



- ◆ World TB Day – March 24
- Stop TB in My Lifetime



IN My
LIFETIME

World TB Day
March 24

Each year, we recognize World TB Day on March 24. This annual occurrence provides an opportunity to remind the world that this often-forgotten disease affects people in communities all over the world daily and recognizes the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacillus that causes tuberculosis (TB).

World TB Day provides an opportunity to raise awareness about TB-related problems and solutions, and to support worldwide TB-control efforts. The goal of a world free of TB can be achieved by working together to detect, treat, and prevent this disease.

A GLOBAL PERSPECTIVE

Tuberculosis (TB) remains one of the world's deadliest diseases:

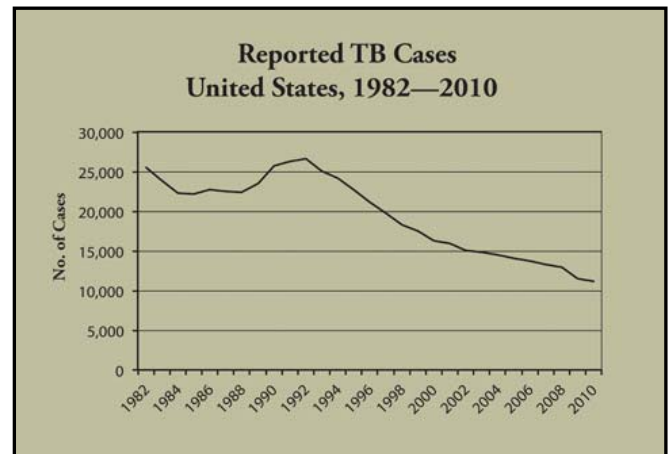
- ◆ One third of the world's population is infected with TB.
- ◆ Each year, nearly 9 million people around the world become sick with TB.
- ◆ Each year, there are almost 2 million TB-related deaths worldwide.
- ◆ TB is the leading killer of people who are HIV infected.

USA ON TRACK TOWARD TB ELIMINATION

The nation's mobilization of additional resources in the 1990s has paid off:

- ◆ Reported TB cases are at an all-time low with 18 consecutive years of decline. (Figure 1)
- ◆ In 2010, there were 11,182 persons with TB disease reported in the United States, a decline from 11,537 cases in 2009.

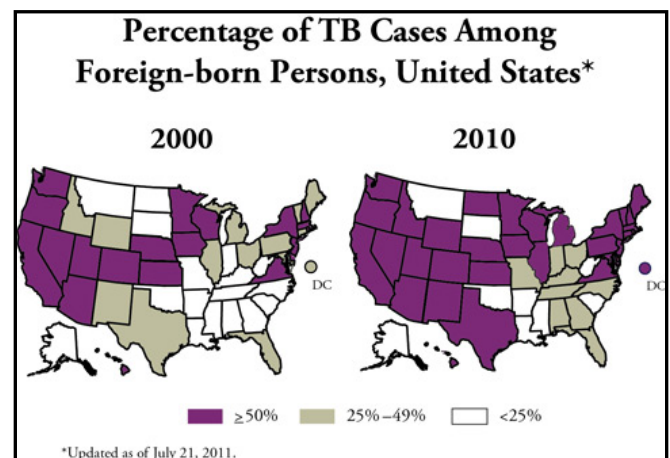
Figure 1. Reported TB Cases, United States, 1982-2010.



