



Dr. Shobhana Gupta
Dean
GMERS Medical
College, Gandhinagar

Welcome to GMERS Medical College, Gandhinagar

GMERS Medical College, Gandhinagar is an academic institution of repute under The Gujarat Medical Education and Research Society of Department of Health and Family Welfare, Government of Gujarat and located in the city of Gandhinagar, Capital of Gujarat State in Western India. It is one of the fastest growing Medical College of Gujarat. The institute strives to be among the top medical colleges in India in the spheres of medical education, research and health care services.

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From Editorial Desk: Recent Advances in the Treatment of Drug Sensitive Tuberculosis

Currently all newly diagnosed cases of tuberculosis without documented resistance to Isoniazid and Rifampicin are treated with the initial intensive phase of two months treatment with Isoniazid, Rifampicin, Pyrazinamide & Ethambutol followed by four months of continuation phase treatment with Isoniazid, Rifampicin & Ethambutol. Historical TB treatment studies conducted by the Medical Research Council of the United Kingdom of Great Britain and Northern Ireland (United Kingdom) in the 1980s made the basis for this regimen and it was adopted world-wide.[1]

Longer duration of treatment with high pill burden is the most important limiting factor in the treatment of tuberculosis as far as the patient compliance is concerned. Problem of high pill burden has been overcome by availability of fixed dose combinations of first line antitubercular agents. Various clinical trials had been conducted to curtail the duration of treatment lower than 6 months to improve patient compliance.

Recent Phase III clinical trial also known as Study 31 was conducted to assess the safety and efficacy of two 4-month regimens for the treatment of drug sensitive tuberculosis.[2] This was multicentric, open label, three arm, non-inferiority randomized controlled trial carried out in adolescents and adults (aged ≥ 12 years) with smear and culture positive pulmonary Drug Sensitive Tuberculosis (DS-TB).[3] The primary efficacy end point was TB free survival at 1 year where as primary safety end point was proportion of participants with grade 3 or higher adverse drug reactions during the study treatment duration.

Two months treatment of Isoniazid, Rifapentine, Pyrazinamide and Moxifloxacin followed by two months treatment of Isoniazid, Rifapentine and Moxifloxacin (4 months regimen) demonstrated non-inferiority as compared to the standard regimen (2HRZE/4HR). But slight difference in the all-cause mortality as well as adverse events during treatment with slight increase in retention on treatment as compared to standard regimen led to conditional recommendation for patients aged 12 years or older with drug sensitive pulmonary TB for 4-month regimen of Isoniazid, Rifapentine, Moxifloxacin and Pyrazinamide. (2HPMZ/2HPM).

Strength of Individual Antitubercular Agent of 4 Months Regimen (2HPMZ/2HPM)

Agent	Weight based dose	Formulation (mg)	35-49 kg	50-64 kg	≥ 65 kg
Rifapentine (P)	Fixed	300	4	4	4
Moxifloxacin (M)	Fixed	400	1	1	1
Isoniazid (H)	4-6 mg/kg	300	1	1	1.5
Pyraninamide (Z)	20-30 mg/kg	500	3	3	4
Pyraninamide (Z)	20-30 mg/kg	750	2	2	3

From Editorial Desk: Recent Advances in the Treatment of Drug Sensitive Tuberculosis

Limitations of 2HPMZ/2HPM regimen:

- Following subsets of patients are not eligible for this regimen:
 - Patients weighing less than 40 kg;
 - Patients with severe extrapulmonary TB (e.g. tuberculous meningitis, disseminated TB, osteoarticular TB or abdominal TB);
 - PLHIV with a CD4 count of less than 100 cells/mm³;
 - Children and adolescents aged under 12 years; and
 - Pregnant, breastfeeding and postpartum women.
- Pill burden for this regimen is currently high as no FDC tablet for this regimen is available.
- Cost of this regimen is substantially higher because of the inclusion of Rifapentine.
- Training and motivation of stakeholders is required to deliver this new regimen.

