

# ¡Vivir A Todo Pulmón!

A story about TB



## ACKNOWLEDGEMENTS

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The development of this fotonovela is based on the results of the needs assessment conducted in collaboration with the Rural Woman's Health Project.

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# Share Information, not TB!

**iVivir a Todo Pulmón!** is a TB educational product developed to assist healthcare providers with their Spanish speaking clients.

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**For more information contact:**



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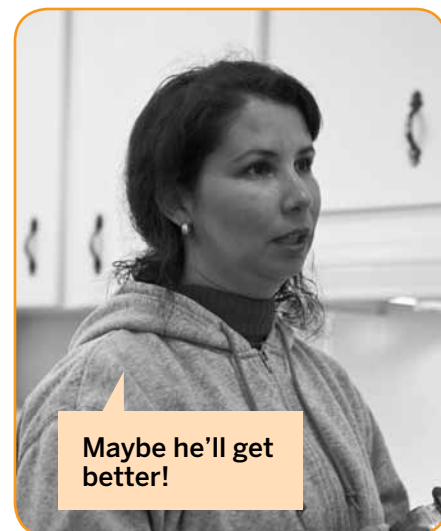
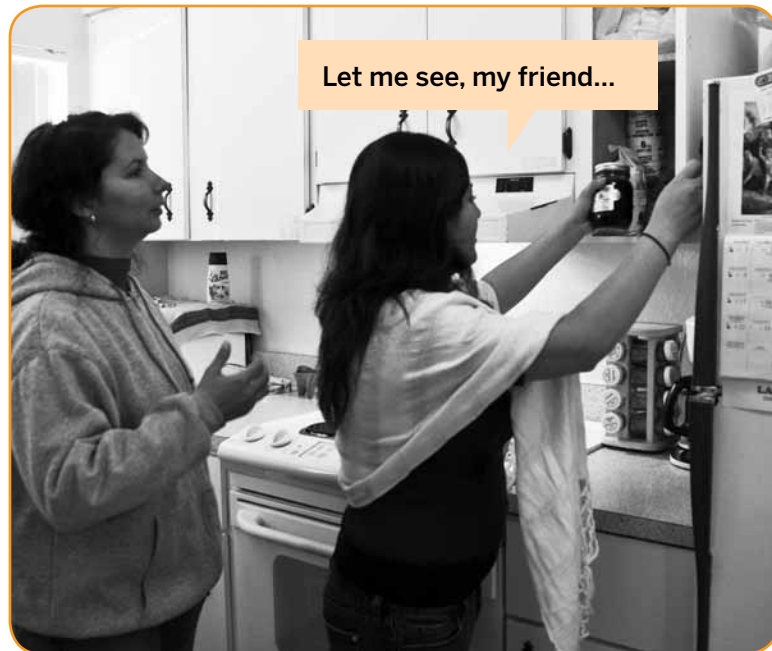
# Teresa's worry



¡VIVIR A TODO PULMÓN!

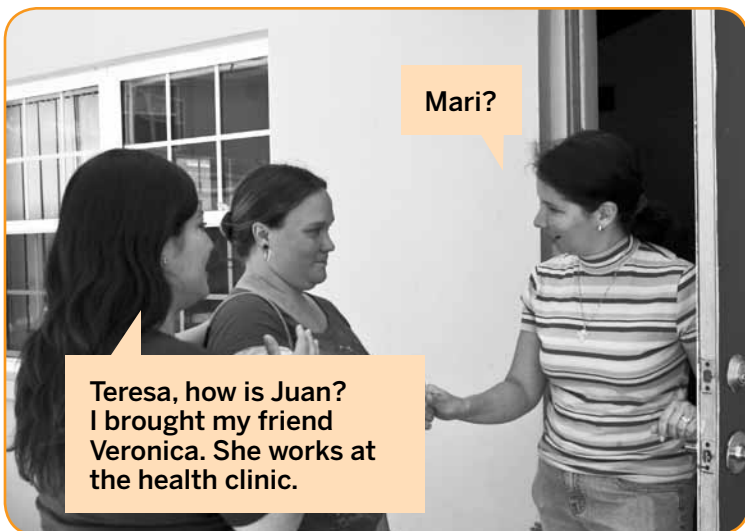


In the middle of the night, Teresa knocks on her neighbor Mari's door.

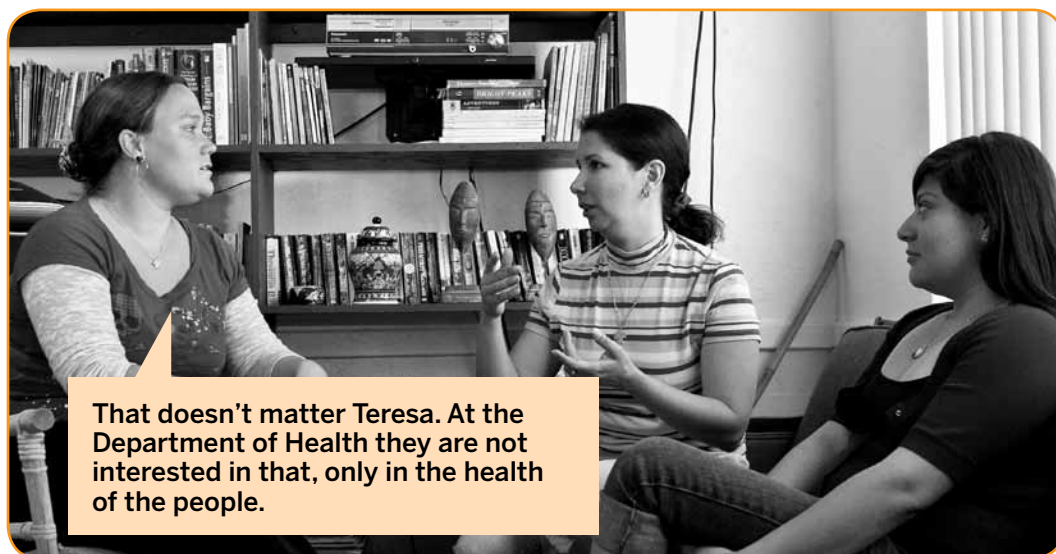
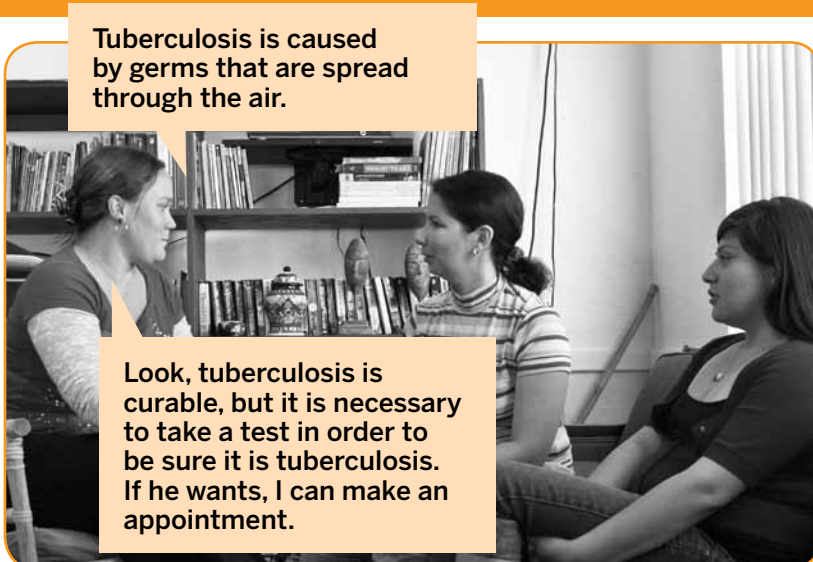
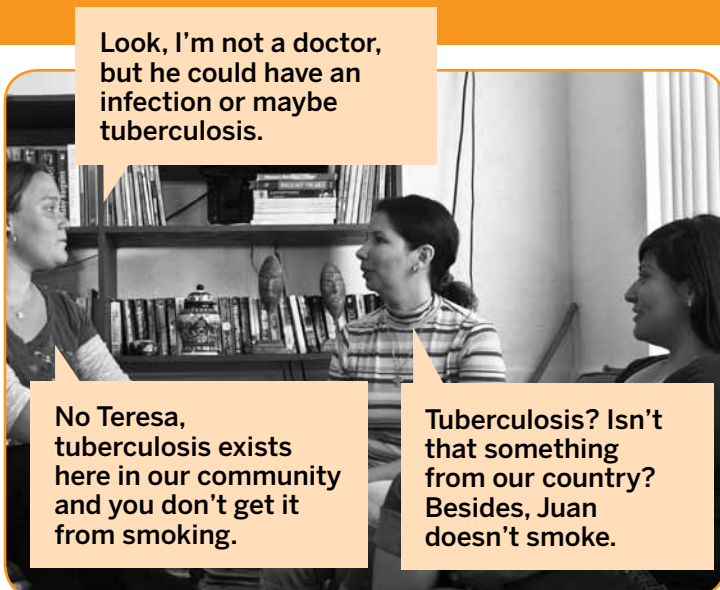




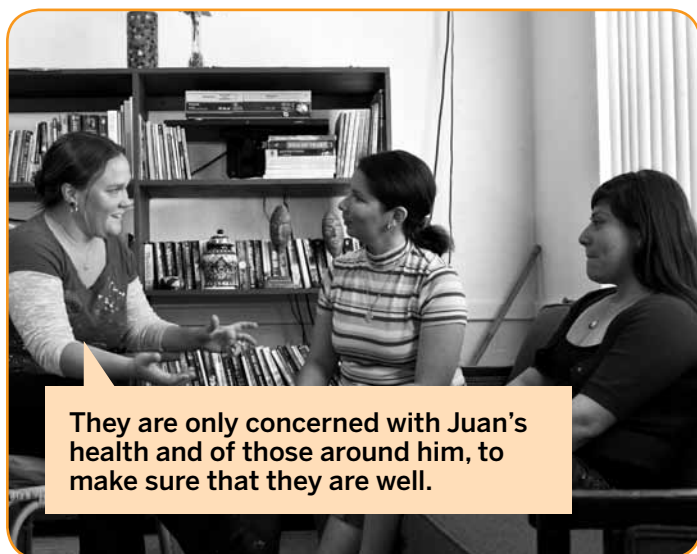
## The next day Mari visits Teresa.



## Teresa invites them into the living room.



Even though Teresa is very worried about Juan, she can't stop thinking about the problems with immigration.







