

# Tuberculosis (TB) is Among Us (结核病就在你我左右)

TB Awareness Talk (结核病意识讲座)

*AWWA Active Ageing Centre*

24 March 2022 (2022年3月24日)

# Tuberculosis (TB) is Among Us (结核病就在你我左右)

1. Participants will be muted during the webinar.  
当网络讲座进行时，参与者将被静音。
2. Participants will be able to ask questions via the “Q&A” icon.  
您能通过“问答”机制提问问题。
3. Participants’ questions will be addressed during the Q&A session at the last 10 minutes.  
我们将在网络讲座的最后10分钟回答您的问题。
4. At the end of the webinar, there will be a short poll survey. Please do not leave the webinar before the poll survey.  
网络讲座结束前将有个简短的反馈表，请您踊跃参与。谢谢！

Disclaimer: If you are asking any questions relating to policy, please refer to the relevant authorities.  
请注意：如果您有关于政策的疑问，请向有关当局查询。

# Speakers' Introduction / 演讲者

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Warm-Up  
热身

World Tuberculosis Day  
世界结核病日

24 March  
3月24日

# Scope

## 讲座概要

Understand tuberculosis

了解结核病

Common misconceptions about  
tuberculosis

对结核病的误解

Tuberculosis in Singapore

新加坡结核病的公共卫生概况

**What is tuberculosis (TB)?**  
**什么是结核病 (TB) ?**



**Tuberculosis (TB)  
is caused by the  
bacteria  
*Mycobacterium  
tuberculosis.***

**结核病 (TB) 是由  
一种叫结核分枝杆  
菌的病菌造成的。**



## Other names of TB

结核病的别名

Consumption

肺癆

Phthisis (Wasting Disease)

癆病 (消瘦病)

The White Plague

白瘟疫

There are **2** forms of tuberculosis.  
结核病有**两种**形式。

Latent tuberculosis Infection  
潜伏性结核

Active tuberculosis disease  
活跃性结核病

No  
symptoms  
无症状

Latent tuberculosis Infection  
潜伏性结核

Non  
infectious  
无传染性

**Symptoms!**  
**有症状!**

**Active tuberculosis disease**  
**活跃性结核病**

**Infectious!**  
**具传染性!**

How does tuberculosis spread?  
结核病是如何传播的?

# Airborne 空气传播

**Close and Prolonged Exposure**  
**亲密与长时间接触**

# Can these activities spread tuberculosis? 这里有哪些活动能导致结核病的传播呢？

Coughing  
咳嗽

Sharing toothbrush  
共用牙刷

Sneezing  
打喷嚏

Handshake  
握手

Singing  
唱歌

Sharing food  
共餐

Kissing  
亲吻

Touching toilets  
触摸马桶椅



**The best way to stop TB spread is to:**

**Identify people who have TB.**

**Provide treatment as soon as possible to anyone  
who is contagious.**

**阻止结核病传播的最佳方法是：**

**识别患有结核病的人。**

**尽快为任何具有传染性的人提供治疗。**

How do we identify people who have active  
tuberculosis?

怎么识别患有结核病的人呢?

When someone contracts tuberculosis, it may not be obvious right away.

当有人感染结核病时，它可能不会立即显现出来。

# What are some symptoms of TB? 患有结核病可能有哪些症状呢？

Night sweats  
夜间盗汗

Fever  
发烧

Cough lasting more  
than 3 weeks  
持续咳嗽超过3周

Fatigue  
疲劳

Weight loss  
体重减轻

Coughing  
blood  
咳出血

If you are unwell and display symptoms of tuberculosis, seek medical attention early to ensure early diagnosis and treatment.

如果您出现结核病症状，吁请您及早看医生，确保及时诊断和治疗。

You think you have TB...

你觉得可能得了结核病...

You have been informed  
that you had been  
exposed to someone  
with TB...

你接获通知，可能和有结核  
病的病人有过亲密接触...

What are some tests that could be conducted for TB screening?  
结核病检测需要进行哪些测试?

How do we treat TB?  
结核病要怎么治疗呢?

Blood tests  
血液检测

Chest X-ray  
胸腔X光检查



If you are contacted by the authorities for TB screening – it is strongly encouraged for identified individuals to protect their own health and the health of those around them.

