



Name of Resource person: Dr. Roobhini Sri N.S.K

Podcast Title: Tuberculosis- myths and facts

Department: Microbiology

Category: Public awareness

TRANSCRIPT

Hello and welcome. This is Dr. Roobhini Sri, Assistant Professor, Department of Microbiology talking on **Tuberculosis-myths and facts** that students and the general public often hear.

What is Tuberculosis?

Tuberculosis is an infectious disease caused by a bacterium called *Mycobacterium tuberculosis*. It usually affects the lungs, but it can also involve the lymph nodes, bones, brain, and other organs. TB spreads mainly when infected people cough, sneeze, or talk, releasing tiny droplets into the air that others can breathe in.

If diagnosed early and treated properly, TB is curable in most people. However, when left untreated, it can become serious, spread to others, and even cause death.

TB is a disease of the past; it doesn't happen anymore

Fact: TB is still very much present. In India and many other countries, TB remains one of the leading causes of death from a single infectious agent. Millions of new cases are reported every year, which means TB is not history—it is a current public-health problem.

TB is a spiritual or “karma” problem, not a medical one

Fact: TB is a **bacterial infection**, not a punishment or spiritual issue. It spreads through the air and can be diagnosed with tests and treated with medicines. Respect, support, and medical care—not stigma or superstition—are what patients need.

TB only affects poor or “unclean” people

Fact: TB can affect anyone, regardless of income, caste, or cleanliness. While overcrowding, malnutrition, and poor health can increase the risk, TB does not “choose” people based on their status. It spreads through the air, so anyone breathing in infected droplets can get it.

TB is a “hereditary” disease

Fact: TB is **not** hereditary. It is an **infectious disease**, not a genetic one. You don't get TB because your parents had it; you get it from breathing in the bacteria. However, shared living conditions and poor nutrition in a family can make more members vulnerable.

TB is always very obvious with strong cough and weight loss

Fact: In early stages, TB can be “silent” or mild. Some people have only a mild cough or no symptoms at all, especially if the disease is outside the lungs. That is why screening and testing are important, instead of just guessing.

TB treatment needs to be stopped once the patient feels better

Fact: This is one of the most dangerous myths. TB treatment usually lasts for many months, and medicines **must** be taken regularly until the doctor says to stop. Stopping early can cause the disease to come back in a stronger, drug-resistant form—like multidrug-resistant TB (MDR-TB)—which is harder and more expensive to treat.

TB patients are always highly contagious

Fact: Only people with **active TB of the lungs** who are coughing without proper treatment can spread it easily. Once treatment starts and the patient improves, the risk of spreading drops sharply. Simple precautions—like covering the mouth while coughing, good ventilation, and completing treatment—greatly reduce the risk.

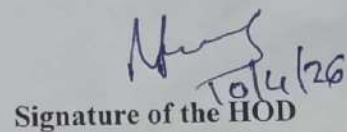
What can students and the public do?

- Learn that TB is treatable and curable
- Avoid spreading stigma against TB patients in schools, colleges, and workplaces.
- Support people to complete their treatment on time.
- Promote good ventilation, educate people against spitting in public, and early medical check-up if someone has a persistent cough.

TB is a **real, current, and curable disease**, not a myth, a curse, or a sign of weakness. By replacing myths with facts, and stigma with support, students and the common public can play a very important role in ending TB in our communities. Thank you for listening, and stay healthy.



Signature of the Resource Person



Signature of the HOD