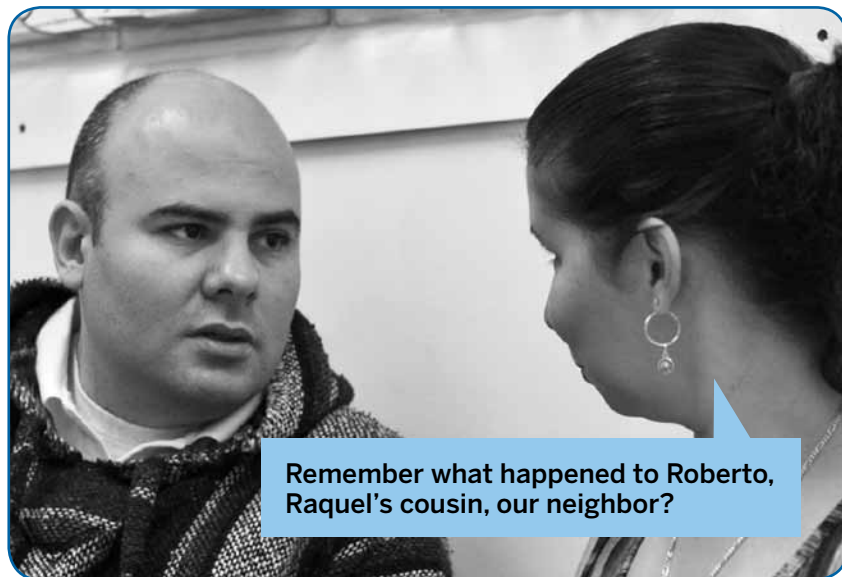
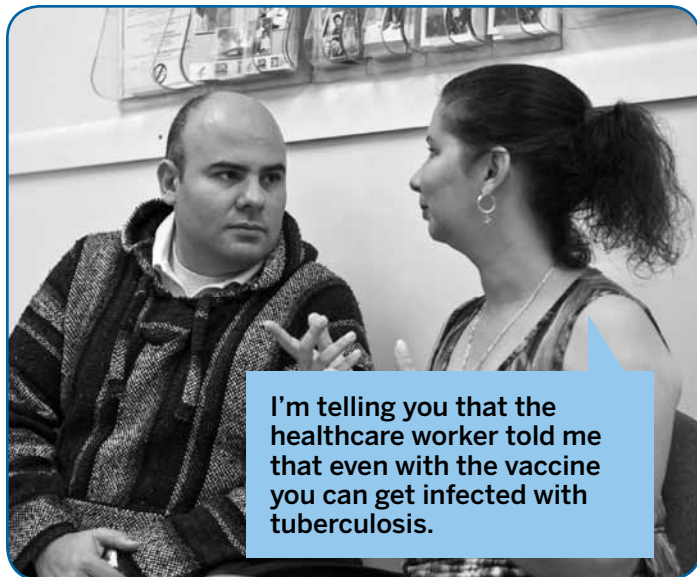
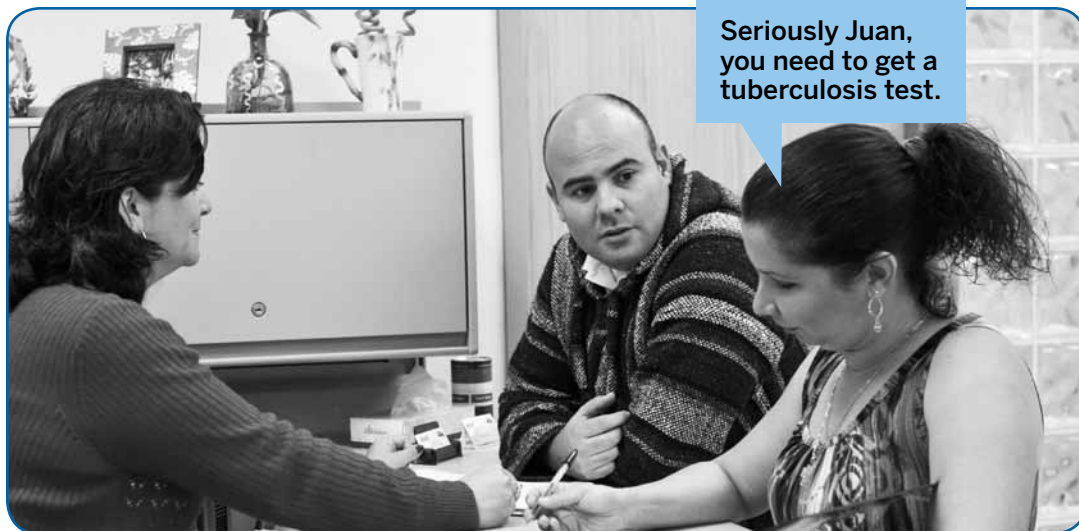
# Juan visits the clinic



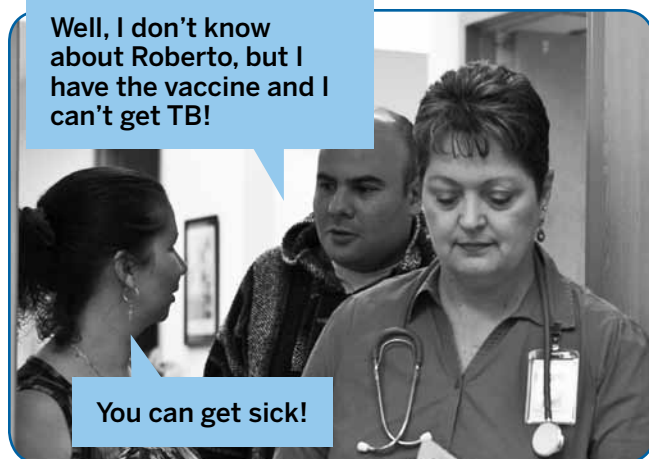
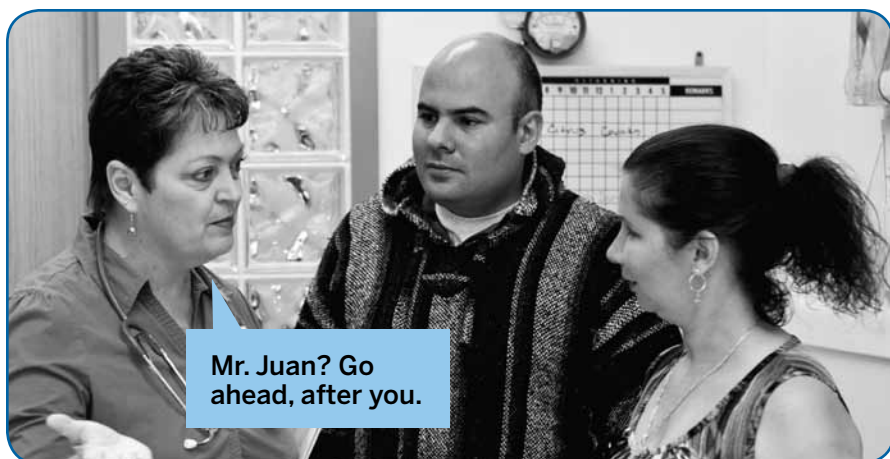
¡VIVIR A TODO PULMÓN!



**Teresa and Juan arrive at the health clinic. While they register, Teresa insists that Juan gets the tuberculosis test.**



**While they chat, Juan is called back to the consultation room. On the walk back, the nurse explains that it is necessary to use masks.**





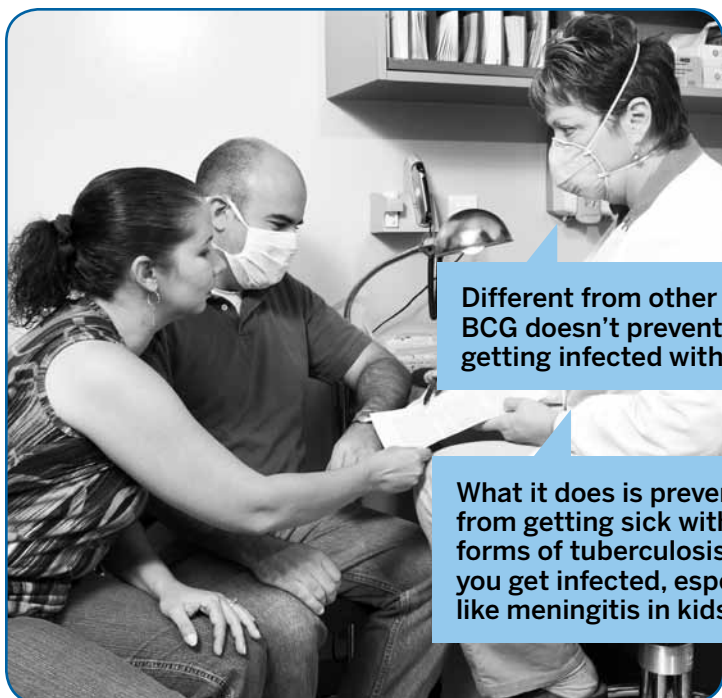


Call me Juan.

Your wife is right, sir.

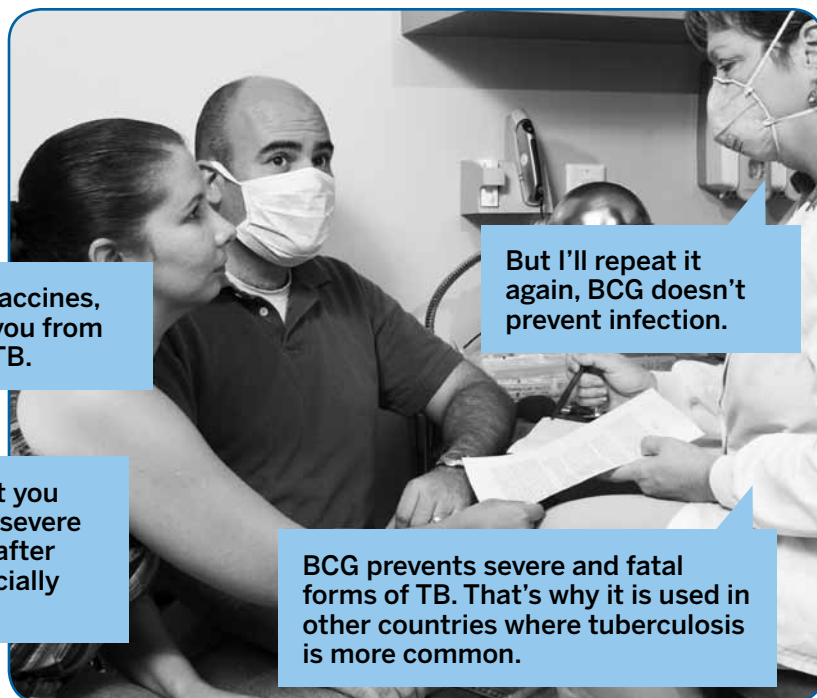
OK. Juan, the vaccine for TB, also called BCG is different than other vaccines.

## The nurse shows Juan information about BCG.



Different from other vaccines, BCG doesn't prevent you from getting infected with TB.

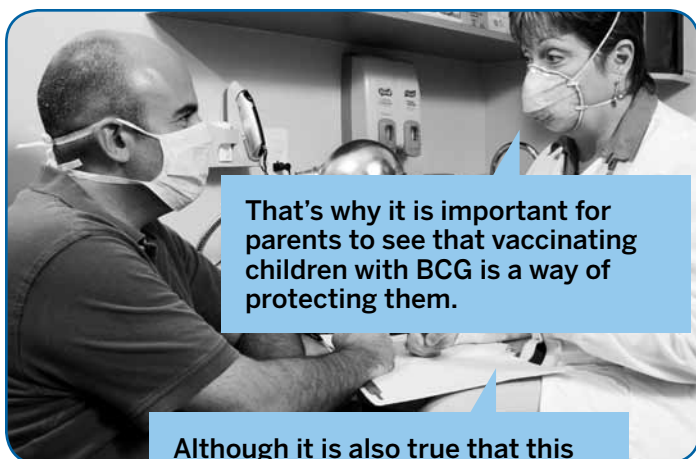
What it does is prevent you from getting sick with severe forms of tuberculosis after you get infected, especially like meningitis in kids.



But I'll repeat it again, BCG doesn't prevent infection.

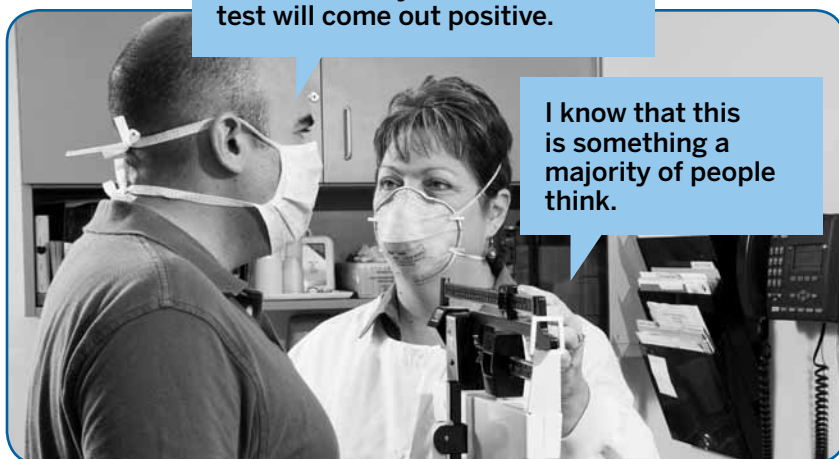
BCG prevents severe and fatal forms of TB. That's why it is used in other countries where tuberculosis is more common.

## The nurse starts the physical exam although Juan has a lot of questions for her.



That's why it is important for parents to see that vaccinating children with BCG is a way of protecting them.

