



ALDEL EDUCATION TRUST

ALDEL COLLEGE OF PHARMACY AND RESEARCH

Approved by PCI, Recognized by DTE and Affiliated To University of Mumbai & MSBTE

(Issue - XXI)

AROGYAM DIGEST

WORLD TUBERCULOSIS DAY

24th March 2026

YES! WE CAN END TB!"



Aldel College of
Pharmacy and Research



(A Christian Religious Minority Institution)

Approved by PCI, Recognised by DTE Code: 3714 and Affiliated to University of Mumbai and MSBTE



World
Tuberculosis Day
24th March

VISION

“To Strive for Excellence in Pharmaceutical Education and Research to Develop Competent Pharmacy Professionals.”

MISSION

- To Create an Environment which encourages Lifelong Learning, Professionalism and Social Responsibility.
- To Conduct Collaborative Advanced and Innovative Research that caters the needs of Pharmaceutical Industry and Community.
- To Foster and Develop Entrepreneurial Skills to Serve the Patients and community.

QUALITY POLICY

- Committed to be a centre of excellence by ensuring quality education and innovative research to empower students to become competent pharmacists

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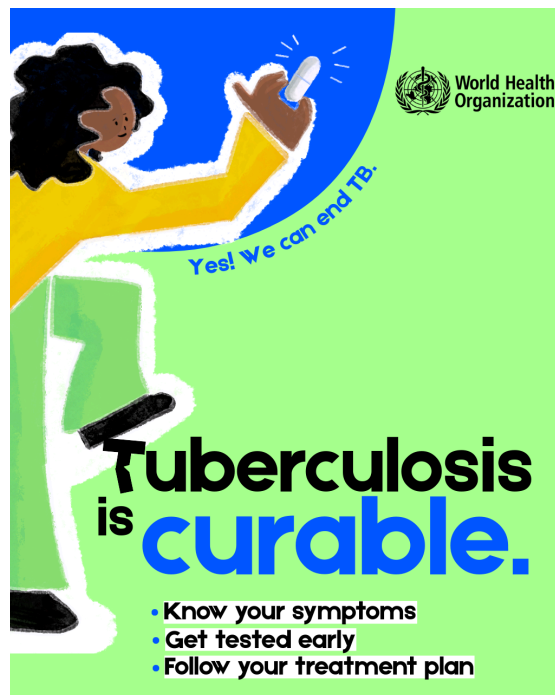
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HOW AGE AFFECTS
RISK OF TB

OVERVIEW

World TB Day is observed every year on 24th March to spread awareness about Tuberculosis (TB) and to strengthen efforts to eliminate the disease globally. This day marks the discovery of *Mycobacterium tuberculosis* by Robert Koch in 1882, which revolutionized the diagnosis and treatment of TB.

Despite medical advancements, TB remains one of the leading infectious diseases worldwide. However, it is preventable, treatable, and curable with proper care.



WHAT IS TUBERCULOSIS?

Tuberculosis is a contagious bacterial infection caused by *Mycobacterium tuberculosis*. It primarily affects the lungs (Pulmonary TB) but can also affect:

- Brain (TB meningitis)
- Spine (Pott's disease)
- Lymph nodes
- Kidneys
- Bones



TB spreads through the air when an infected person coughs, sneezes, speaks, or spits.

TYPES OF TB

- Latent TB Infection – The bacteria remain inactive in the body without symptoms.
- Active TB Disease – The bacteria multiply and cause symptoms.
- Drug-Resistant TB (MDR-TB/XDR-TB) – Occurs when TB bacteria become resistant to first-line medicines.

SIGNS AND SYMPTOMS

- Cough lasting more than 2 weeks
- Fever (especially evening rise)
- Night sweats
- Weight loss
- Loss of appetite
- Chest pain
- Blood in sputum



GLOBAL AND NATIONAL EFFORTS

- The World Health Organization (WHO) leads the global "End TB Strategy" aiming to reduce TB deaths and incidence drastically by 2030.
- In India, the government runs the National Tuberculosis Elimination Programme (NTEP) under the Ministry of Health and Family Welfare, providing:
 - Free TB testing
 - Free anti-TB medicines
 - Nutritional support (Nikshay Poshan Yojana)
 - Digital tracking of patients

India aims to eliminate TB by 2025.

TB IN DIFFERENT AGE GROUPS

TB affects people of all ages, but the severity and risk vary depending on immunity and health condition.

TB IN INFANTS (BELOW 1 YEAR)

Infants are at high risk because their immune system is not fully developed.

Effects:

- Severe forms like TB meningitis
- Miliary TB (spread throughout the body)
- Failure to gain weight
- Persistent fever
- Irritability

Infants are more likely to develop serious complications if not treated early. BCG vaccination at birth provides partial protection against severe TB in children.

