

## Mear Ran Tuberculosis

### SA IDA MAK MEAR RAN?

- Mear Ran moras ida mosu hosi infesaun bakteria (ular) *Mycobacterium tuberculosis*.
- TB (mear ran) bele halo aat ema nia atebók ka halo aat iha fatin seluk iha ema nia isin lolon hodi dada moras aat tebe-tebes.

### OIN SÁ MAK NIA DAET BA MAI?

- TB daet ba mai hosi anin, baihira uma ida, ho TB iha atebók ka kakorok, mear, fani ka koalia, ular ne'e sai hosi nia i'is ba anin.
- Baihira ema seluk dada i'is ema dada ular hirak ne'e tama ba atebók hodi bele dada infesaun.
- Ema barak hetan ular TB nian mai hosi ema seluk ne'e bé hela kleur hamutuk ho sira, hanesan membru familia nian ka belun ruma.
- TB LA daet hosi sasan iha uma laran (hanesan tudik hodi koa sasan, garfu ho kanuru, kopu hodi hemu, lensol, hena ka telefone), neduni lalika tauk usa sasan uma nian hamutuk.

### OIN SÁ MAKA *INFESAUN* MEAR RAN TB LA HANESAN HO *MORAS* MEAR RAN TB?

**Infesaun mear ran TB:** ular mear ran TB iha ita nia isin mai be moris "**hakmatek**". Dala balu organismu defesa haneha metin hela ular hirak ne'e. Maibe, ular hirak ne'e moris **hakmatek** hela iha isin lolon.

- Baihira ular mear ranTB sira **hakmatek** hela, la halo aat , ho mos la daet ba ema sira seluk. Ema ne'e iha "**infesaun**", maibe la os moras. Ba ema barak (90%), ular sira ne'e sei moris iha sira hakmatek hela deit nafatin ba nafatin. Teste Isin Kulit Tuberkulina sei hatudu resultadu positivu beibeik, tanba ema ne'e iha infesaun.

**Moras mear ran TB:** Ular mear ran TB sira bele moris **hakmatek** iha ita nia isin, tinan barak liu tiha maka sira **foin bok an**, liu-liu baihira ita nia organismu defeza sai fraku ona. Ne'e dala ruma tanba ita nia idade, moras todan, akontesimentu aat, hemu tua ka droga demais, infesaun HIV (ular ida ne'e bé halo ema moras hodi hetan SIDA) ka kondisaun seluk tan.

- Baihira ular mear ran TB hakmatek **foin bok an**, moras mear ran TB bele mosu.
- Ema ne'e bé iha infesaun, uitoan deit, 10% mak hetan moras mear ran (TB).
- Ema ne'e bé iha mear ran TB iha atebók ka kakorok bele ha-daet sira nia infesaun ba ema seluk.
- Dala barak, hemu aimoruk semana rua liu tiha, ema ne'e bé iha moras mear ran (TB) la ha-daet ona sira nia infesaun ba ema seluk.
- Ema ne'e bé iha mear ran TB iha fatin seluk iha isin lolon, /a ha-daet sira nia infesaun ba ema seluk.

### SINAL OIN SÁ?

TB bele ataka iha fatin seluk iha ita nia isin lolon, maibe sira ataka beibeik maka atebók. Ema ne'e bé iha TB bele iha sinal hirak ne'e tomak ka balu deit:

- Mear beibeik too semana tolu maka foin liu
- Isin manas
- Isin tun, "krekas" la hatene tanba sá
- Kosar iha kalan
- Kole hela deit
- La iha vontade atu han
- Ran iha mear tasak
- Moras ho/ka bubu iha fatin ne'e bé iha infesaun baihira TB attaka iha ita nia isin fatin seluk.

Emá balu iha moras mear ran (TB) bele la dun iha sintoma barak ida.

## SE MAKA IHA RISKU

- Emá ne'e bé moris hamutuk ho emá ho infesaun TB iha atebók ka iha kakorok
- Emá ne'e bé:
  - Iha kankru, hamutuk ho moras naran *lymphoma* ho *Hodgkin's*
  - Hemu aimoruk ne'e bé afeta sira nia organismu defesa (hanesan corticosteroide, cyclosporin ka aimoruk fisioterapia nian)
  - Iha SIDA
  - Iha moras aat ne'e bé halo organismu nia defesa sai fraku tiha.

