

# AcaciaAnswers

*with Dr. Robert Balthazar*

## Should I be worried about this latent infection?



- DR. ROBERT BALTHAZAR, MD
- PRIMARY CARE PHYSICIAN
- BARBEE FAMILY HEALTHCARE CENTER

well, getting enough rest and exercise and avoiding stress when you can. And, of course, visit your doctor regularly. Your doctor can help you manage the TB Infection in the context of your overall health. I hope this helps, and good luck with your new job!



Acacia Network provides a variety of medical services:

- Family Practice
  - Internal Medicine
  - Mental Health
  - Pediatrics
  - Gynecology
  - Podiatry
  - Nutrition
  - Health Education
  - And much, much more!
- Make an appointment at one of our clinics today.

Dear Doctor,

**I was born in Mexico and moved here when I was five. I'm now 22. I got my first Tuberculosis PPD test recently because I'm starting work at a hospital. The test came back positive. I took a chest x-ray after and it showed that I'm okay. There wasn't much discussion after that, but I'm worried. I want to have a family and children. Could this get in the way?**

**-Carl**

Dear Carl,

There is a major difference between Active Tuberculosis (TB) and Latent TB Infection, which you have. According to the CDC, if untreated, 5-10% of cases of Latent TB Infection will turn into Active TB Disease, with most of these cases occurring within 2 years of infection. You may have been exposed to Tuberculosis in Mexico when you were a very young child.

The chance of you developing Active TB Disease at this age is low providing you take a 9 month regimen of medication to reduce your risk.

I don't see any reason why Latent TB Infection should stop you from pursuing your goals and dreams. While Active TB Disease is highly

contagious, spreading when the infected person coughs and sprays droplets of infected sputum into the air, Latent TB Infection isn't contagious. Symptoms of Active TB Disease include night sweats, weight loss, coughing up blood, chest pains and fatigue, among

other things. A person with Latent TB Infection doesn't feel sick.

Working in the healthcare industry, annual PPD tests are mandated. If positive, periodic chest x-rays are recommended. I also advise that you keep your immune system healthy by eating

**Schedule an Appointment Today! (718) 764-1577**

### LA CASA DE SALUD

966 Prospect Avenue, Bronx

### WESTCHESTER AVENUE FAMILY PRIMARY HEALTHCARE CENTER

915 Westchester Avenue, Bronx

### PARK AVENUE FAMILY HEALTHCARE CENTER

4196 Park Avenue, Bronx

### CHARLES A. LAPORTE FAMILY HEALTH CARE CENTER

1064 Franklin Avenue, Bronx

### CLAY AVENUE HEALTHCARE CENTER

1776 Clay Avenue, Bronx

### CLAREMONT FAMILY HEALTHCARE CENTER

262-4 East 174th Street, Bronx

### BARBEE FAMILY HEALTHCARE CENTER

266 West 145th Street, Manhattan



ROOTED IN THE COMMUNITY SINCE 1969

**"Celebrating 45 Years of Keeping the Promise"**



**www.acacianetwork.org**