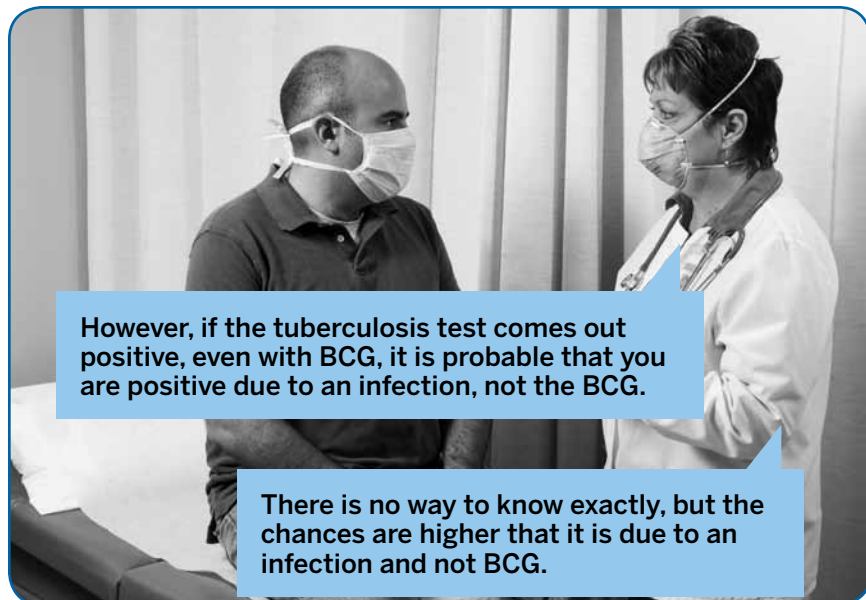
Although it is also true that this protection only lasts a few years.



But if I had the BCG vaccine, then either way the tuberculosis test will come out positive.

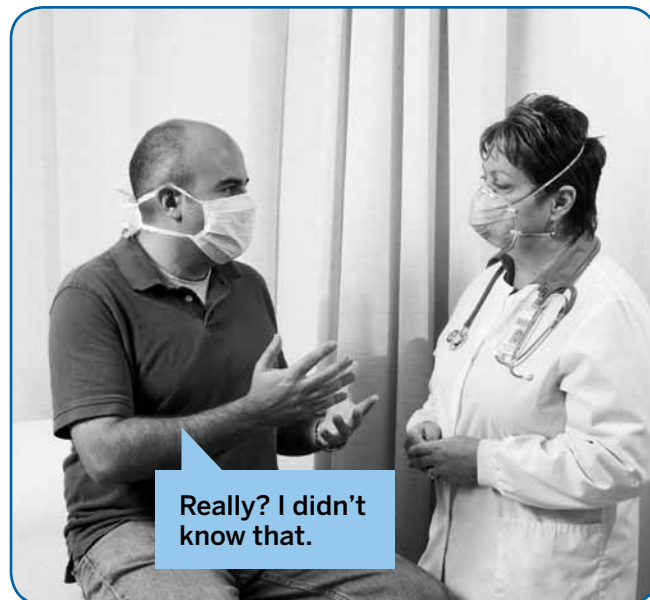
I know that this is something a majority of people think.



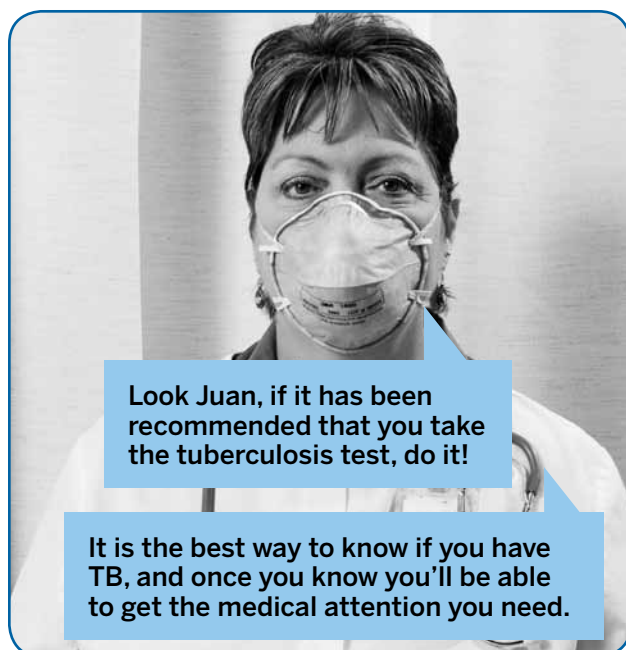


However, if the tuberculosis test comes out positive, even with BCG, it is probable that you are positive due to an infection, not the BCG.

There is no way to know exactly, but the chances are higher that it is due to an infection and not BCG.

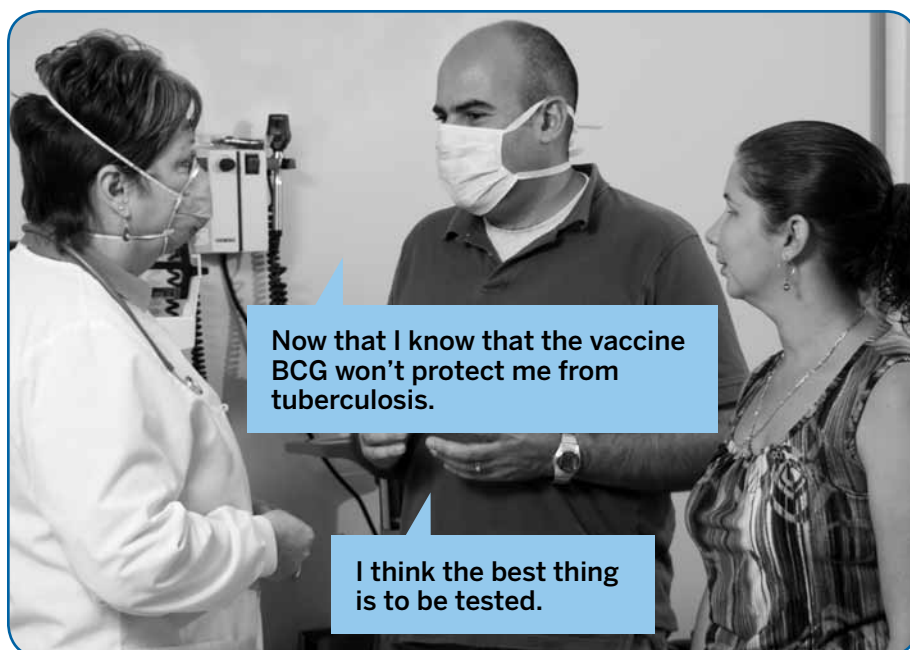


Really? I didn't know that.



Look Juan, if it has been recommended that you take the tuberculosis test, do it!

It is the best way to know if you have TB, and once you know you'll be able to get the medical attention you need.



Now that I know that the vaccine BCG won't protect me from tuberculosis.

I think the best thing is to be tested.



Thank God, finally he will do it!



# My family, my community

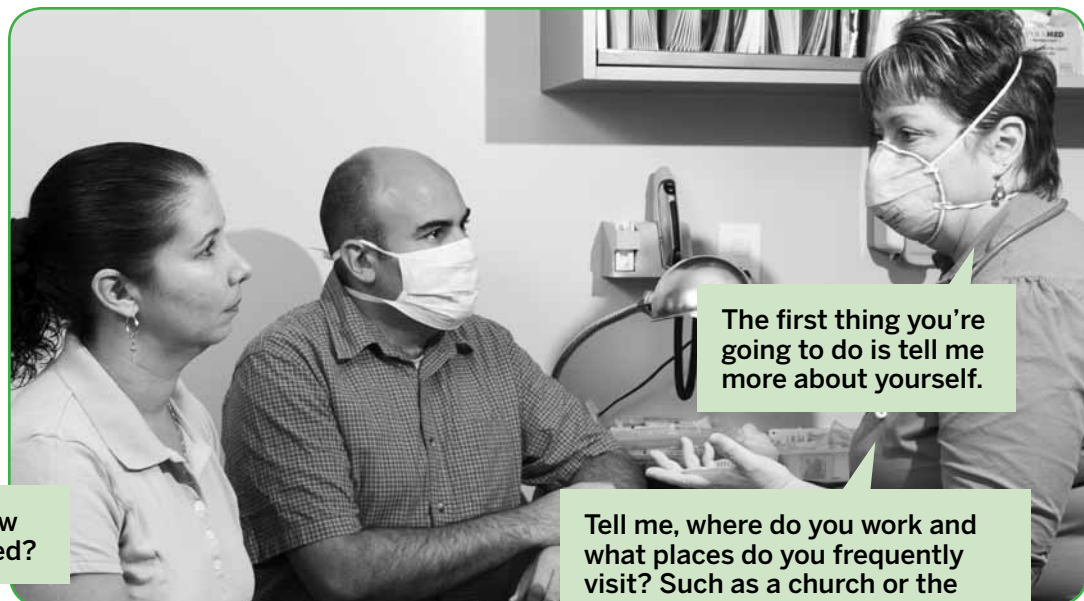
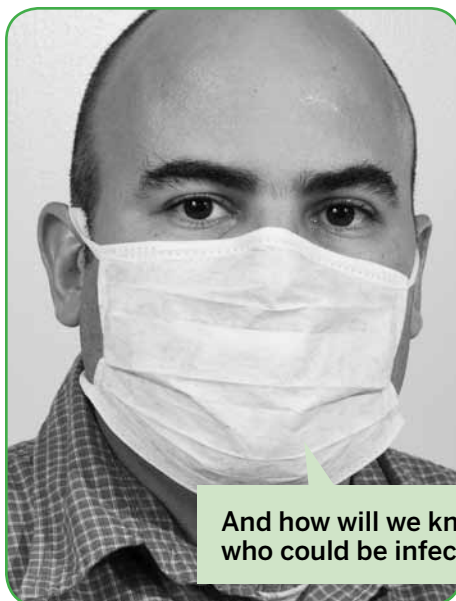
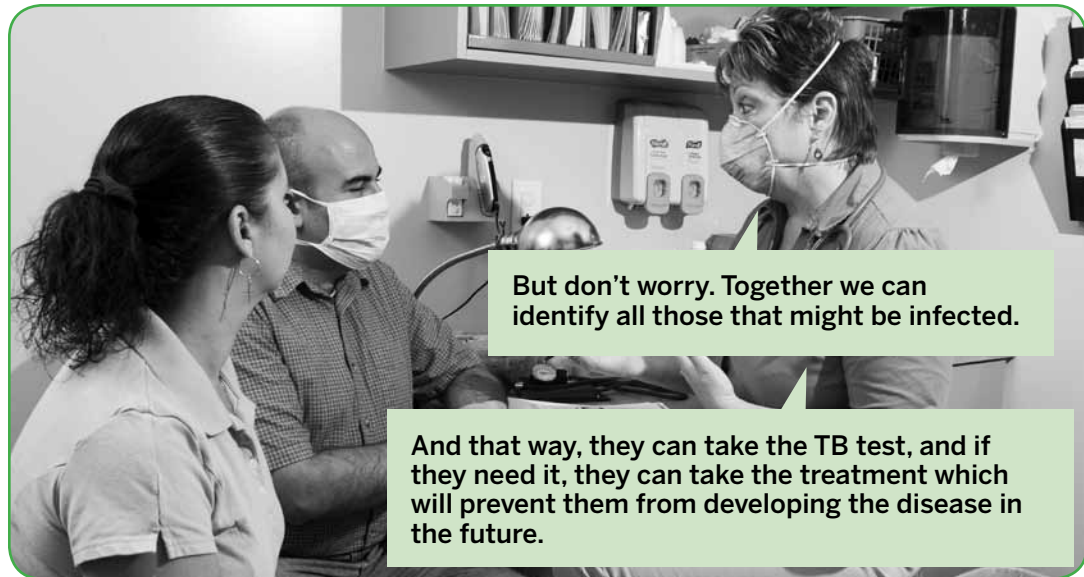
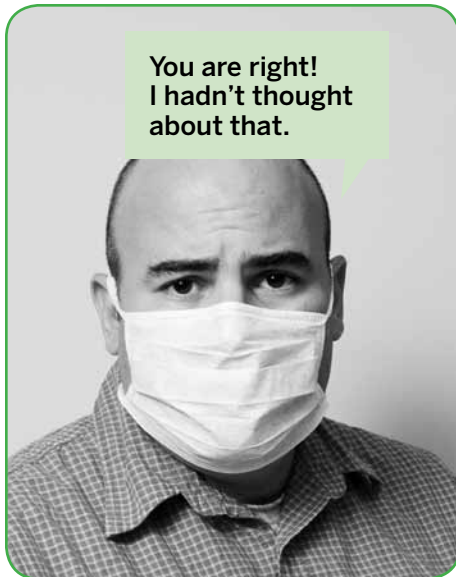
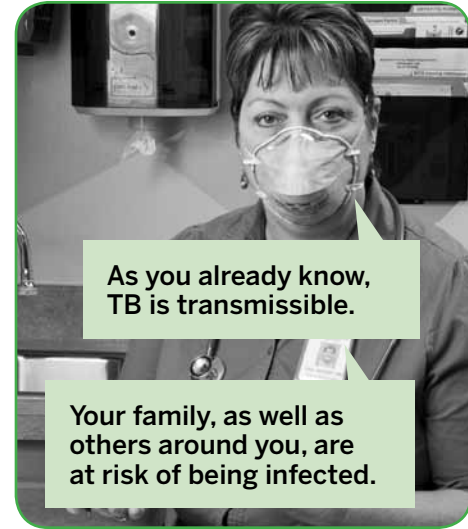
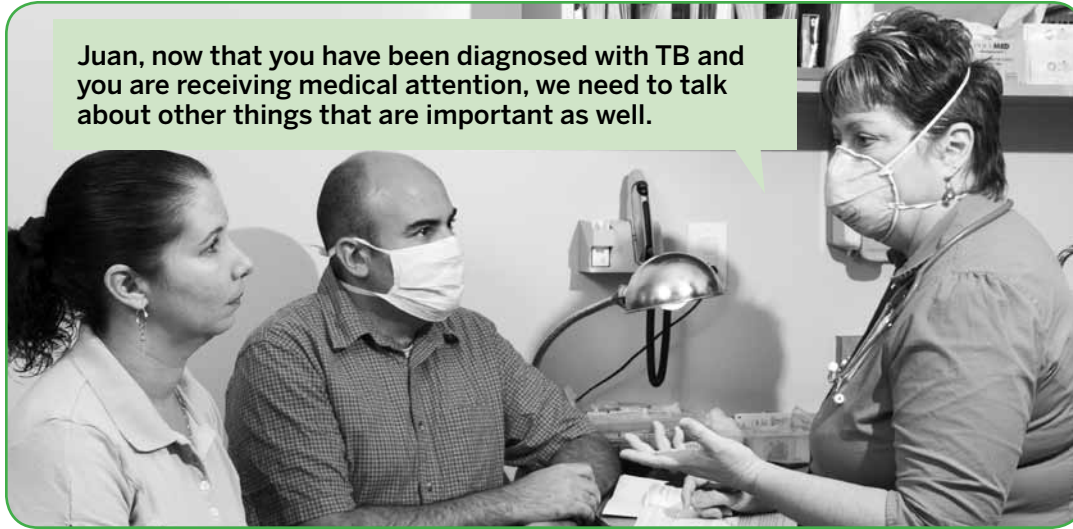