References:

- Fox W, Ellard GA, Mitchison DA. Studies on the treatment of tuberculosis undertaken by the British Medical Research Council tuberculosis units, 1946–1986, with relevant subsequent publications. *Int J Tuberc Lung Dis.* 1999;3(10 Suppl 2):S231–79 (<https://pubmed.ncbi.nlm.nih.gov/10529902/>).
- WHO consolidated guidelines on tuberculosis Module 4: Treatment – drug-susceptible tuberculosis treatment. Geneva: World Health Organization; 2022.
- Dorman SE, Nahid P, Kurbatova EV, Phillips PPJ, Bryant K, Dooley KE et al. Four-month rifapentine regimens with or without moxifloxacin for tuberculosis. *N Engl J Med.* 2021;384(18):1705–18 (<https://pubmed.ncbi.nlm.nih.gov/33951360/>).



Dr. Darshan J Dave
Professor & Head,
Department of Pharmacology

Celebration of "Jan Aushadhi Diwas 2023"



"Jan Aushadhi Diwas 2023" was celebrated at the Auditorium, GMERS Medical College and General Hospital, Gandhinagar, in the presence of Shri Bhupendrabhai Patel, Hon'ble Chief Minister of Gujarat; Shri Parshottam Rupala, Hon'ble Union Minister of Fisheries, Animal Husbandry, and Dairying; and Shri Rushikesh Patel, Hon'ble Minister of Health, on March 7, 2023. Gujarat CM Bhupendra Patel stated that PM Narendra Modi's initiative of opening Pradhan Mantri Bhartiya Jan Aushadhi Kendras has made affordable and good-quality medicines available at 50 to 90 percent cheaper prices than the market rate. Union Minister Parshottam Rupala added that the demand for the export of generic medicines has increased in 51 countries. The number of Jan Aushadhi Kendras across the country has increased from 99 in 2014 to over 9000 presently, including 518 in Gujarat. These centres provide 1750 WHO-certified medicines and 280 types of surgical materials.

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Research Methodology Workshop for Post-Graduate Students



The Research Methodology Workshop for Postgraduate Students was organized by the Institutional Ethics Committee (IEC) and the Central Research Committee (CRC) from February 2–4, 2023. The aim of the workshop was to make the postgraduate students of the institute aware of various aspects of research methodology, including the selection of a dissertation topic, literature search and review, sample size calculation, and other parts of a research protocol. All the recently admitted MD, MS, and DNB postgraduate students had actively taken part in the workshop. Dr. Jatin G. Buch (former CEO, GMERS and Head of the Department of Pharmacology) had delivered a session on “Clinical Research—Dissertation Topic: Challenges and Opportunities” and provided his valuable inputs throughout the workshop. The postgraduate students were also taught about the submission of their research protocol to the CRC and IEC. Hands-on training was given in the form of preparation and presentation of different components of a research proposal by each participant.

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CME on "Pharmacovigilance with Special Emphasis on Safety Alerts"

