

Editor's Desk



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WORLD T. B DAY 24.03.2022 WHAT CAN WE DO ? OUR COMMITMENT TO SOCIETY.

We observe World T.B day every year on March 24th to commemorate the discovery of T.B bacillus by Robert Koch in March 1882. The first world T.B day was observed in 1982. The theme for 2022 World T.B Day is Invest to end T.B. Save Lives and our moonshot goal is to eradicate T.B world over like how we been successful with Small Pox and Polio. We are all aware that T.B is well curable even in Drug resistance cases. Good Nutrition, Clean Air, Good housing with adequate ventilation, personal hygiene, Compliance with Medication are the bare essentials with T.B management and prevention. Though it is raging in developing nations, low incidence of T.B is still occurring in developed and economically super rich countries. Also conditions like Diabetes mellitus, patients on immunosuppressive agents, H.I.V, old age, Alcohol excess, Transplant recipients, under nourished, low socio economic population, Steroid taking, Connective tissue disorders poses extra risk for T. B infection. They all should be screened and monitored for TB. The COVID Pandemic has relegated awareness of T.B but universal masking helped to prevent to some extent. Now that COVID cases are on the decline we should reawaken interest and fillip with an extra oomph in T.B prevention. Silver lining of world's management of Covid Pandemic has taught us that similar preventive activities like wearing Face coverings, Social distancing, and hand washing adoption can minimize T.B transmission as well.

Medial professionals are vulnerable to catching T.B due to their closeness with patients and is an occupational hazard. So what can be done? Patient/ Public education and co-operation, raising awareness about T.B, Publicity campaigns, and involvement by Non-Governmental organisations, raising housing standards and Nutrition will play major role. We as a profession should adopt a high index of suspicion in almost all cases and think about T.B and exclude them since it can present in various guises and can masquerade other illnesses. Increased involvement by Social workers and Health visitors in identifying, isolating, contact tracing new cases and supervision of Medication and supporting the vulnerable and underprivileged goes a long way. During Ante Natal classes mothers can be educated about the benefit of B.C.G Vaccination of the newborn. As the adage goes 'whoso learns young, forgets not old' and 'what is learnt in the cradle lasts till the tomb' we should start T.B prevention education and B.C.G vaccination from lower school levels onwards. Media plays a major role. Like in many movies and T.V programmers, appearances of warnings can include T.B awareness similar to smoking and alcohol related harm. Government also is trying to motivate by incentivizing (on similar lines to vasectomies) educationally and economically disadvantaged population with a view to co-operating and maintaining compliance with treatment. Though we can be proud of



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our achievements so far with T.B infection like tackling drug resistance and improvements with Diagnostic investigations we have a long road to travel in eradication. We know only squeaking wheel gets the grease and hence massive actions and drum beating are warranted in raising T.B awareness and it's eradication.

Let us all work together to defeat TB.

Best wishes

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