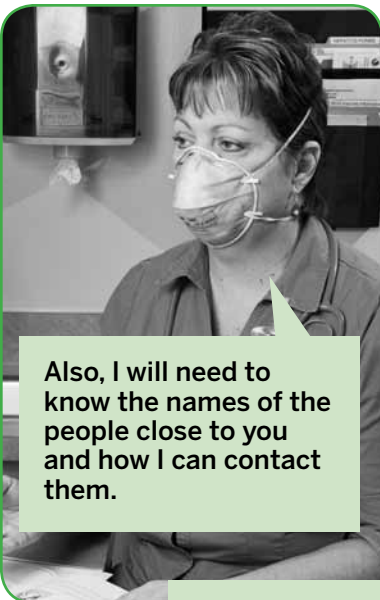
¡VIVIR A TODO PULMÓN!





After being diagnosed and starting treatment, Juan returns to the clinic for follow-up.



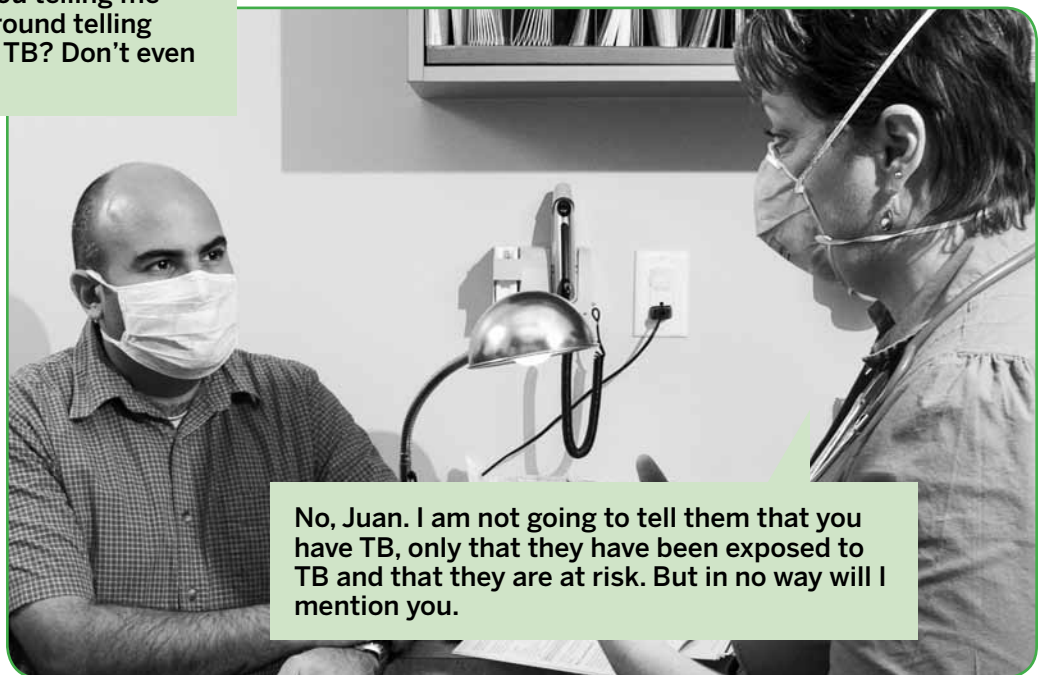


Also, I will need to know the names of the people close to you and how I can contact them.



The next step would be contacting them and letting them know that they have been in contact with someone who has TB and that they need to get tested.

Stop, wait a second! Are you telling me that you are going to go around telling everyone that I gave them TB? Don't even think about it!



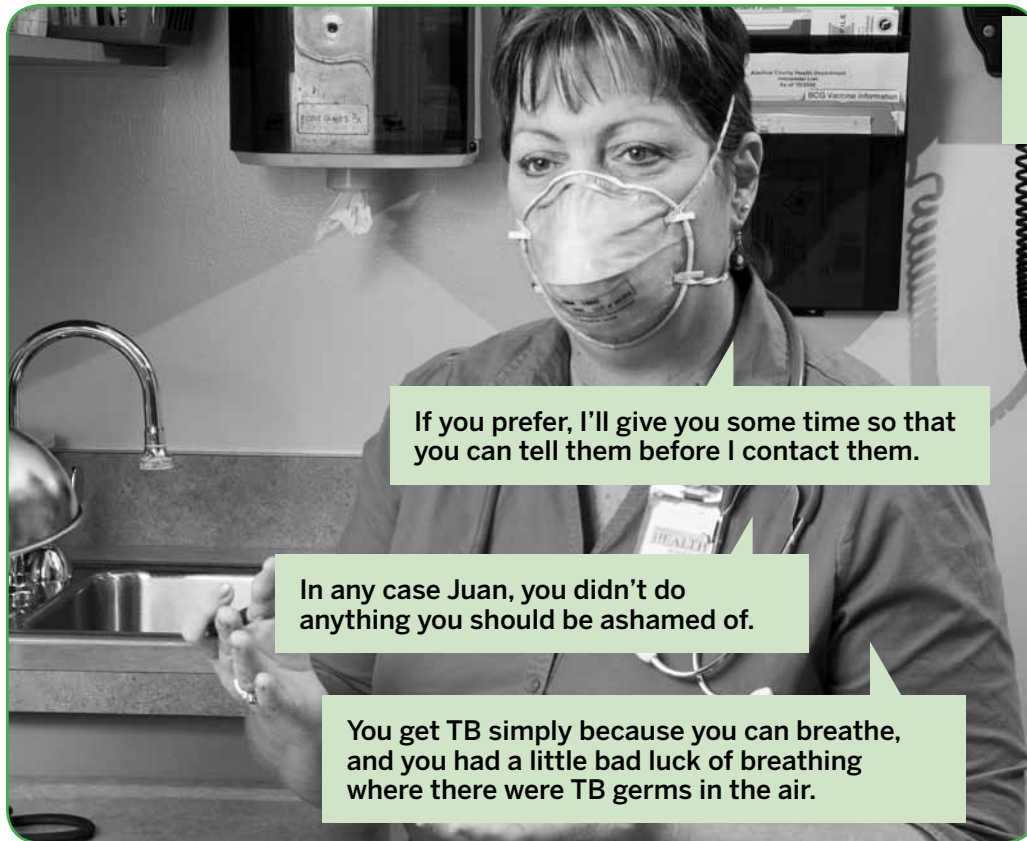
No, Juan. I am not going to tell them that you have TB, only that they have been exposed to TB and that they are at risk. But in no way will I mention you.

As if they aren't going to guess it!



That's always a possibility.





Look Juan, think about it. You can help others just by sharing this information.

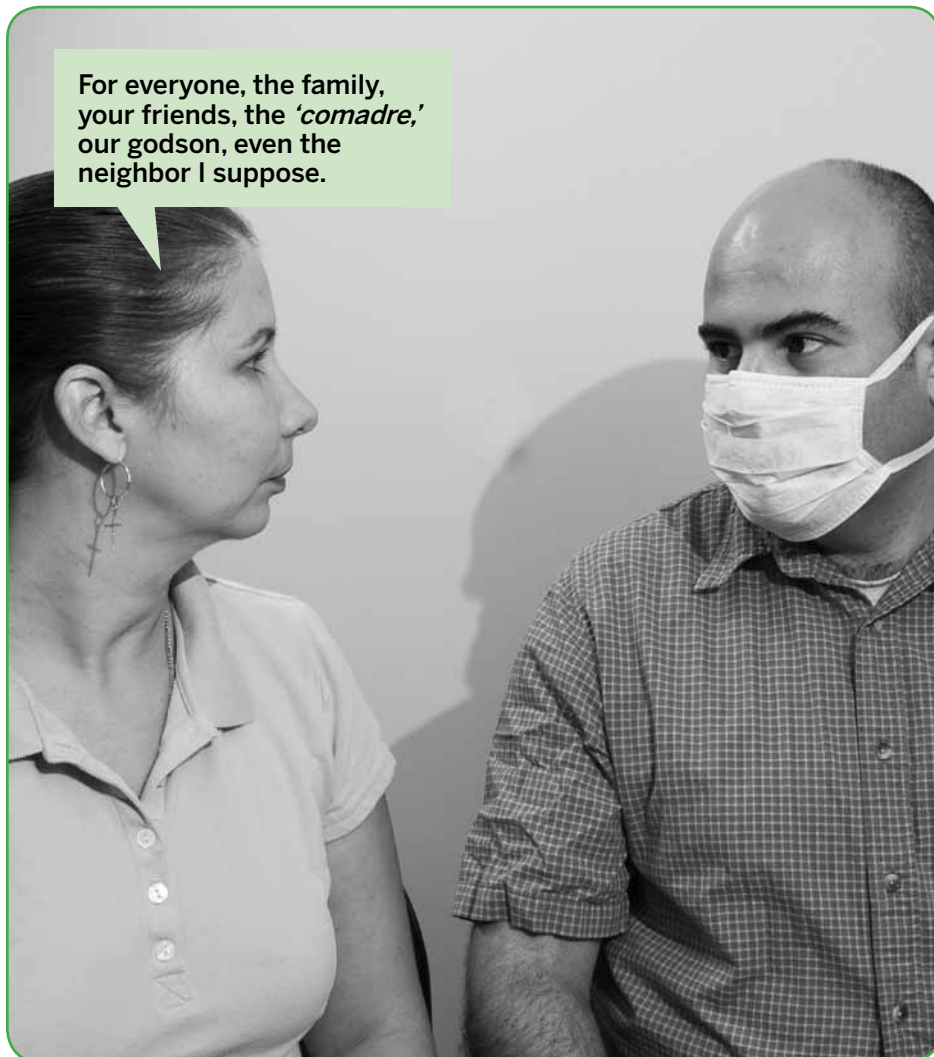
If you prefer, I'll give you some time so that you can tell them before I contact them.

