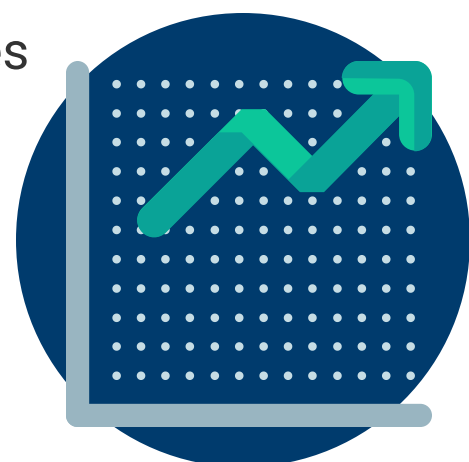


# THE IMPORTANCE OF LINKING TUBERCULOSIS SURVIVORS TO PRIMARY CARE



## 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

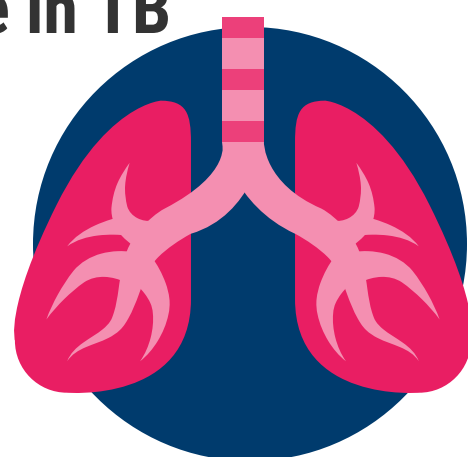
## 2 TB survivors are at an increased risk for premature mortality



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 CVD risk. This risk may be related to **smoking** or **systemic inflammation** caused by TB, but research is limited.

💡 We need to evaluate TB survivors for the presence of comorbidities and provide cessation support for modifiable risk factors such as 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 mental illness due to **stigma**, **isolation**, and **inadequate social support**.



💡 A simple tool, such as the Patient Health Questionnaire-9, could be used to assess mental health in TB survivors. Those with depression or severe anxiety should be referred for further care.

## 6 We need to advocate for health and wellbeing after completion of TB treatment



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.