## OIN SÁ MAKA BELE TAHAN NETIK?

- Dehan ba emá ne'e bé iha moras TB iha atebók atu taka sira nia inus ho ibun baihira sira mear
- Halo emá ne'e bé iha moras TB iha sira nia atebók hela mesak too infesaun liu
- Halo emá ne'e bé iha infesaun ba tuir kursu tratamentu preventivu nian
- Halo labarik sira, ne'e bé atu lao ba rai seluk ne'e bé iha TB barak, simu sangra BCG atu tahan netik TB ne'e bé perigosu tebe-tebes. Hanesan bai-bai, BCG /a rekomenda iha NSW.

## OIN SÁ MAKA ATU HALO DIAGNOSTIKU?

*Ba TB iha atebók:*

- Raiu-X ida bele hatudu se moras TB afeta nia atebók ka lae
- Teste mear tasak nian bele hatudu se ular mear ran TB iha mear tasak
- Se emá ne'e labele mear sai mear tasak, tenki halo teste tan.

*Ba TB ne'ebé la iha atebók:*

- Test hanesan biopsia, analise kanek nia foer (wound swab), "surgical specimen" kuru mi'i iha dadersan (early morning urine sample), bele tulun iha diagnostiku TB.

## HALO TRATAMENTU OIN SÁ?

- **Infesaun mear ran TB:** doutor bele haruka hemu aimorok musan balu (tratamentu preventivu) ka haré tutuir ho raiu-X.
- **Moras Mear Ran (TB):** halo tratamentu ho aimorok antibiotiku especial oi-oin kombina hamutuk durante fulan ne'en. Enfermeiru klinika hirus matan nian sei haré imi hemu aimorok antibiotiku hodi haré se aimorok sira hemu ne'e dada karik moras seluk mosu tan, hodi mos haré se tratamentu ne'e sai kompletu.
- Emá ne'e bé iha TB bele iha kura se sira halo tratamentu kompletu.
- Emá ne'e bé iha TB bele fila ba sira nia atividade normal, baihira halo hela tratamentu, baihira sira iha ona kontagiu.
- Se emá ne'e bé ho TB la hemu sira nia aimorok, sira bele sai moras aat tebe-tebes, bele mos mate.

## INFORMASAUN SELUK TAN

- Koalia ho imi nia klinika hirus matan nian ka koalia ho imi nia doutor familia.
- Investigasaun TB nian hotu-hotu ho mos tratamentu halo saugati hodi rai mos segredu iha klinika hirus matan nian.
- Atu ba klinika hirus matan nian, bele ba deit, /a presisa doutor mak haruka ba.
- Kartaun Medicare mos /a presisa.

Servisu iha klinika hirus matan inklui kuidau ho haré moras ho TB ho mos buat hotu-hotu nebee presisa hodi leno ho buka hetan emá.

**KLINIKA HIRUS MATAN IHA NSW****Klinika iha Cidade:  
Metropolitan Clinics:****Telefone Numeru.  
Telephone No.**

Central Sydney	Canterbury Hospital	9787 0162
	Concord Hospital	9767 5675
	Royal Prince Alfred Hospital	9515 8846
Northern Sydney	Hornsby Hospital	9477 9317
	Manly Hospital	9976 9542
	Royal North Shore Hospital	9926 7905
South Eastern Sydney	Prince of Wales Hospital	9382 4636
	St George Hospital	9350 2503
	St Vincent's Hospital	8382 3876
	Sydney Hospital	9382 7535
South Western Sydney	Liverpool Hospital	9829 4888
Wentworth	Nepean Hospital	4734 2536
Western Sydney	Parramatta Health Services	9843 3110

**Klinika iha Kampu:  
Rural Clinics:**

Central Coast	Gosford Hospital	4320 3388
Far West	Broken Hill Hospital	(08) 8080 1317
Greater Murray	Wagga Wagga Centre of Public Health	6933 9125
	Griffith Community Health Centre	6966 9900
Hunter	John Hunter Hospital	4921 3372
Illawarra	Wollongong Hospital	4253 4138
Macquarie	Dubbo Centre of Population Health	6841 2345
Mid Western	Orange Base Hospital	6393 3480
Mid North Coast	Coffs Harbour Health Campus	6656 7855
	Port Macquarie Health Centre	6588 2755
	Taree Health Centre	6592 9625
New England	Tamworth Base Hospital	6768 3392
Northern Rivers	Lismore Base Hospital	6620 2280
Southern	Bega Community Health Centre	6492 9620
	Cooma Community Health Centre	6455 3201
	Goulburn Community Health Centre	4827 3913
	Narooma Community Health Centre	4476 2344
	Queanbeyan Community Health Centre	6298 9233
	Young Mercy Care Centre	6382 1111

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**NSW Health website:** [www.health.nsw.gov.au](http://www.health.nsw.gov.au)