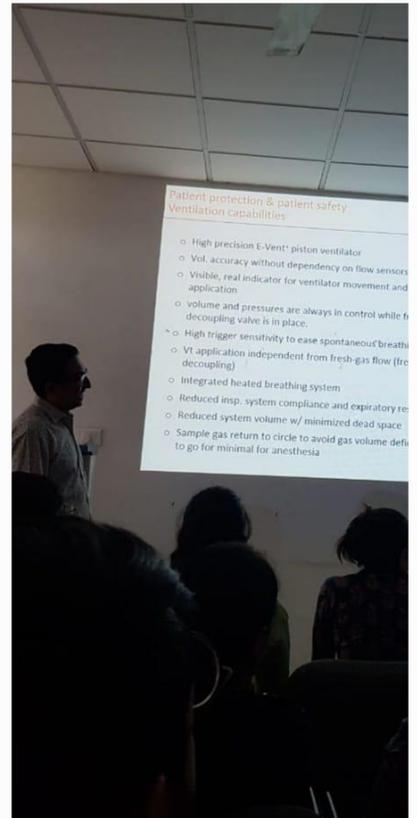


The Adverse Drug Reaction (ADR) Monitoring Centre (AMC), Dept. of Pharmacology, GMERS Medical College, Gandhinagar organized the CME on "Pharmacovigilance (PV) with special emphasis on Safety Alerts" on 01/03/2023. This CME was organized in collaboration with the National Coordination Centre (NCC) - Pharmacovigilance Programme of India (PvPI), Ministry of Health & Family Welfare, Govt. of India. The CME highlighted various aspects of PV such as importance of ADR reporting, how to fill up an ADR reporting form and the hurdles encountered during reporting an adverse event with their practical and feasible solutions. In addition to these, two main domains were addressed in the CME; namely, filling up the ADR form through electronic medium viz. Google Form (which was taken by the AMC Deputy coordinator, Dr. Jatin Pathak) and Safety alerts issued by Indian Pharmacopoeia Commission (IPC), Ghaziabad (which was taken by the AMC coordinator, Dr. Darshan Dave). Health care professionals were advised to remain vigilant and report if any of these adverse reaction will be observed. It was an offline event in which more than 300 health care professionals (including doctors, nurses, physiotherapists, medical and paramedical undergraduate as well as post graduate students) had actively participated.

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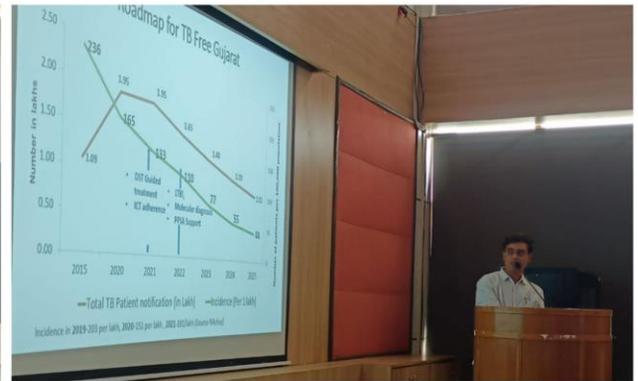
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CME on "Anaesthesia Workstation"



CME on "Anaesthesia Workstation", organized by Department of Anesthesiology, GMERS Medical College, Gandhinagar on February 7, 2023. A balanced update on physiological principles and latest developments on Anaesthesia workstation were discussed.

CME on "TB Elimination: Challenges & Way Forward"



The Department of Respiratory Medicine, GMERS Medical College & General Hospital, Gandhinagar organized two CME on "TB Elimination: Challenges & Way Forward" on March 21, 2023 for faculties and on March 23, 2023 for resident & intern doctors. This CME highlighted various aspects of prevention, diagnosis, and treatment of TB. The CME also focused the newly developed guidelines pertaining to the TB preventive therapy and upcoming newer regimens for drug sensitive and drug resistant TB.

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Self Defence Awareness Workshop



In India, after 46 years, there was the 23rd International Pediatric Association conference held with the Diamond Jubilee (60th year) National Pediatric Conference ("Pedicon"). It was held in Gandhinagar, Gujarat, from February 19–23, 2023. As a part of it, Dr. Nisha Upadhyay and her department of pediatrics, with the help of Dean mam, Medical Superintendent mam, and Nursing Superintendent, organized a "Self Defense Awareness Workshop" in GMERS Medical College and Hospital, Gandhinagar, on February 19, 2023. The event was a grand success, with more than 300 participants. There was a practical demonstration done by a special martial arts trainer who came from Mumbai. The presence of 1st Lady ACP Manjita Vanzara topped off the workshop.

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Anatomy Quiz Competition



On February 23, 2023, the Department of Anatomy hosted a quiz competition for the first-year MBBS class of 2022. Students have been divided into groups (5 students in each group). A set of clinically oriented, case-based questions about the lower limb have been given to them in the Google form. Students have discussed and submitted the MCQ responses. The top three groups have been selected, and price distribution has been done. Through this activity, students have learned how to work in groups as team members and share their knowledge to find the best solution and reach a conclusion.