THE GLOBAL CHALLENGE

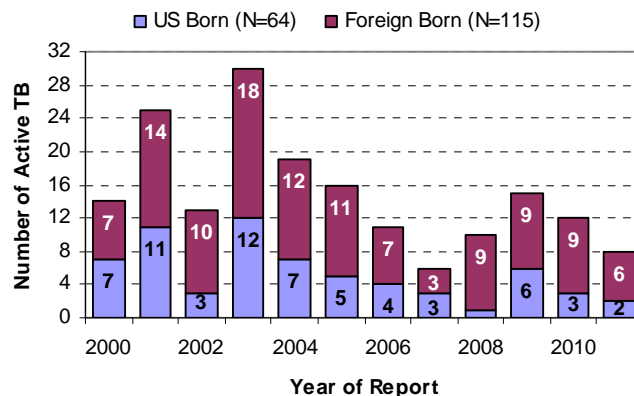
- ◆ In 2010, foreign-born persons accounted for 60% of all TB cases diagnosed in the United States, as compared to 47% of all TB cases in 2000. The number of states with at least 50% of TB cases occurring among foreign-born persons has increased from 21 states in 2000 to 33 states and the District of Columbia in 2010 (Figure 2).

Figure 2. Percentage of TB Cases Among Foreign-born Persons, United States



- ◆ The increase in drug-resistant TB threatens to unravel the successes the U.S. has experienced in treating and thereby, preventing the spread of TB. The infections are becoming increasingly more resistant and harder to cure (e.g. multi-drug resistant cases in the 1990s , Extensively drug resistant cases in the 2000s and now totally drug resistant cases in the 2010s).
- ◆ In 2010, the World Health Organization (WHO) predicted that more than 2 million people will contract multi-drug resistant TB by 2015.

Figure 4. Reported TB Cases, Washoe County, NV, 2000-2011



THE LOCAL VIEW

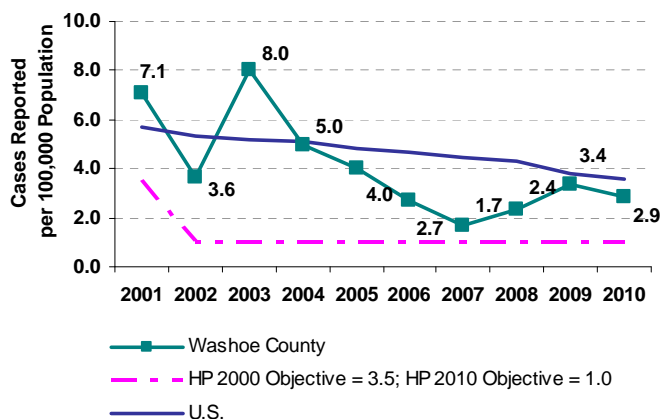
- ◆ Twelve (12) cases of TB were reported in Washoe County in 2010 for a reported incidence of 2.9 cases per 100,000 population, which was below the national incidence rate; however, the Healthy People 2010 Objective was not met (Figure 3).
- ◆ Washoe County has also seen a decline in the total number of TB cases with the number of foreign-born persons with disease exceeding the number of US born (Figure 4).

TB CONTINUES TO LURK BENEATH THE SURFACE

TB disease is just the tip of the iceberg. More than 11 million people in the United State have latent TB infection, which is about 4 percent of the total population. Without treatment about 550,000 to one million of these people will develop TB disease in their lifetime.

The TB Prevention and Control Program staff wishes to express their gratitude to community healthcare providers who encourage their patients diagnosed with LTBI to complete their prescribed treatment regimen, thereby reducing their risk of developing active TB.

Figure 3. Rates of Reported Cases of TB, Washoe County, 2001-2010



Many patients will likely find the new 12 week regimen with Rifapentine (RPT) and Isoniazid (INH) given once a week by Directly Observed Therapy (DOT) more convenient than the traditional nine months of daily INH. Please refer to the Epi-News issue dated on December 23, 2011 for the new 12-dose regimen.¹ The TB Program staff welcomes your questions and collaborative efforts in support of the “Stop TB in My Lifetime” campaign.

Should you have any questions regarding TB, please call Diane Freedman, the TB Program Coordinator, at 775-785-4785.



¹ <http://www.co.washoe.nv.us/repository/files/4/Vol-31-No-22-12-23-11-LTBI-12-Dose-Regimen.pdf>