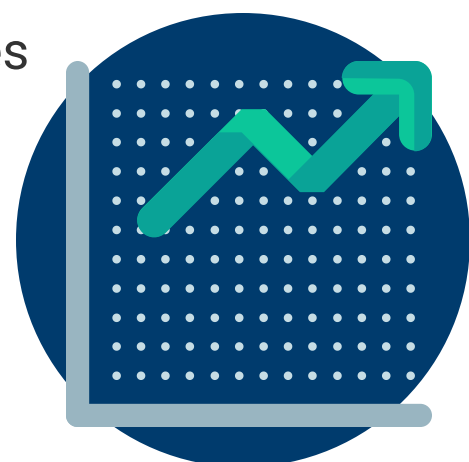


THE IMPORTANCE OF LINKING TUBERCULOSIS SURVIVORS TO PRIMARY CARE



1 We have a growing population of TB survivors

The World Health Organization estimates **58 million people survived TB** between 2000 and 2018, due to improvements in TB treatment and detection.



! TB survivors may be living with chronic conditions associated with, caused by, or made worse by TB.

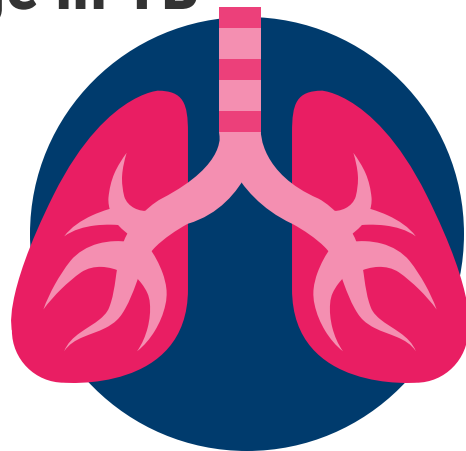
2 TB survivors are at an increased risk for premature mortality



Despite completing treatment, TB survivors, in both high and low income countries, experience **three times higher mortality** than their local populations.

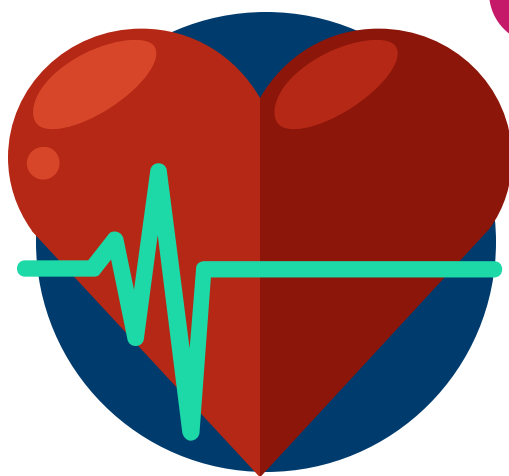
3 Estimates of residual lung damage in TB survivors range from 18 to 80%

Pulmonary TB can cause **irreversible lung damage**, which can lead to loss of lung function, long-term respiratory symptoms, and chronic respiratory disease.



💡 Emerging evidence suggests that pulmonary rehabilitation programs may be beneficial for post-TB lung disorders.

4 TB may play a role in the development of cardiovascular disease



TB appears to be a marker for increased cardiovascular disease risk. This risk may be related to **smoking** or **systemic inflammation** caused by TB, but the research is limited.

💡 We need to evaluate TB survivors for the presence of comorbidities and provide support for modifiable risk factors, such as cessation programs for smoking.

5 TB can have long-term harmful effects on mental health

Mental health after completion of TB treatment is poorly documented, but up to 70% of people on TB treatment experience changes in their mental health due to **stigma, isolation, and inadequate social support**.



💡 A simple assessment tool could be used to assess mental health in TB survivors. Those with depression or severe anxiety should be referred.

6 We need to better advocate for the health and wellbeing of TB survivors

We need to **support TB survivors** through their treatment by recognizing the long term effects of TB. An excellent first step is to ensure that people completing treatment are **linked to primary care**.

📄 Scan the QR code for the references used to create this infographic.