如果您接到有关当局的通知，我们强力建议被确定为密切接触者的人们接受进行结核病检测，以保护自己和周围人的健康。

Latent tuberculosis Infection  
潜伏性结核



Preventive therapy  
预防性治疗

Active tuberculosis disease  
活跃性结核病



Treatment  
针对性治疗

Latent tuberculosis Infection  
潜伏性结核



Preventive therapy  
预防性治疗

Latent tuberculosis infection is treated with an **anti-TB drug** to prevent development of active TB.

潜伏性结核感染的治疗是使用**抗结核药**避免将来发展成为活跃性结核病。

Active tuberculosis disease is treated with a **combination of several anti-TB drugs** for at least 6 to 9 months.

活跃性结核病的治疗疗程包括**几种药物的组合**，疗程为**期至少6到9个月**。

Active tuberculosis disease  
活跃性结核病



Treatment  
针对性治疗

What is the most important thing in  
the treatment of tuberculosis?

治疗结核病最重要的环节是什么呢?

**Take your medications as  
prescribed by your doctor and  
adhere to follow-ups.**



**定时吃药, 定期复诊。**

# What are the risks of not adhering to TB treatment?

Poor adherence to TB medications can lead to **drug-resistant forms of TB, which take longer and are harder to treat.**

**A person with TB can suffer complications and even die if they do not seek appropriate treatment.**

## 如果患者没有坚持治疗会有什么风险？

服药持续性差可能会导致**抗药性结核病**，就会需要**更长的治疗时间**，而且**难度更大**。

如果结核病患者没有寻求适当的治疗，**活跃性结核病**可能导致严重的病发症，甚至死亡。



**With early diagnosis and  
effective treatment, severe  
complications and death  
can be prevented!**

**通过早期诊断和有效治疗，可  
以预防严重病发症和死亡！**

# The World

**9,900,000**



# 9,900,000

An estimated 9.9 million people fell ill with tuberculosis worldwide in 2020.

预计全球在2020年有990万人患有结核病。

# 1,500,000

A total of 1.5 million people died from tuberculosis worldwide in 2020.