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"Living Artsy" Competition



The Department of Anatomy had conducted the "Living Artsy" competition for the students of the first-year MBBS batch 2022 on January 30, 2023. First-year students demonstrated various anatomical structures of the upper limb by drawing and painting on their own bodies in groups and presenting them to faculties of the Anatomy Department and guest faculty from other departments. Students had been assessed by painting and an oral viva on the topic. Respected Dr. Shobhana Gupta madam, Dean, GMERS Medical College, distributed the price to the top 3 groups.

Glowing Skin!!!



The Skin Department is proud to inform you that a state-level quiz was organized by the IADVL Gujarat State Branch in association with SIG Leprosy on January 28, 2023. Colleges from all over the state had participated in the quiz, and the Skin Department of our institute secured 1st prize in this quiz.

World leprosy day was celebrated by the Department of Skin and VD, GMERS Medical College, and General Hospital, Gandhinagar, on January 30, 2023.

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Dermtalk Residency Diaries!



The day I landed my post-graduation seat, I remember feeling relieved, that life had finally come full circle, that I was done toiling. Getting a 'premium' branch was supposed to be my solution to all of life's problems and now all the leisures awaited me.

Cut to a few months later into first year residency.

'Leisure' was the farthest thing from what my regular day working at a government hospital Dermatology department looked like.

You walked into your OPD and all hell broke loose. The OPD queues snaking down two floors below, patients grappling you for attention, the bell ringing incessantly, the staff egging you on – 'Kya Madam, kitna time lagate ho, jaldi jaldi dekho na'. You were supposed to be a one stop gap for everything, know and remember everything - names, diagnosis, to the patient's financial and sexual history, a bouncer to manage to crowds, a shoulder for your blubbling co PGs, a teacher to your wide-eyed juniors, a computer wizard (Technologically challenged ol' me can now practically assemble a printer - trust me, a hefty kick works best), Flash with superhuman speed to complete your procedures, biopsy and return to your assigned spot.

All I wanted to do was run away.

I pictured Dermat to be all 'cream' cases, Botox, fillers with a smattering of tinea, scabies, eczema and acne. What more could it be, anyways?!!

The OPD was a great revelation. Every other case was a diagnostic dilemma. Everything looked the same, but apparently was not. Eliciting history was a skill we needed to master quickly. Getting patients to spill their guts about their most intimate habits, getting them to admit the myriad of topical preparations they'd smeared on their face was not easy. We went by Dr House's adage – 'Everybody lies.'

That was just the fun part of the day. Nothing could have prepared me for my first dressing of a Pemphigus case. Dear God! The first time I saw them, the sheer sensory overload and in my mind – 'She has no skin, no skin, no skin' They looked like burns patients but worse. How was I supposed to find a vein to cannulate with her so dehydrated. How was I supposed to coax her twice a day into letting me literally clean off the slough, rupture the large bullae and do dressing. Cajoling the patients to gather the strength for simple tasks like stand, bathe, walk around. We learnt to counsel from our teachers, to make them believe they'd get better, into having faith. It was indeed gratifying. I will also never forget the day, this 80year case of Pemphigus Vulgaris (80% BSA) walked out of my ward all better, save for some post inflammatory hyperpigmentation. Wards became our refuge, the nursing staff and even our patients became family. All of us co residents would spend hours writing notes and history, CT sheets, traffic patients to the right investigations, 3 hourly monitoring, check medications and end up crashing in the doctor's room. The last-minute dash to repeat and run abnormal electrolytes, the panic to manage a patient's fever that would not go down, the beautiful balancing act of figuring out just the right dose of Dexona and immunosuppressants, studying frantically so that you could answer in the rounds the next day and most times just racking our brains trying to diagnose a patient.

Dermatalk Residency Diaries!

There came a point that our patients began bringing us food. I kid you not, one of the best biryanis, idli sambhar and sweets on Diwali have been brought by adorable patients who took pity on us. Family indeed.

