

ZUZIMPILO MEDICAL CENTRE Media Release

World TB Day – the disease can be cured and prevented, help to stop it

Monday, 17 March 2008: It's World TB Day on Easter Monday. 65% of people with TB in South Africa are HIV infected. Alarming, one quarter of these people who have TB will die in the first couple of days after being diagnosed.

According to Dr Neil Martinson, director of Zuzimpilo Medical Centre and TB specialist says, "People with symptoms of TB wait much too long before being checked. The truth is that the longer you wait, the more sick you will become. But the tragedy of the disease is that TB can be cured and TB can be prevented. South Africans are at 10% risk in their lifetime of getting TB but HIV positive people who do not have strong immune systems are 10% likely to get TB this year.

"We want to encourage people with symptoms to have a TB test and an HIV test as soon as possible. When TB is untreated, it is infectious. You can stop TB by going to a clinic and getting a simple test. If you have TB, you need to take your treatment for six months."

Symptoms of TB are a combination of weight loss, coughing for more than two weeks and soaking night sweats or fever.

To help stop TB, Zuzimpilo is offering TB testing with a difference.

Dr Martinson explains, "If you have symptoms of TB, we will test for TB and also do a free HIV test. You pay R60 for both tests. If you are HIV positive and have had a TB test, we will also do a free CD4 count to establish if you are ready for ARVs."

The TB test is very simple. The patient simply coughs and the phlegm is analysed.

The offer runs from 17 – 31 March. Call Zuzimpilo for an appointment on 0860 457 456. The clinic is situated on the second floor Ansteys Building corner of Jeppe and Joubert in central Johannesburg.

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