

Cuaphmat zawtnak (Tuberculosis)

Theih herhmi
le thlop ning

Cuaphmat zawtnak (TB) timi cu zeidah asi?

Cuaphmat zawtnak (Tuberculosis, TB ti zong in theihmi) cu rungrul (bacteria) nih a chuah pimi chonh khawhmi zawtnak asi.

TB zawtnak cu cuap chungah hmuh deuhmi zawtnak asi. Kan thluak, kal le kan kengruh zong ah hmuh khawh asi ve.

Aa hngilh liomi TB zawtnak (latent TB infection) le TB zawtnak (TB disease) cu zeitindah an i thleidan?

Aa hngilh liomi TB zawtnak (latent TB infection) cu kan pum chungah TB rungrul a um na tein kan pum chung ummi thil pawl nih an doh caah a puang kho lomi asi.

Aa hngilh liomi TB zawtnak a ngei mi hna cu TB zawtnak ah hmuhtonmi thil le ziaza a ngeimi asi lo.

Cu a hngilh liomi TB zawtnak (latent TB infection) a ngeimi nih TB rungrul cu mi dang kha a chonh kho hna lo.

TB zawtnak cu a puarmi cuaphmat zawtnak ti zong in theih kawh asi.

TB zawtnak (TB disease) timi cu, TB rungrul a pum chung um ruangah zawtnak ah hmuhtonmi thil le ziaza hmuh a si mi kha asi.

TB zawtnak a ngeimi nih midang a chonh khawh hna.

Tb zawtnak a neimi cu sibawi zokzok in ton a herh.

A puarmi TB zawtnak ah hmuhtawnmi thil le ziaza pawl cu zei pawl dah an si?

A puarmi TB zawtnak a ngeimi hna sinah hmuh khawhmi thil le ziaza hna cu:

- Zerh thumnak tamdeuh tiang a nguhmi khuhnak le achel ah khak chungah thi aa telmi
- Taklinhnak- kan pum taksa a linhnak
- Cuap zornak - zeiruang lo in cuap zornak
- Zantim ah thlan chuahnak
- Zungzal in thabat phunphai in um
- Rawl tam lo in um
- Cuap leng ah a um mi TB zawtnak a si ahcun fahnak le phinnak.

Micheukhat sinah cun TB zawtnak hi a zual tuk in a lang leng tawn lo, zawt sawhsawh ban tuk khin a lang tawn.

TB zawtnak hi zeitindah minung pakhat le pakhat ichonh khawh asi?

TB rungrul Tb zawtnak a ngei mi an hathio, an khuh, silole an holh lio ah an kaa chung in a chuakmi thli cu pawngkam um mi pawl nih an dawp sual tikah chonh khawh asi.

Cu rungrul cu TB zawtnak a ngei mi he caan saupi caan an hman ti tikah chonh khawh asi, tahchunhnak ah chungkhat le hawikom pawl.

TB cu inn ah hman tawnmi thil pawl ihyrawm ruangah chonh khawh asi lo (tahchunhnak ah, hrai, telephone, thilpuan, rawleinak kheng) cu caah cu thil pawl cu thleidan in hman an herh lo.

Mi pakhat le pakhat ichonh lo ding in zeitindah khamhning asi:

- TB zawtnak a ngeimi pawl cu an khuh tikah silo le an hathio tikah an kaa le an hnar huh ding in chimh an si.
- TB zawtnak a ngeimi hna cu an dam hlan tiang mi dang he pehtlaihnak umter loin hmun dang te ah chiah an si.

Cuap hmatzawtnak (Tuberculosis) in a hodah fawideuh in a zaw kho?

TB zawtnak a ngei mi he caan saudeuh a hmangmi pawl cu fawideuh in a zaw kho.

TB zawtnak tamdeuh cu aa hngilh lio mi Tb zawtnak an ngeichih.

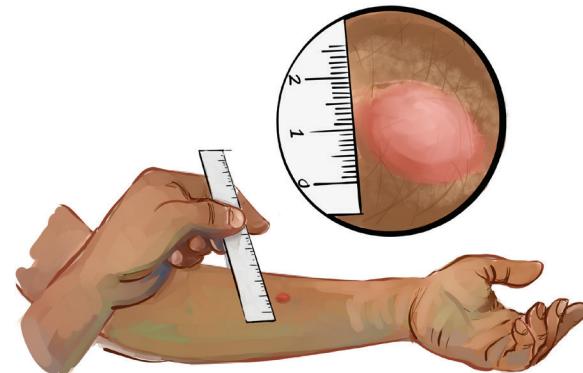
Aa hngilh lio mi TB zawtnak cu a puarmi TB ah a cang kho mi hna cu:

- Caan sau zawtnak phun asi mi cancer, leukemia, HIV, le kal thatlo zawtnak a ngeimi pawl.
- Kan pum thi tha der sak kho mi sii a ding lio mi pawl.
- kum 5 tang a si mi ngakchia pawl.

Kuak zuu mi pawl, zuunthlum zawtnak a ngeimi pawl, le TB zawtnak tamdeuhnak hmun in a rak peem mi pawl cu fawideuh in hi zawtnak an ngei kho.

TB zawtnak a ngei maw ngei lo ti theih ding ah tuahmi tests pawl cu zeiidah an si?

- Kan cuap ah Tb um maw um lo ti cu X-ray hmanhlak in hmuu khawh a si
- Khak zohmi test phun khat in kan khak chung ah TB rungrul um maw um lo ti mi theih khawh a si.
- Kan vun ah sichunh in TB zawtnak um maw um lo ti in theih khawhmi test phun khat zong in theih khawh a si.



TB zawtnak Ngeih le Ngeih Lo Testnak tuah lio hmanhlak.

TB zawtnak cu zeitindah thlawp khawh asi?

Rungrul thahnak si phunphun thla 6 in thla 12 tiang din ding pek a si. Cu si pawl tha tein a dih tiang din ahcun dam khawh a si.

Ka dam pah cang tiah na ruat hmanh ah sii an in pekmi cu siibawi nih an ti bang in a dih tiang na din a herh. Na zawtnak a zualtu kha si ahcun sizung ah thlawp a si.

Aa hngilh lio mi TB cu zeitindah thlawp khawh a si?

Kum 35 tang asi mi hna cu rungrul thahnak sii phun khat isoniazid sii kha thla 6 in thla 9 tiang din ding an pek.

Cu sii nih rungrul pawl a thah hna i zawtnak kha a porter ti lo. Kum 35 leng a si mi hna tu cu X-ray hmanhlak ning cang tein thlak kan si tawn.

Ahlei in theih na duh a si ahcun

- Cuap zohnak siikhan(clinic) si lo le chungkhar siibawton biak khawh a si.
- TB test paohpaoh cu man loin le nangmah dah ti lo cun a hohmanh theihter lo in cuap zohnak siikhan paoh ah tuah khawh a si. Zeiphun visa nan ngeih ah siseh TB zawtnak cu man lo in le visa kong pehtlaih in buaibainak um lion thlawp piak a si.
- Cuap zohnak siikhan kal ding ah chungkhar siibawi (Family Doctor) sin in cakuat (referral letter) a herh lo
- Medicare card zong a herh lem lo.

