

# TB & Me: Diabetes

A Resource for People who have Diabetes



Some facts:



## If I have Diabetes:

- My risk of getting sick with TB if I 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



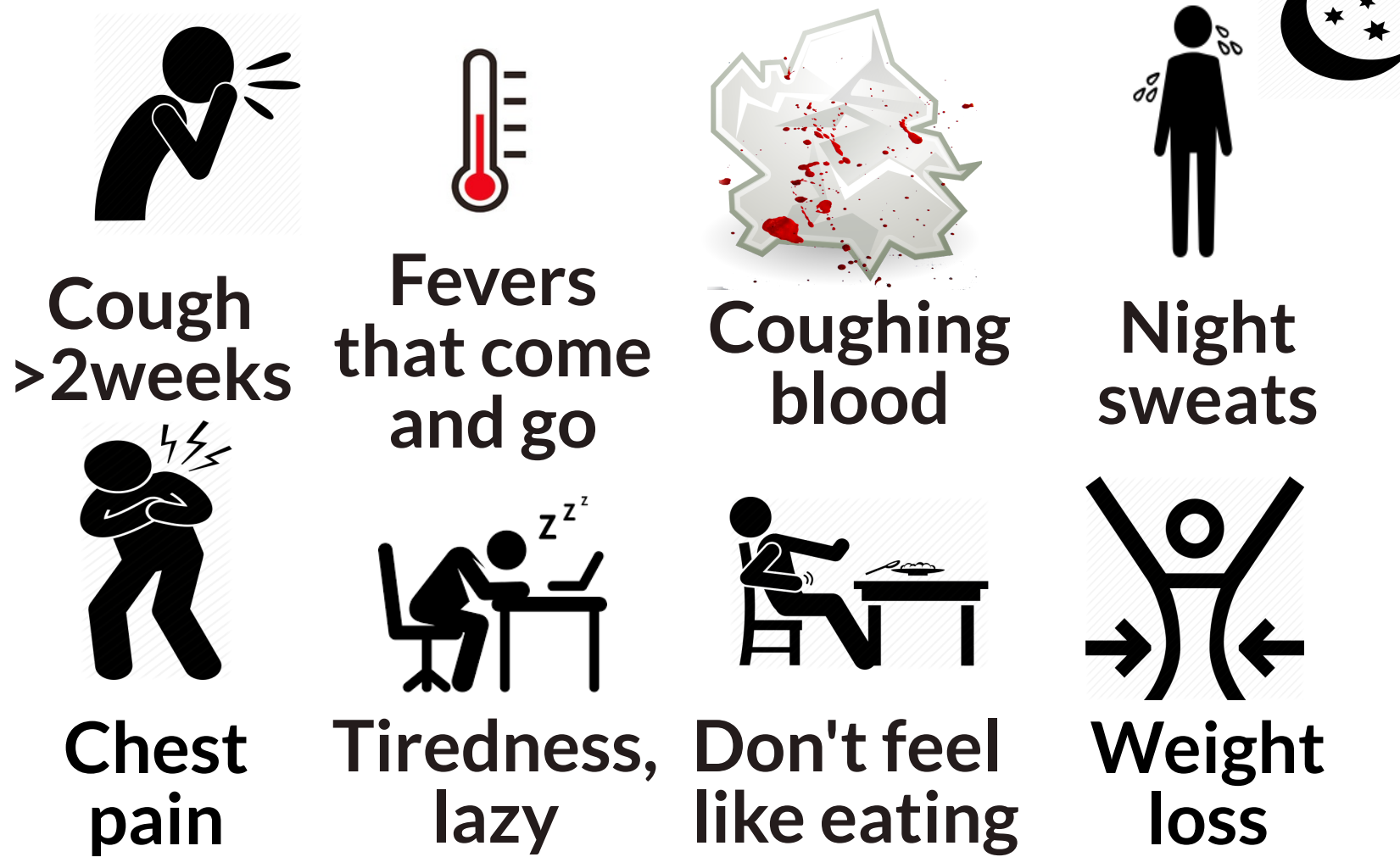
## What do I need to know:

### 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



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



1

Ask you about symptoms

2

Collect Sputum if you are coughing

3

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



NITHA TB Program



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