TB & Me: Diabetes
A Resource for People who have Diabetes

Some facts:

If I have Diabetes:
- My risk of getting sick with TB if have Latent TB Infection (LTBI) is 3X higher than normal
- My risk is even higher if I don't keep my blood sugars in control
- If I get Active TB this may make my Diabetes worse

I didn't know that my Diabetes increased my risk for Tuberculosis

What do I need to know:

Latent TB Infection status
- If you have had a positive TB skin test in the past you have TB infection. The TB germs are sleeping but can wake up and make you sick with TB

Signs and symptoms of TB
- Cough >2 weeks
- Fevers that come and go
- Coughing blood
- Night sweats
- Chest pain
- Tiredness, lazy
- Don't feel like eating
- Weight loss

It is important to keep your blood sugars in control for your long term health and to prevent TB

I should see my health care provider right away if I have symptoms of TB

Your health care provider will consider screening you for Active TB:
- At your annual Diabetes check-up
- If you are in a community with a high incidence of TB

Collect Sputum if you are coughing

Refer you to another health care provider and for x-ray if you have symptoms

NITHA TB Program 306-953-5034