It was not all pretty. There were syndromic babies we could do actively do nothing for but monitor. The deaths were ghastly. One doesn't imagine losing patients in our branch. What we don't realise is the drastic morbidity from connective tissues disorders, Hansen's and the effervescent SJS, TEN. Nothing we did, could save patients with severe systemic involvements and some just arrived too late. 21-year-old with sclerodactyly and recurrent Raynaud's, 25-year-old pregnant female in SLE crisis, Neuropsychiatric LE, Young males with gross deformity due to Hansen's, housewives dealing with severe recalcitrant leprosy reactions, a 2-month-old child with SJS and the list is never ending. Why do the worst conditions afflict those who can't afford the bare minimum. We felt so helpless. How do you counsel the forlorn relatives about the hopeless situation.

We didn't even realize when we transitioned from the overwhelmed, frightened kids to this self-assured, albeit still confused Doctors at the end of three years. Third year brought with it the scary 'T' word. Hours of chewing data, writing ROLs, flowery language and generally regretting your non-existent biostatistics skills. All of this while managing your daily schedule, personal life and study, study, study. We manifested and prayed and bargained to pass our M.D. exams. Everyone teaches you. Right from the staff working with you, your juniors, your teachers, peers and most importantly, your patients. Residency leaves you a lot more patient and humbler than you started out. You realize there will always be a million things reeling out of your control at any point of time. All you can do is, put in the work and let the rest slide. We're so fortunate to be a part of this beautiful intricate branch. Nothing is worth your mental peace. Wait for the moment of utter peace you feel when a patient walks away from your care, all healed, or the joy of having your diagnosis come true in a histopath report, the relief when a patient finally starts responding to therapy. The little things all add up and what is meant to be will find its way to you. Wait for it.

Dr. Ruchitra Sarkar
Senior Resident,
Department of Dermatology,
GMERS Medical College,
Gandhinagar

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Happy Women's Day!!!

बेटी वो प्यारी फूलों की क्यारी
मम्मी वो न्यारी बहन दुलारी
नो महीने का बोझ वो भारी
ममता का आशीर्वाद या तलवारी

घर की लक्ष्मी हमारी
देवी पूजनीय कारी
अन्नपूर्णा वो ठहरी
सबको खिला कर आखिरी
मे बोली वो, मेरी बारी

ये तो सब जानते है, तो सुन

चार दीवारी की कचहरी, छिपी उसकी कलाकारी
आज्ञाकारी, अंदर एक अभिनेत्री को छुपारी
कार्यकारी, उसकी इच्छा की हुई गिरफ्तारी
ईमानदारी, कारोबारी, घर की उच्च कर्मचारी
मैत्री मे खरी, विचार मे गहरी, प्रेम की व्यापारी
गृहमंत्री, गायत्री, निर्मात्री, सावित्री, जन्मदात्री

पर मासिक का खून, तुम मंदिर से जाओ
वो खून से चली दुनिया, पर तुम अशुद्ध कहलाओ
बहार का काम, तुम बच्चे सम्भालो
बनाना है नाम, तुम पति का नाम लगाओ
ज्यादा ना दिखाओ, कपड़ा ठीक से लगाओ
समान तनखाह, क्यु भाई बताओ???

-thoughts_via_bata

Nirmit Batavia

Student, T.Y.M.B.B.S. Part II

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Medicolegal Expert!!!



Dr. Shailesh Jhaveri, Professor & Head,
Department of Forensic Medicine, GMERS Medical College, Gandhinagar

Student's Art Showcase



Lone Migos

(Digital Painting)

-
By Malhar Parmar
(Batch - 2019)

Arowana

(canvas painting)

-
By Jagravi Vaidya
(Batch - 2020)



Student's Art Showcase



HUMAYUN'S TOMB

BY MIHIR KACHHADIA
(BATCH - 2019)



INDIA GATE

BY KARAN GOSWAMI
(BATCH - 2019)



PRADHANMANTRI SANGRAHALAYA

BY KARAN GOSWAMI
(BATCH - 2019)

Exclamashunt



Exclamashunt is an initiative by us to provide a creative space and a platform to showcase your talents and also get a break from the hectic course that we are in.