In any case Juan, you didn't do anything you should be ashamed of.

You get TB simply because you can breathe, and you had a little bad luck of breathing where there were TB germs in the air.



The only thing you are really doing by sharing the information is protecting them from getting sick.



For everyone, the family, your friends, the '*comadre*,' our godson, even the neighbor I suppose.



Looking at it like that, I guess...when can we start?





Protecting ourselves  
from tuberculosis  
is in our hands...



¡VIVIR A TODO PULMÓN!



**The healthcare worker, Lorena, arrives at the restaurant where Juan works. Lorena wants to speak with those that might have been exposed to TB.**

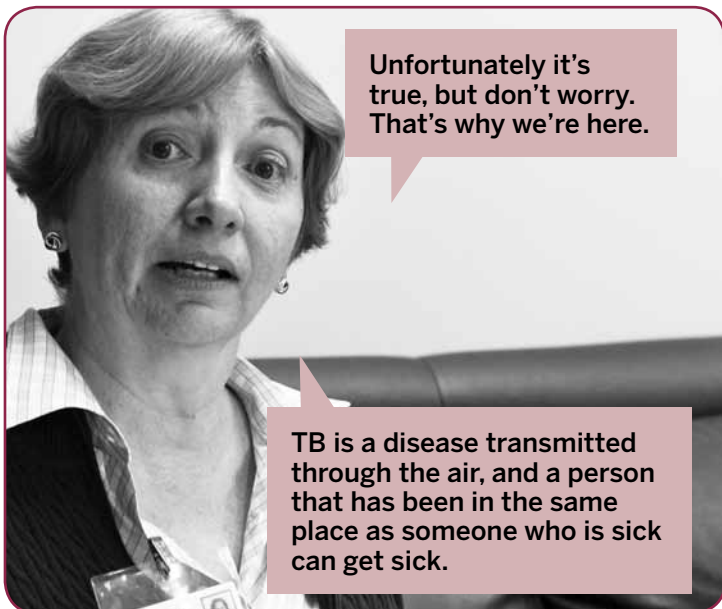
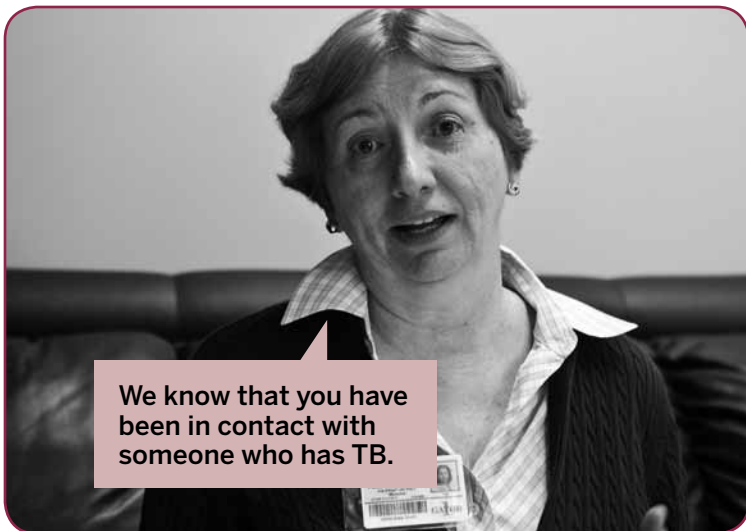



**Don Roberto takes Lorena to the kitchen to explain to Juan's co-workers the reason for Lorena's visit. Don Roberto introduces Lorena to Karla.**






**Alone with Rosario, one of the cooks, Lorena explains in detail the risks of TB and the need to be tested.**






But it's better to do it to be sure. The test is very simple and can prevent you from getting seriously ill.




And what is the test like?




Well, nowadays there are two types of tests. One is a skin test, called TST.

The other is a blood test called an IGR.



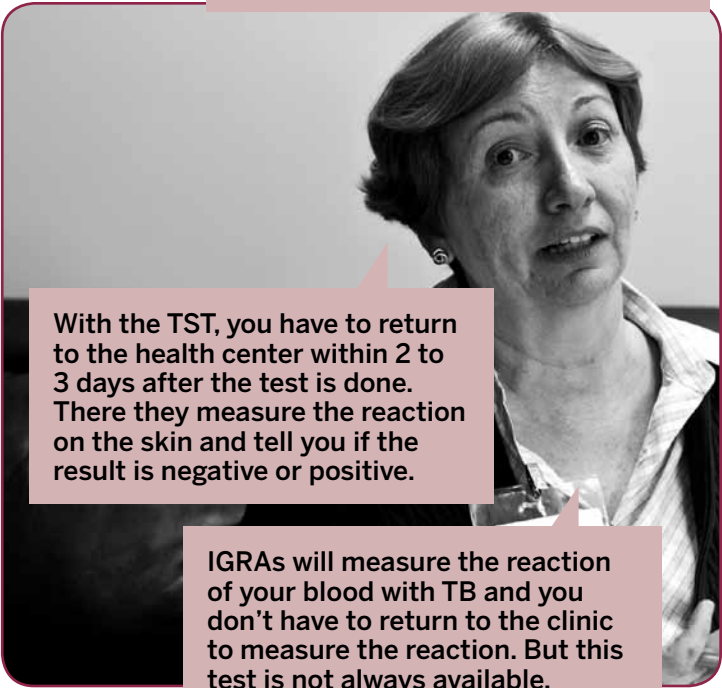
With the TST, we inject a substance called PPD into the skin of the arm, and measure if there is a reaction or not.

In the IGRAs, we take some blood, and measure if there is a reaction with the TB.



And I have to do both tests?

No, let me explain your options.



With the TST, you have to return to the health center within 2 to 3 days after the test is done. There they measure the reaction on the skin and tell you if the result is negative or positive.

IGRAs will measure the reaction of your blood with TB and you don't have to return to the clinic to measure the reaction. But this test is not always available.



**Rosario finds Karla after saying goodbye to Lorena.**







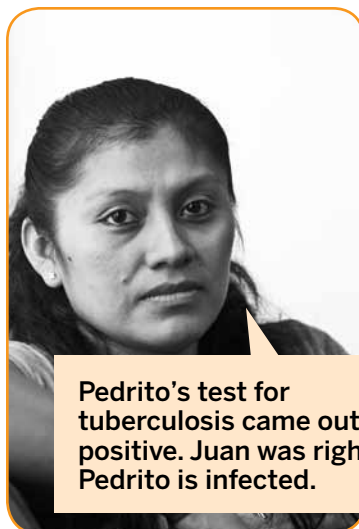
# Pedrito has the infection!



¡VIVIR A TODO PULMÓN!



Juan and Teresa's *'compadres'*, Guadalupe and Jesus, talk while they wait for Teresa to arrive. They plan on spending the afternoon together.



Pedrito's test for tuberculosis came out positive. Juan was right, Pedrito is infected.



Wait! But he isn't sick!

I know, I also thought the same thing. If Pedrito is positive, he should be sick.



But fortunately the nurse explained that a positive test doesn't mean you are sick.

What Pedrito has is LTBI.



What? LTBI?

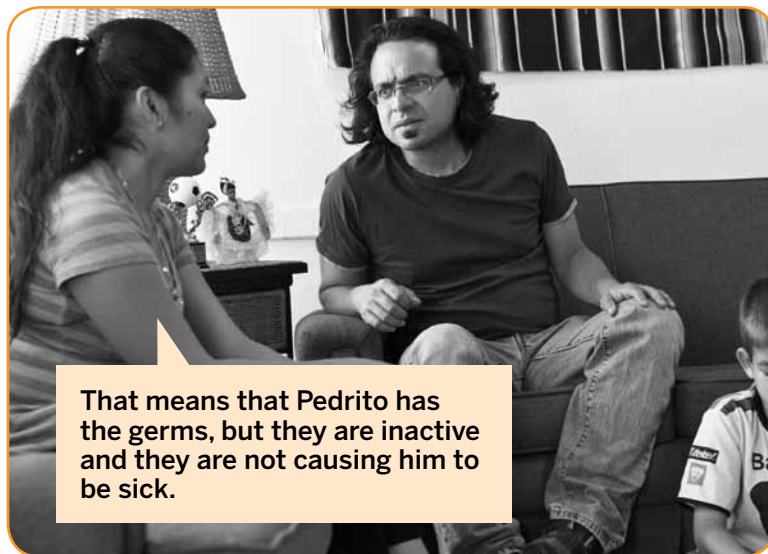


What is that?

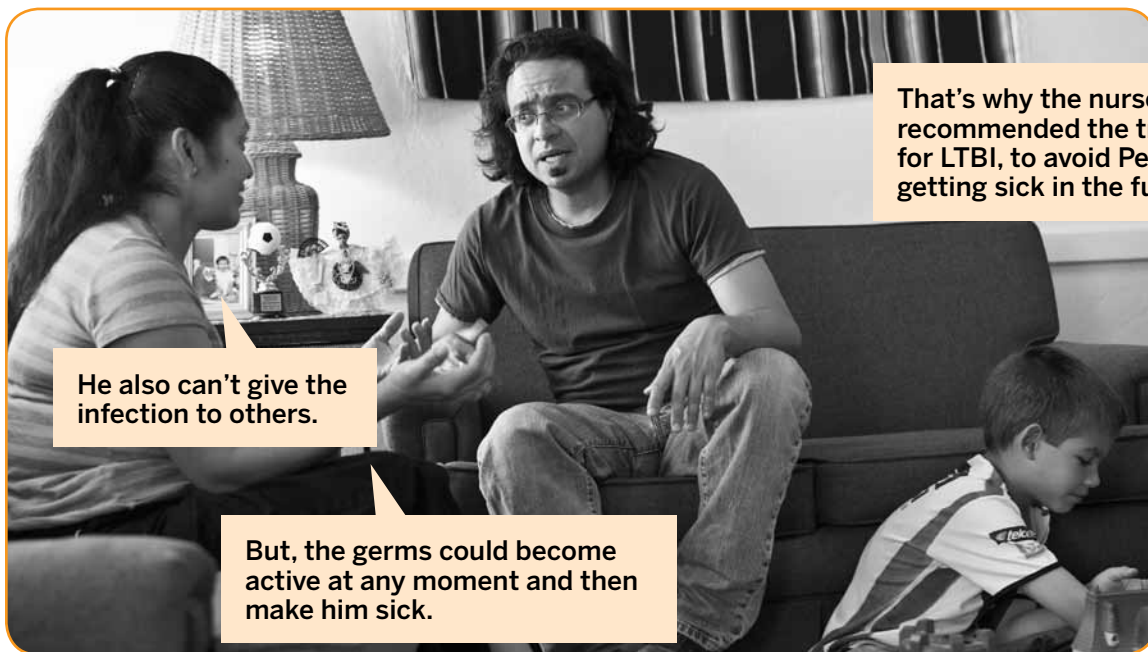




LTBI means *Latent Tuberculosis Infection*.



That means that Pedrito has the germs, but they are inactive and they are not causing him to be sick.



He also can't give the infection to others.

But, the germs could become active at any moment and then make him sick.

That's why the nurse recommended the treatment for LTBI, to avoid Pedrito getting sick in the future.



While they talk about Pedrito, Teresa arrives at their house.



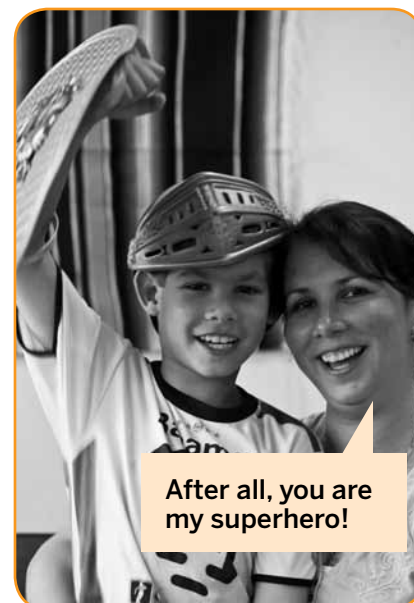
Good afternoon, I'm here. How are you guys?

How is my godson?



Guadalupe was telling me that Pedrito has LTBI.

No! I am so sorry! What are you guys going to do?







