



TB and Maternal & Child Health: Real life stories and key facts



3 Key Facts about TB and Women

More than half a million women of child-bearing age die from TB each year. Yet TB is both preventable and curable.

TB is the 3rd leading cause of death in women of reproductive age (15-44 yrs).

Pregnant women with TB-HIV co-infection are at far greater risk of maternal mortality than those without HIV.

Target TB calls for:

'...all pregnant women in countries with high TB prevalence to be screened for TB and provided with the appropriate treatment and care.'

Read Esther's story to see why...

Esther's story: 'I was relieved to find out TB was curable'

While looking forward to the birth of her second child, 23 year old Esther Banda had a routine test for HIV at her ante-natal clinic in Zambia. It was positive. Esther was started on anti-retroviral treatment straight away.

Later on, Esther had breathing difficulties and pain in her chest. But she didn't know anything about TB and hadn't been tested for it. So she assumed it was just a side effect of the anti-retrovirals.

Two months after giving birth to her new daughter, Ida, Esther was still very weak and her weight was worryingly low. Only now did she seek help; she was admitted to hospital for two weeks where she was finally diagnosed with TB.

Esther's late diagnosis and illness affected her whole family. She lives with her aunt who leaves at dawn to sell goods at the local market and doesn't return until late. Esther was very weak and struggled to care for her two children alone.

Esther received support from Jenny, a local volunteer TB carer, trained by Target TB. Jenny visited twice a week with vital practical help and emotional support—even walking to the clinic to collect Esther's TB drugs.

Jenny brought rice, salt and sugar which eased the economic burden on the family and was vital to help Esther stomach the strong TB drugs, gain weight and get strong enough to care for her children. Such support helped Esther to make a full recovery.



TB and Maternal & Child Health: Real life stories and key facts



Pasquela and her baby, Adriana

Pasquela da Silva lives in Timor-Leste, one of the world's newest, yet poorest, countries. She is 22 years old and has three daughters. The youngest, Adriana, is 7 months old.

Pasquela and her husband earn a small income by growing corn and cassava. But this year, Pasquela became sick and weak, with a persistent cough, fever and chest pain. A Target TB mobile health camp visited her village and she was diagnosed with highly infectious TB.

Pasquela had to stay at a specialist clinic for two months of intensive treatment. Her husband and baby came too, as Adriana was still being breast fed. Staff recognized that there was a very high chance that Adriana could become infected, due to such close contact between mother and baby.

So, not only was Pasquela started on treatment but her baby daughter was also started on a 6 month course of preventative therapy. This kind of prophylaxis has proved successful in preventing active TB in young children.

After finishing the intensive phase of treatment Pasquela was no longer infectious, though she has another 6 months of treatment until fully cured. Happily, this can be completed at home, back again with her daughters and her husband.

3 Key Facts about TB and Babies

If untreated, maternal TB can lead to increased neonatal mortality, lower birth weights, prematurity and increased complications.

TB in pregnancy more than doubles the risk of mother-to-child transmission of HIV to an unborn child.

An estimated 20-25% of children living in households with an adult with active TB become infected, as they're often held close and breathed over.

Target TB calls for:

'...Preventative Therapy to be given to children who have been in close-contact with an adult who has infectious TB'

Read Pasquela's story to see why...

Get Informed

Find out more online about TB and what we are doing to fight the disease:

www.targettb.org.uk

www.twitter.com/targettb

www.facebook.com/targettb

Get Involved

Make a donation or fundraise for Target TB. There are lots of ways to have fun with friends and family while raising money for us

Get in touch

Call us on : +44(0)1273 827070

Or email us: info@targettb.org.uk

Target TB,
Refuge House, 49-50 North Street
Brighton, East Sussex, BN1 1RH

UK Registered Charity Number:
1098752