We started off with nothing more than an instagram page with just the hope of having even a single successful event.

But what most people don't see or know is the lazy brilliance that 5 students have (sort of) mastered and put to work. We take immense pride in this project and the fact that it makes us feel productive is just a side benefit.

Our first event was an interactive one and the games we had were well appreciated by the participants. We primarily post content related to all forms of writing, art and photography and there has been a great response in all these categories.

Next then, we held our first open mic event and it turned out to be a greater success than what we anticipated. It definitely gave us the motivation to host more such events and the kind words from all the batches was the cherry on top.

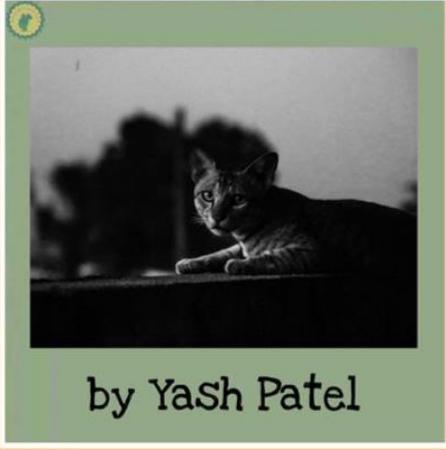


Our 2nd open mic had to be on a larger scale and it did deliver. We had performers from outside our college as well as some impromptu performances. The venue was an amazing addition to the event and it was well appreciated by everyone.

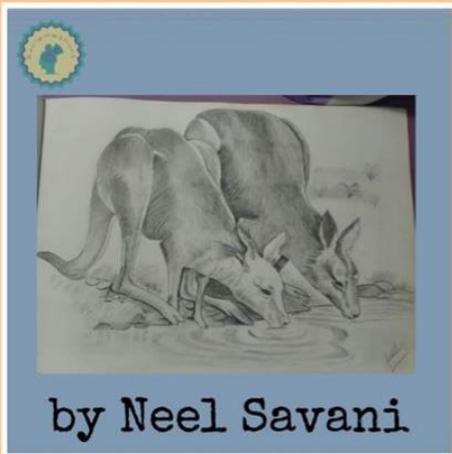
It has been an amazing journey so far and we hope to keep doing better and work along the idea which is the very foundation of this club.

Exclamashunt

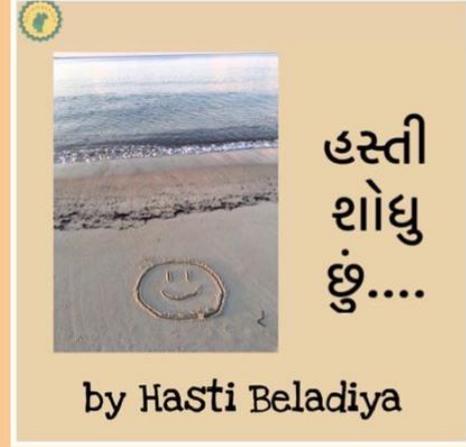
Here are a few entries on Exclamashunt:



Here's a captivating picture by Yash Patel



Here's a beautiful illustration by Neel Savani



Here's a heart-touching write-up by Hasti Beladiya

મારી જીંદગી ના પાના માં એક પસ્તી શોધુ છું ,
અબજો ની વસ્તી માં એક એવી હસ્તી શોધુ છું.
હોય શું મને પળ ને પળ ઠોકર સિવાય બીજુ ,
વંદનાઓ ના વમળ વચ્ચે એક મસ્તી શોધુ છું.

અસંખ્ય શત્રુઓની સાથે લડતી - ઝઘડતી હું ,
આજ હાથ - પગ ચલાવવા પણ શક્તિ શોધુ છું.
મળી છે નીષ્ફળતાઓ ન ગણી શકાય એટલી
છતા કીનારે પહોંચવા એક કરતી શોધુ છું.