I want to keep  
up with the  
treatment but...

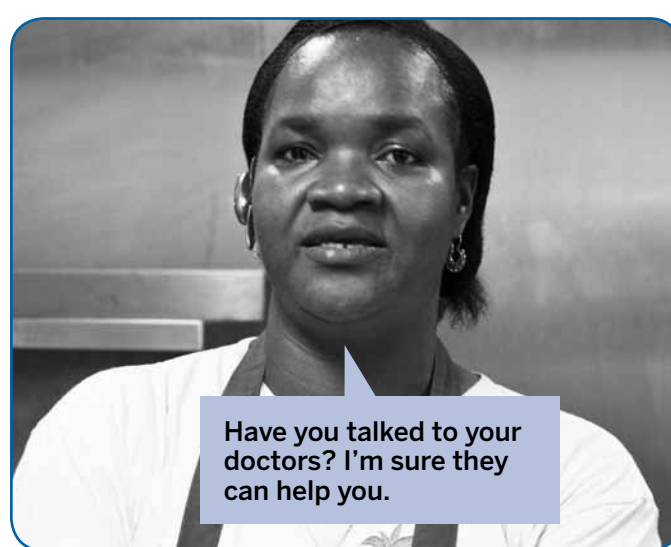
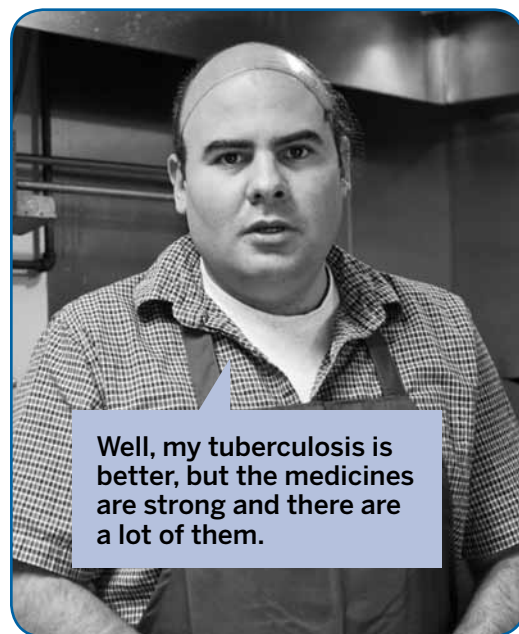
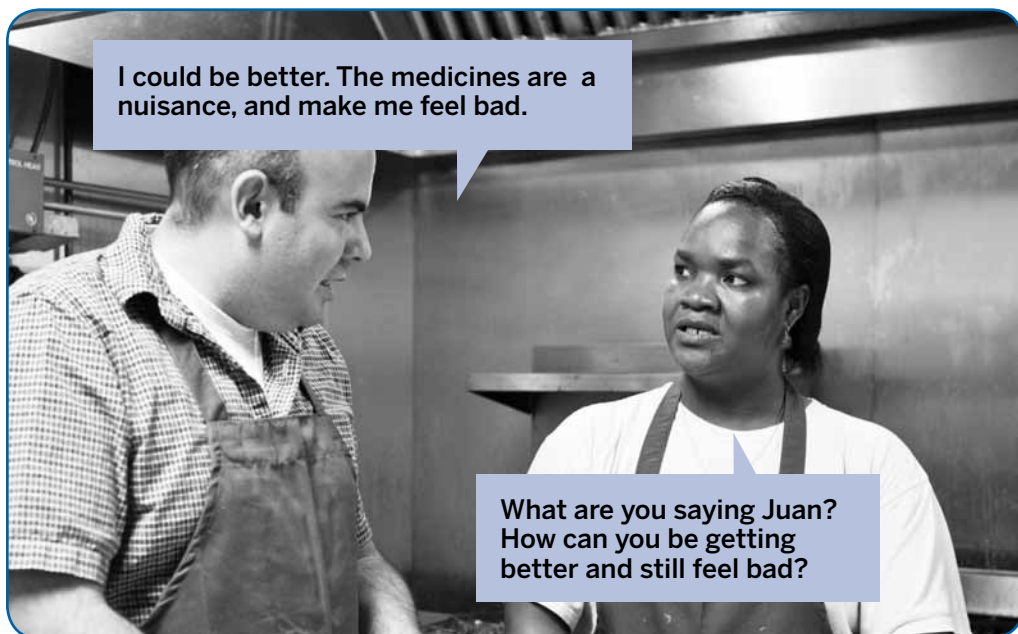
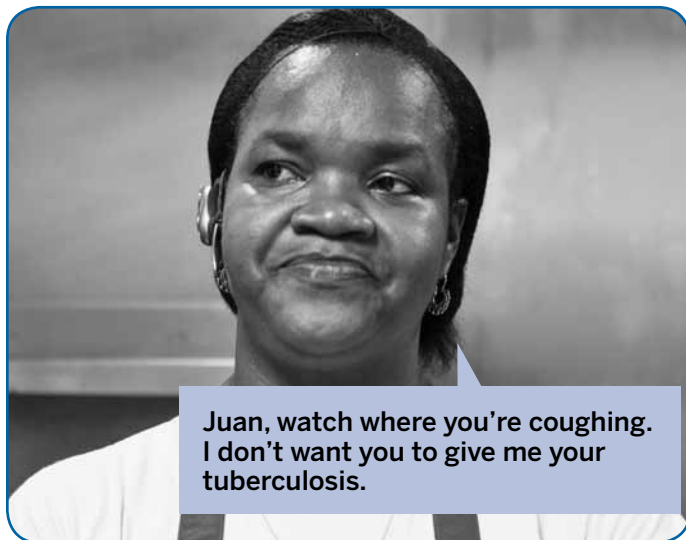


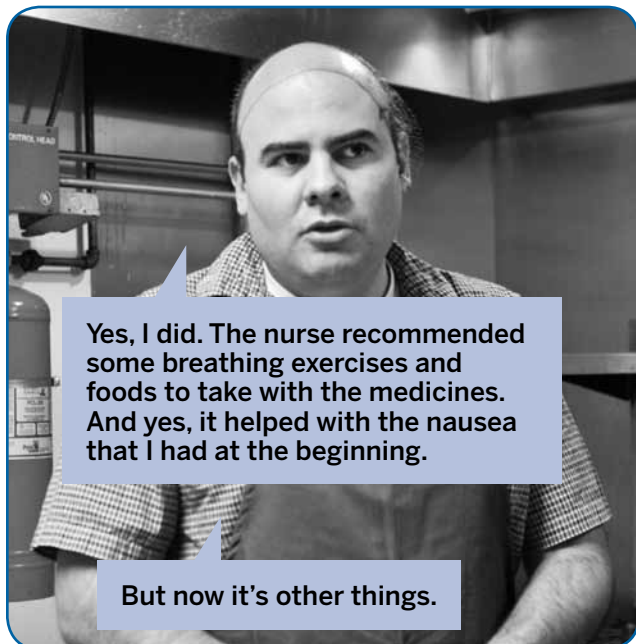
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Juan has returned to work after being isolated. Even though he has to continue his treatment, he is no longer contagious. Meanwhile while working, Juan coughs a little and Karla starts to kid around with him.





Yes, I did. The nurse recommended some breathing exercises and foods to take with the medicines. And yes, it helped with the nausea that I had at the beginning.

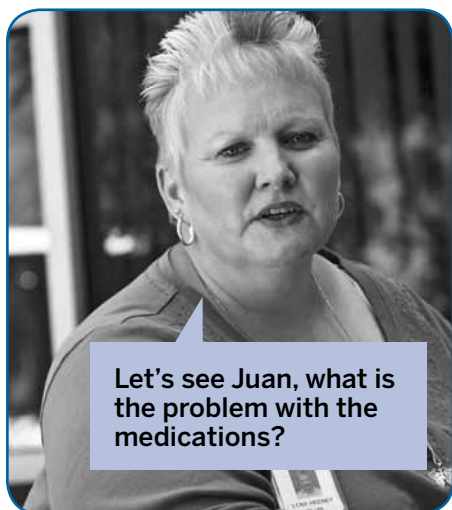
But now it's other things.



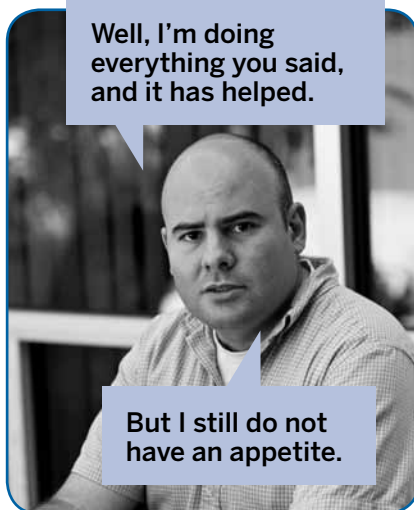
And have you told her?

No. I should, shouldn't I? That's a good idea, Karla. I'll tell her when I see her.

**Juan is once again at his daily visit with his nurse to take his medicines, but this time he plans to ask her about all the side effects he's having.**

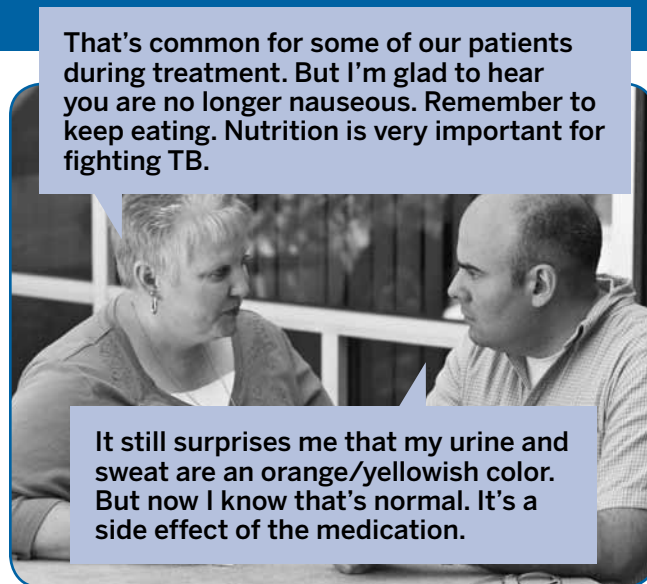


Let's see Juan, what is the problem with the medications?



Well, I'm doing everything you said, and it has helped.

But I still do not have an appetite.



That's common for some of our patients during treatment. But I'm glad to hear you are no longer nauseous. Remember to keep eating. Nutrition is very important for fighting TB.

It still surprises me that my urine and sweat are an orange/yellowish color. But now I know that's normal. It's a side effect of the medication.



What else have you noticed?

After taking my medicine, my mouth tastes like metal. This also contributes to me not being hungry.

What you are telling me is common, but we can try something to change that.



Perfect!

We can start meeting later so you take your medicine closer to bedtime. That way you will have the metallic taste while you sleep.

OK, if you don't mind coming later.

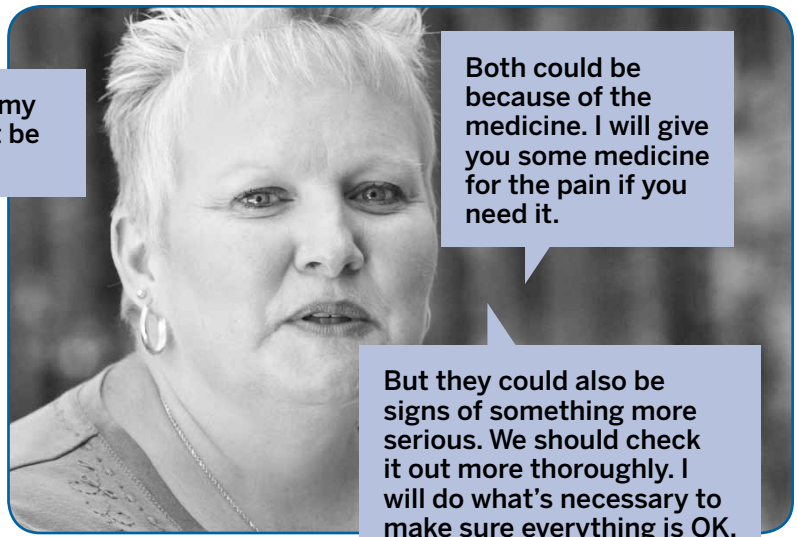




Of course not, let's plan on it. Anything else?