预计全球在2020年有150万人死于结核病。

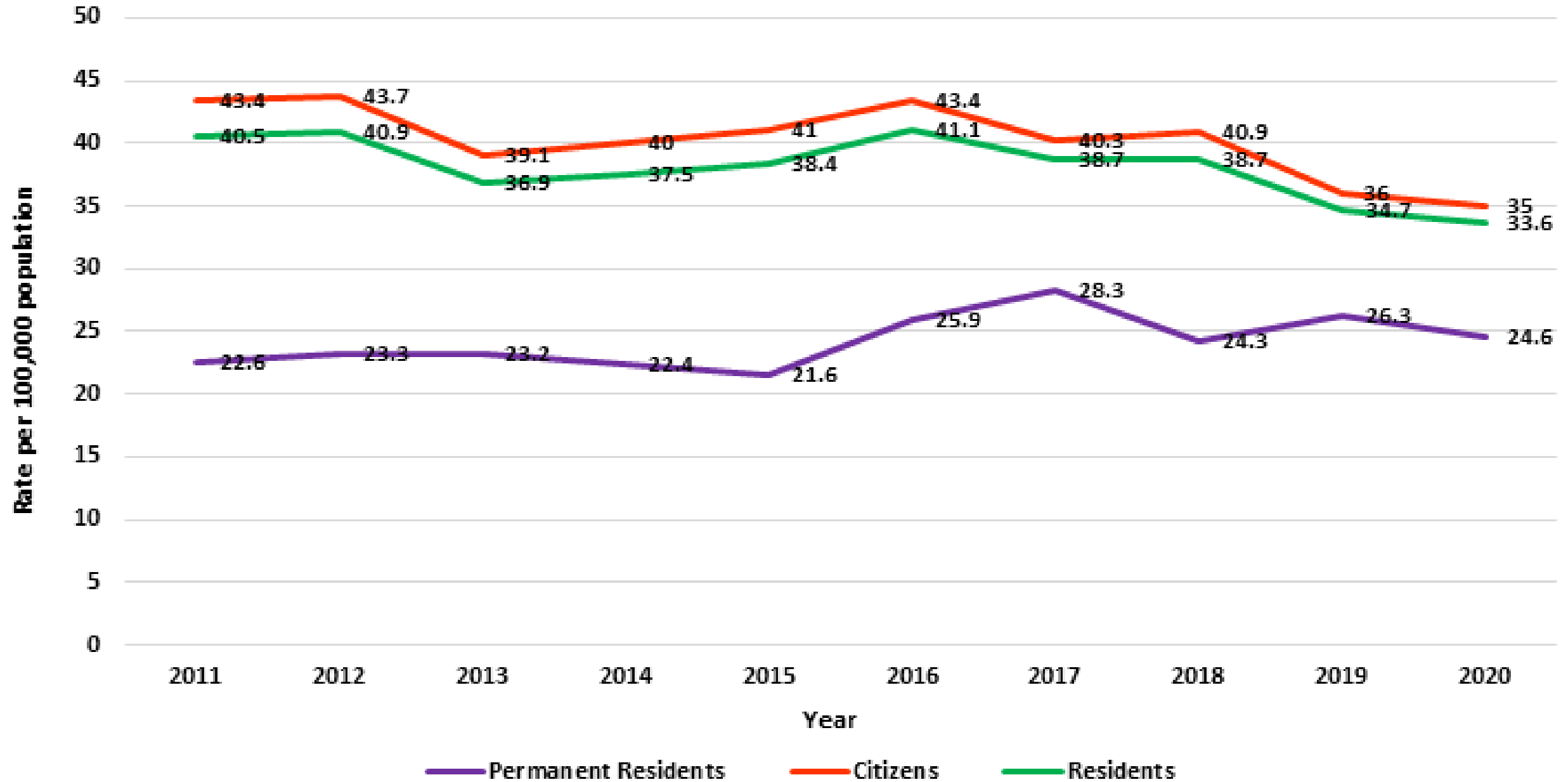
Singapore

**Is there TB  
in Singapore  
now?**

**新加坡现在有  
结核病吗?**

**YES! 有!**

### TB incidence rates in Singapore residents, 2011 to 2020





# Why is there still TB in Singapore?

- 1. High rates of TB up to 1960s means a large reservoir of people with latent TB infection, who may develop active TB when immunity wanes e.g. old age, other medical conditions.**
- 2. Late diagnosis of TB.**

## 为什么新加坡仍有结核病？

- 1. 直到60年代，结核病的发病率非常高，因此有大量潜伏性结核患者可能在免疫力减弱的时候（例如晚年，有其他疾病）发展成为活跃性结核病。**
- 2. 诊断延误。**

# Where to get treated for tuberculosis? 结核病到哪里治疗?

Tuberculosis Control Unit (TBCU)  
结核病控制中心

TB Contact Clinic (TBCC)  
结核病接触者诊所

# Dollars and Cents

# Who will pay for TB screening?

# 结核病检测的费用由谁支付?

**TB screening is provided free-of-charge for those identified for screening.**

**为确定为密切接触者的人提供的检测是免费的。**

**How much does treatment for latent TB cost?**

**潜伏性结核感染的治疗费用是多少？**

**Medication to treat latent TB will be  
provided free-of-charge.**

**潜伏性结核感染的治疗药物是免费提供的。**



**How much does treatment for active TB cost?**

**活跃性结核病的治疗费用是多少？**

**TB treatment at the Tuberculosis Control Unit (TBCU) is heavily subsidised for Singapore Citizens and Permanent Residents. TB Medications are free of charge for patients under direct observed therapy (DOT).**

**在结核病控制中心的治疗费用，对新加坡公民和永久居民有大量的补贴。在直接观察疗法 (DOT) 下进行治疗的药物是免费的。**

# Question and Answer 问答环节

## For those on-site at AWWA Active Ageing Centre

Please raise your hand if you have any questions to ask the speaker.

## For those at other sites

Please raise your hand & a facilitator at the site would type in your question on the Zoom chat.

## 在AWWA Active Ageing Centre 的听众

如果您有什么问题要问演讲者，请举手。

## 在其他场地的听众

有问题请举手，在场的协助人员会将在 ZOOM 聊天中输入您的问题。

If you have any questions which we did not manage to answer or have any comments for us, please email us at the following address. Thank you! :

如果您还有任何疑问或意见想与我们分享，请发个电邮在以下网址。谢谢！

**training@ncid.sg**

**Thank You!**  
**谢谢!**