TB IN CHILDREN & YOUNGER INDIVIDUALS (1-18 YEARS)

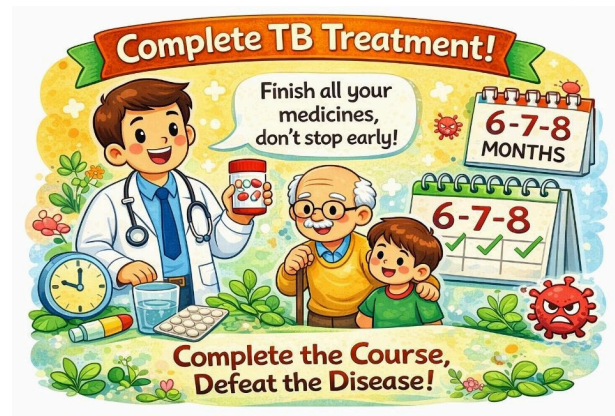
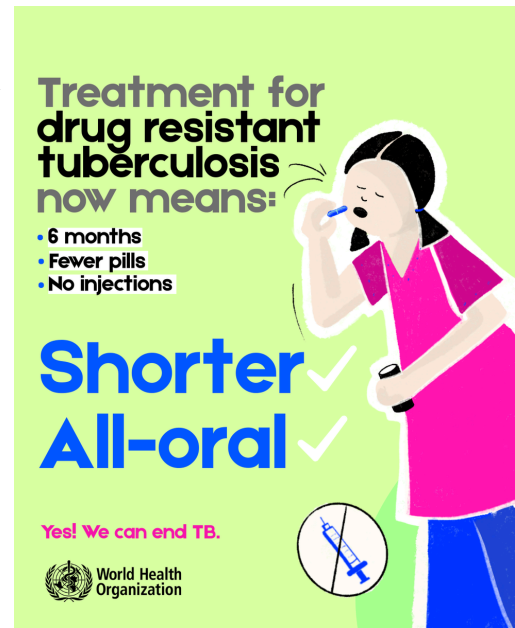
CHILDREN AND ADOLESCENTS MAY DEVELOP:

- Persistent cough
- Fever
- Weight loss
- Swollen lymph nodes

RISK FACTORS:

- Close contact with TB patient
- Malnutrition
- Poor living conditions

CHILDREN OFTEN DEVELOP EXTRAPULMONARY TB MORE COMMONLY THAN ADULTS.



TB IN ADULTS (19–59 YEARS)

This is the most commonly affected age group, particularly in countries like India.

Effects:

Effects:

- Chronic cough
- Chest pain
- Blood in sputum
- Weight loss
- Weakness

Risk Factors:

- Smoking
- Alcohol use
- Diabetes
- HIV infection
- Poor immunity
- Occupational exposure



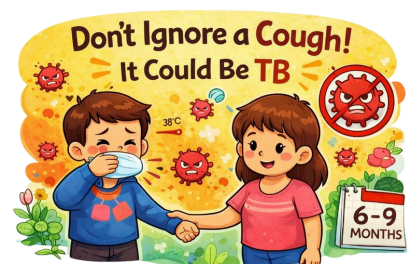
Adults are the main source of TB transmission in the community.

TB in the Elderly (60 Years and Above)

Older adults have an increased risk due to weakening immune system (age-related decline in immunity).

Effects:

- Atypical symptoms (no strong cough sometimes)
- General weakness
- Loss of appetite
- Confusion (in severe cases)
- Higher mortality rate



Why Risk Increases with Age?

- Immunity decreases naturally with aging
- Presence of chronic diseases (diabetes, COPD, heart disease)
- Malnutrition
- Reduced body resistance

Elderly individuals may have reactivation of latent TB infection acquired in youth.

HOW AGE AFFECTS RISK OF TB

- Immunity decreases naturally with aging
- Presence of chronic diseases (diabetes, COPD, heart disease)
- Malnutrition
- Reduced body resistance

Elderly individuals may have reactivation of latent TB infection acquired in youth.

How Age Affects Risk of TB

Age Group	Risk Level	Reason
Infants	Very High	Immature immunity
Children	Moderate to High	Close contact exposure
Adults	High	Active transmission & lifestyle risks

Age Group	Risk Level	Reason
Elderly	Very High	Weak immunity & chronic illness

As age increases, especially after 60 years, the risk of reactivation TB increases significantly due to reduced immune response.



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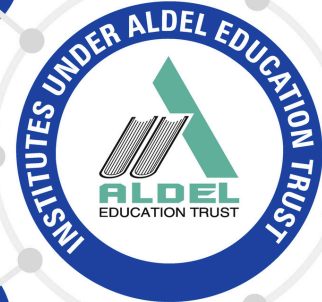
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