Well, I also have pain in my joints, but that may just be old age.

I also have some skin irritation. Is that normal?



Both could be because of the medicine. I will give you some medicine for the pain if you need it.

But they could also be signs of something more serious. We should check it out more thoroughly. I will do what's necessary to make sure everything is OK.

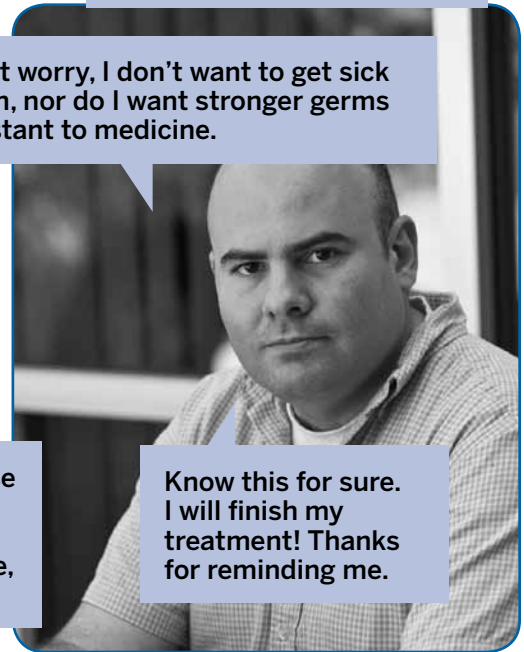


Thank you very much for everything.

There's no need to thank me. I really want you to feel better so you finish your treatment.



Remember, if you don't follow these instructions precisely, if you don't avoid alcohol, you can get sick again. And this time it will be worse, and the treatment will take longer.



Don't worry, I don't want to get sick again, nor do I want stronger germs resistant to medicine.

Know this for sure. I will finish my treatment! Thanks for reminding me.

## Juan is playing foosball with his '*compadre*'



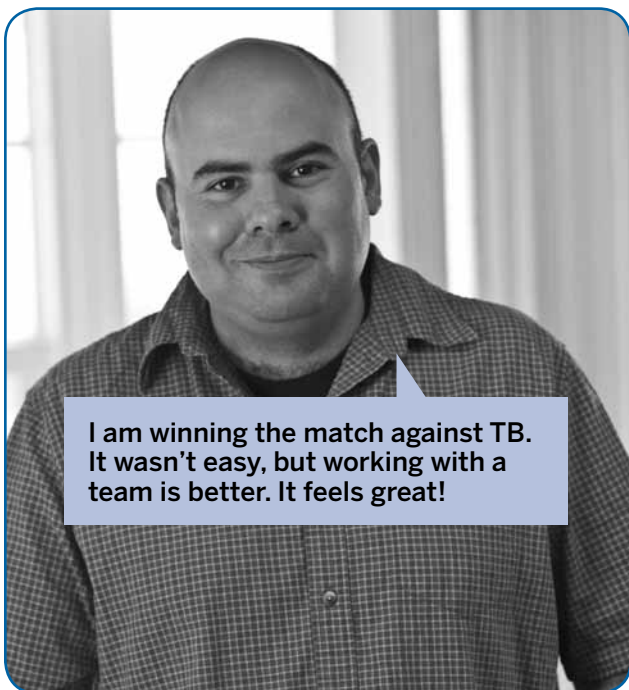
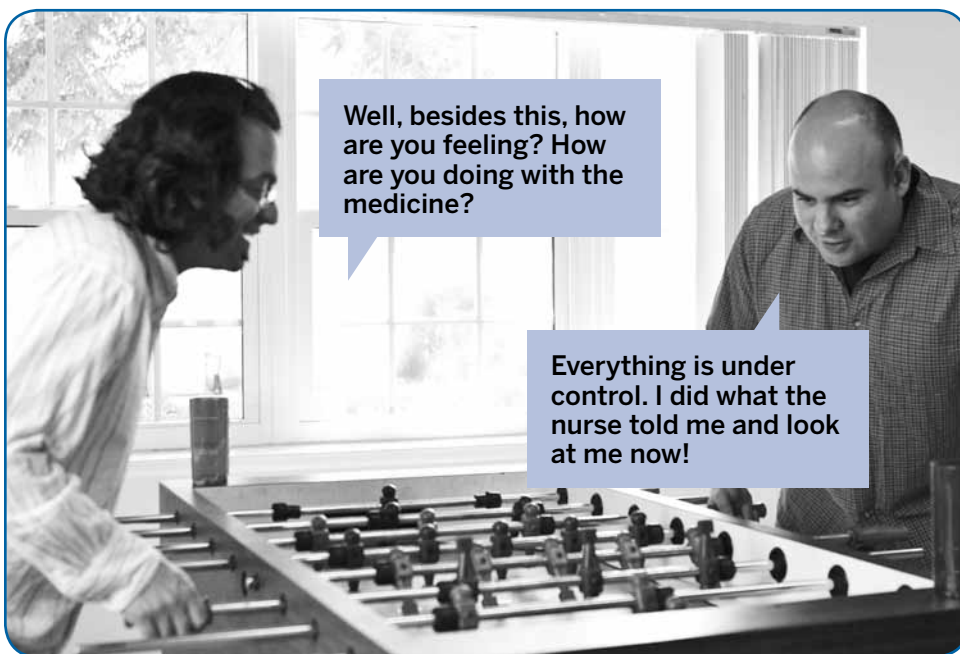
GOOOOOOOOAAAAAAALLLLLLLLLLLLLLL!



You did it again!

Ha! Ha! Ha! Remember, I am the best!









It will always feel  
good to do good

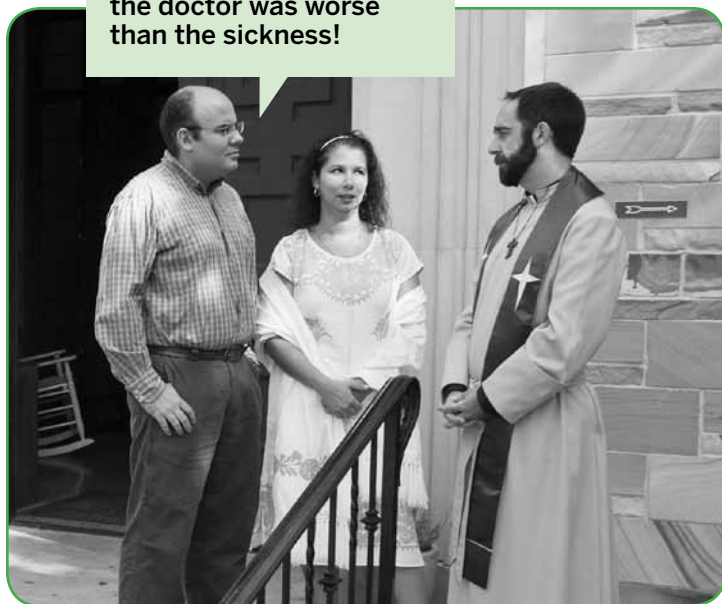



¡VIVIR A TODO PULMÓN!






Since Juan recovered, he hasn't missed church service on Sundays.  
After service he and Teresa greet the priest.






I think that the worst part was when some people didn't treat us very well. But things got better with time.




In the end, if you explain the situation, people understand and change their attitudes.




Not everyone! You see Raúl?

What? I thought that Raúl's issue was in the past.




He did change. He understood that tuberculosis was like any other illness. But then he returned to his old ways.



To tell you the truth, we don't understand what happened.

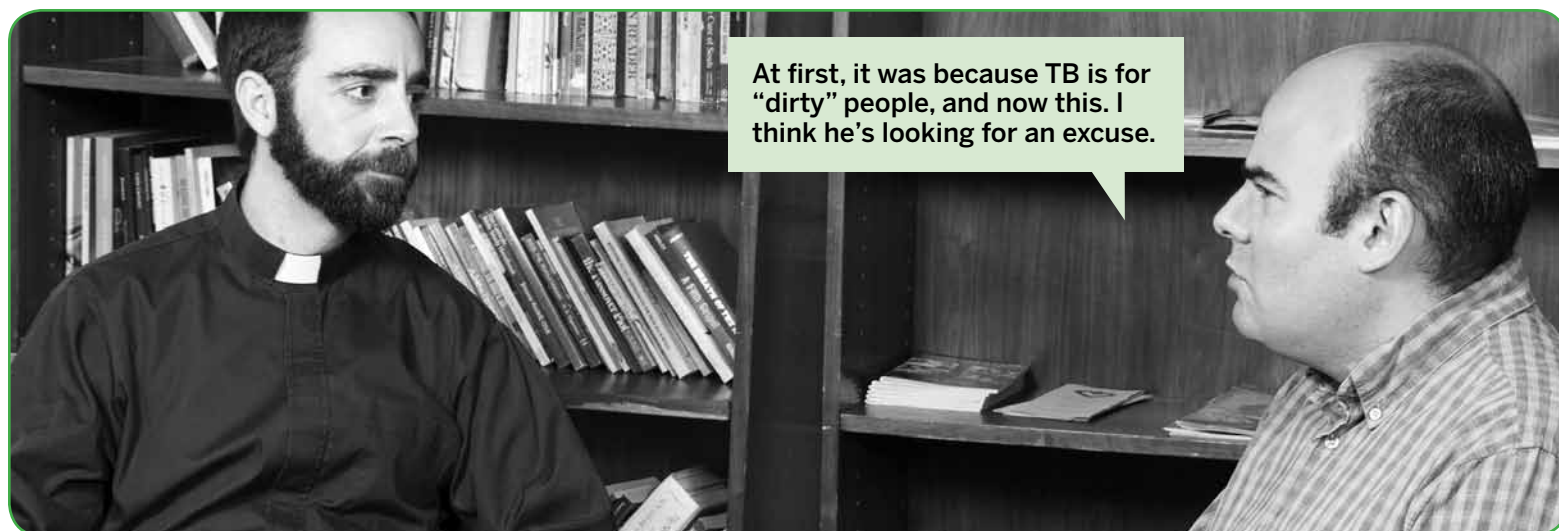
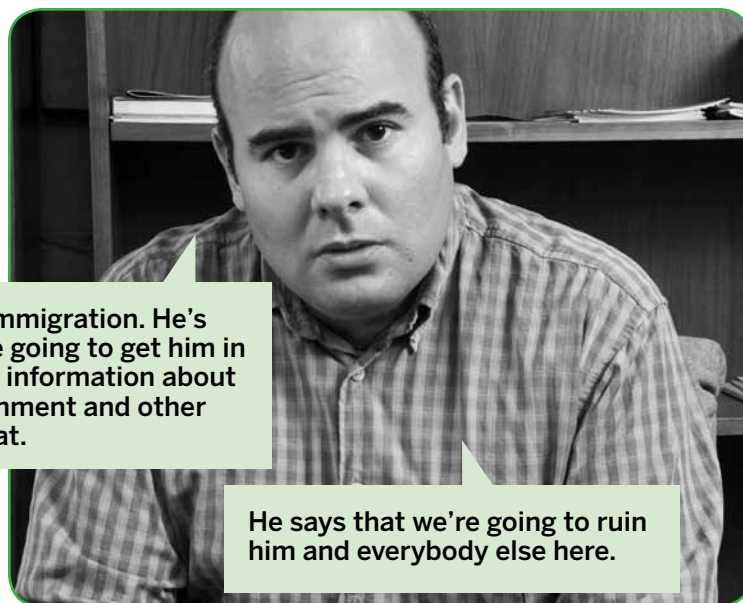
Juan, let's wait for everyone to leave and we'll talk in my office. What do you think?



