

## **Tuberculosis (TB)**

### **Definition:**

Tuberculosis is a bacterial infection caused by *Mycobacterium tuberculosis*. It primarily affects the lungs but can also spread to other organs.

### **Symptoms:**

- Persistent cough lasting more than three weeks
- Chest pain
- Coughing up blood
- Night sweats
- Fatigue and weight loss

### **Risk Factors:**

- Weakened immune system
- Malnutrition
- Smoking and alcohol abuse

### **Home Remedies:**

- Proper nutrition (protein-rich foods)
- Garlic for its antibacterial properties
- Steam inhalation

### **Medical Remedies:**

- Anti-TB drugs (Isoniazid, Rifampin)
- Long-term antibiotic treatment

### **Prevention:**

- BCG vaccination
- Avoiding close contact with infected individuals

### **Consult a Doctor if:**

- Severe chest pain or difficulty breathing
- Persistent fever above 101°F

### **Fun Facts:**

- TB was once known as “consumption.”
- It remains one of the top infectious disease killers worldwide.