Exclamashunt provides a platform to the medical students at GMERS, Gandhinagar to express themselves in different ways. (@exclamashunt on Instagram)

Publications

- Patel NV, Mevada NP, Gadani HN, Gupta S. Comparative study of efficacy of labetalol and dexmedetomidine for attenuation of hemodynamic stress response to laryngoscopy and endotracheal intubation: Randomized controlled study. European Journal of Molecular and Clinical Medicine.2023;10(3):1495-1512.
- Ritesh P, Gunjan V, Gadani HN, Gupta S. Comparative evaluation of two different doses of dexmedetomidine for intraoperative moderate sedation during spinal anesthesia. Achieves of Anesthesiology and critical care. (Accepted for publication)

ICMR-Short-Term Studentship (STS) 2022 – Report Review Result

The ICMR-STs-2022 reports were examined by a panel of Experts. In addition, the administrative review of the Report Attestation Form (RAF) and Institutional Ethics Committee (IEC) approval letters submitted by the students was also done. Out of 1364 students from all over India, only a handful of students got their research validated. The reports of the following research project of Medical Students of our institute have been accepted:

- Research Topic: "Dactylographic patterns in Patients of Schizophrenia: A Case Control Study"
Principal Investigator: Mr. Mushahid Vahora
Research Guide: Dr. Sudarshan Gupta
Result : Approved and Accredited with A grade
- Research Topic: "Healthcare Professional's View on Accepting COVID-19 Vaccination for Their Children: A Cross-Sectional Study"
Principal Investigator: Mr. Gladson Vaghela
Research Guide: Dr. Apexa Shukla
Result : Approved and Accredited with C grade



YES! We must stand against tuberculosis stigma and discrimination

TB stigma prevents access to quality care for patients.

- Learn the facts about TB
- Don't believe in myths that can stigmatize and discriminate



YES! Cross-sector collaboration and accountability are vital to #EndTB!

Let's tackle the key drivers of the tuberculosis epidemic:

- Undernutrition
- HIV
- Tobacco
- Poverty
- Diabetes
- Alcohol use



YES! Rapid diagnosis of tuberculosis is available and recommended!

Ask your provider for access to WHO recommended rapid tests for TB, to ensure a quick diagnosis and early treatment.



YES! Drug resistant tuberculosis treatment is shorter and all oral

Check with your doctor for WHO-recommended completely oral shorter treatment regimens with fewer pills, 0 injections.



YES!

WE CAN #ENDTB!

75⁺ HEALTH FOR ALL

World Health Organization



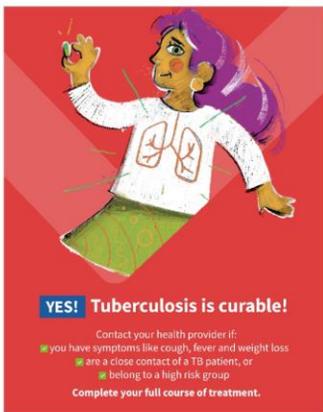
YES! We can ensure universal access to tuberculosis services

COVID-19 has reversed progress in the fight against tuberculosis. Ask your leaders to invest in and ensure access to essential TB prevention and treatment.



YES! Investment in tuberculosis research and innovation can save more lives

New effective diagnostics, medicines and vaccines can speed-up progress to #EndTB!

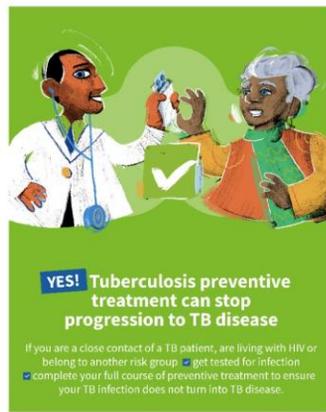


YES! Tuberculosis is curable!

Contact your health provider if:

- you have symptoms like coughs, fever and weight loss
- are a close contact of a TB patient, or
- belong to a high risk group

Complete your full course of treatment.



YES! Tuberculosis preventive treatment can stop progression to TB disease

If you are a close contact of a TB patient, are living with HIV or belong to another risk group:

- get tested for infection
- complete your full course of preventive treatment to ensure your TB infection does not turn into TB disease.