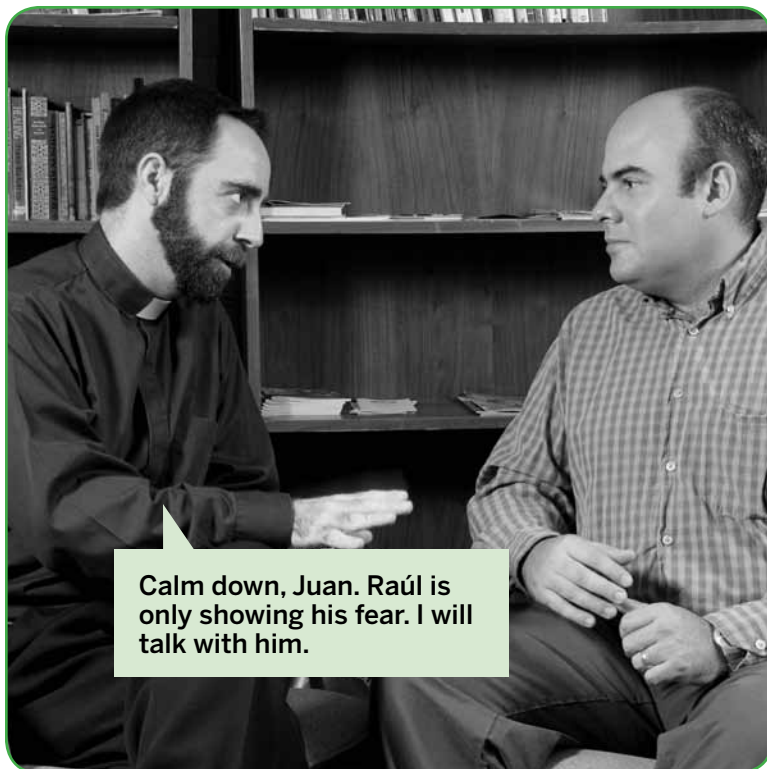
I feel much better now because the Father is going to help us.



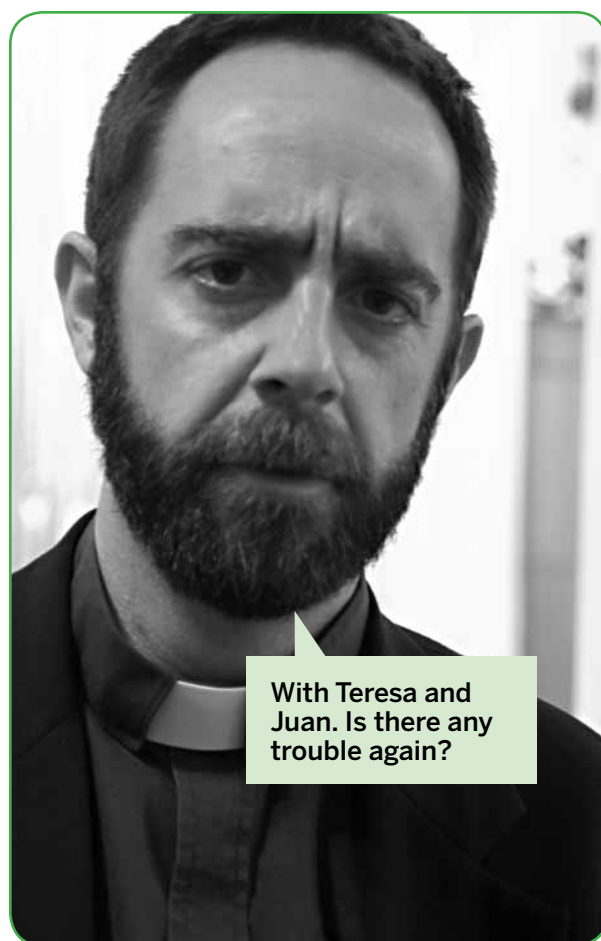
In the Priest's office, Juan and the priest talked about what happened with Raúl.

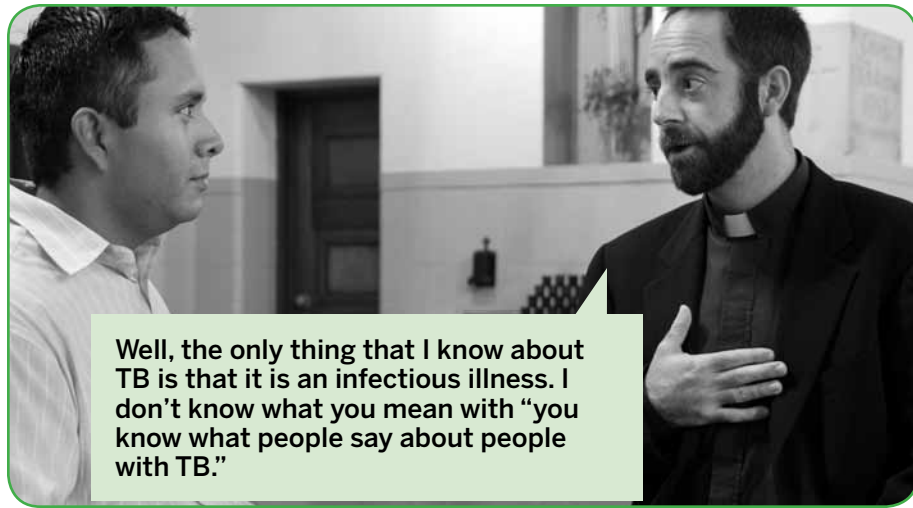
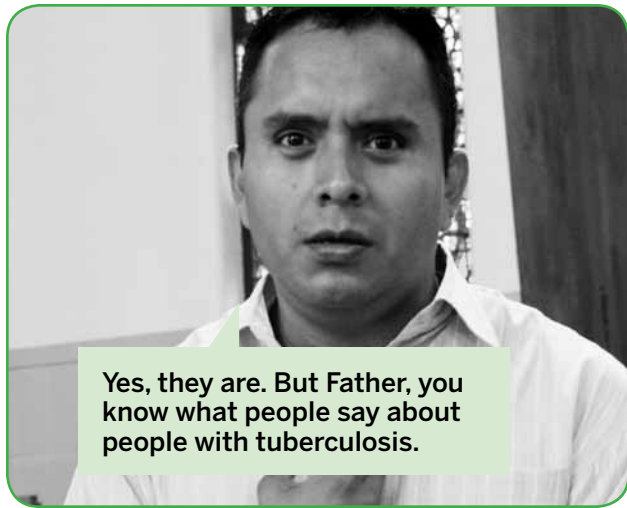






At another occasion, the priest meets with Raúl to talk about his problem with Juan.









I thought that we were clear about this. TB is an infectious illness, like any other. And no one is guilty or to blame, it's just germs in your body.

What's this about dirty people, devils and all this nonsense?



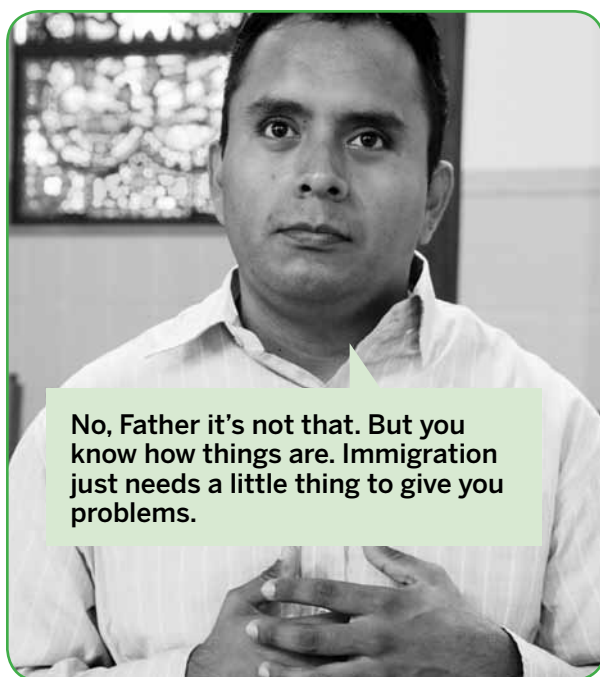
Yes, I know but now I'm worried.

Father, Juan is going to get us in trouble.

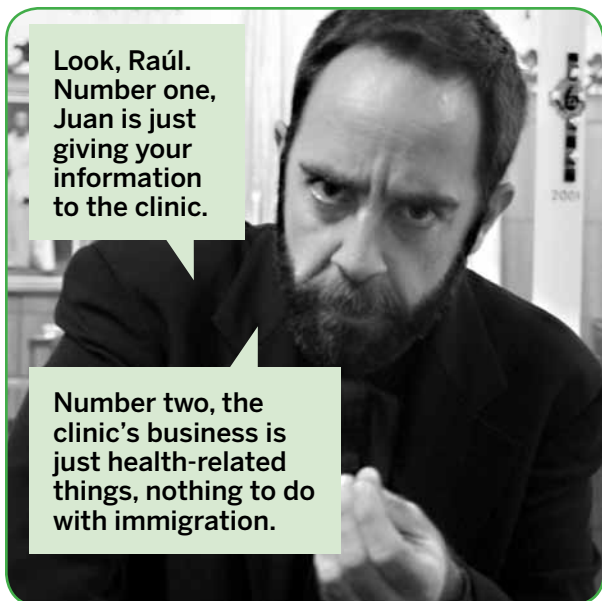


He is giving my information to everybody. That can't be good.

What can't be good? To worry about your health?

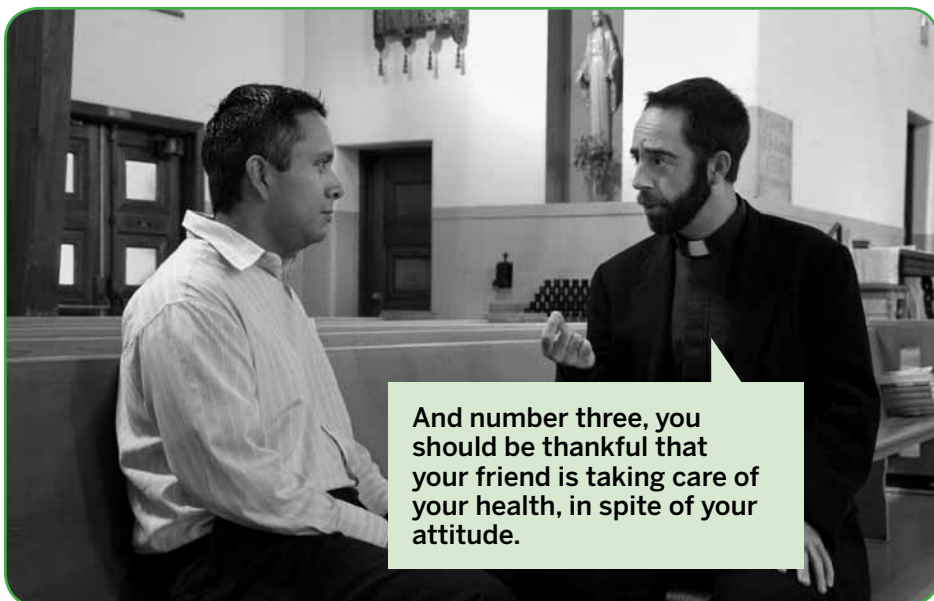


No, Father it's not that. But you know how things are. Immigration just needs a little thing to give you problems.



Look, Raúl. Number one, Juan is just giving your information to the clinic.

Number two, the clinic's business is just health-related things, nothing to do with immigration.



And number three, you should be thankful that your friend is taking care of your health, in spite of your attitude.





Boy, what were you thinking!



You are right, Father. I think that I have to apologize.

That same evening, Juan and Raúl become good friends again. The priest is happy and proud to see that things are working fine between everybody.



Is everything OK, Juan?

Yes, Father. Thanks a lot.



There is no doubt; you will always feel good doing good.

Share Information,  
not TB!

<http://tinyurl.com/tbfotonovela>

For more information contact:

# Quick Facts...

- Tuberculosis (TB) is a disease caused by germs.
- It is spread from person to person through the air. TB is transmitted when a person with active TB of the throat or lungs coughs, sneezes, speaks or sings.
- TB usually affects the lungs but can also affect other parts of the body.
- A person with TB can die if they do not get treatment.
- The most common symptoms are:
  - Feelings of sickness
  - Weakness
  - Weight loss
  - Fever
  - Night sweats
  - Cough with or without blood
- Tuberculosis infection can be latent or active. Latent is when a person is not sick because the germs are not active. When they are active, the person has symptoms and can spread the germs to others.
- Treatment for TB is usually with several medicines administered for several months (6 to 12 months).
- It is very important to take the entire treatment as is directed by your healthcare provider.
- The vaccine for TB is BCG (Bacille Calmette-Guerin).
- The BCG vaccine does not prevent TB infection, however it helps protect against more severe forms of TB.
- Protect yourself, your family and your community. Learn to live life to the fullest!

**Southeastern National**  
**Tuberculosis Center**  
SHARE • LEARN • CURE

