

## Tuberculosis

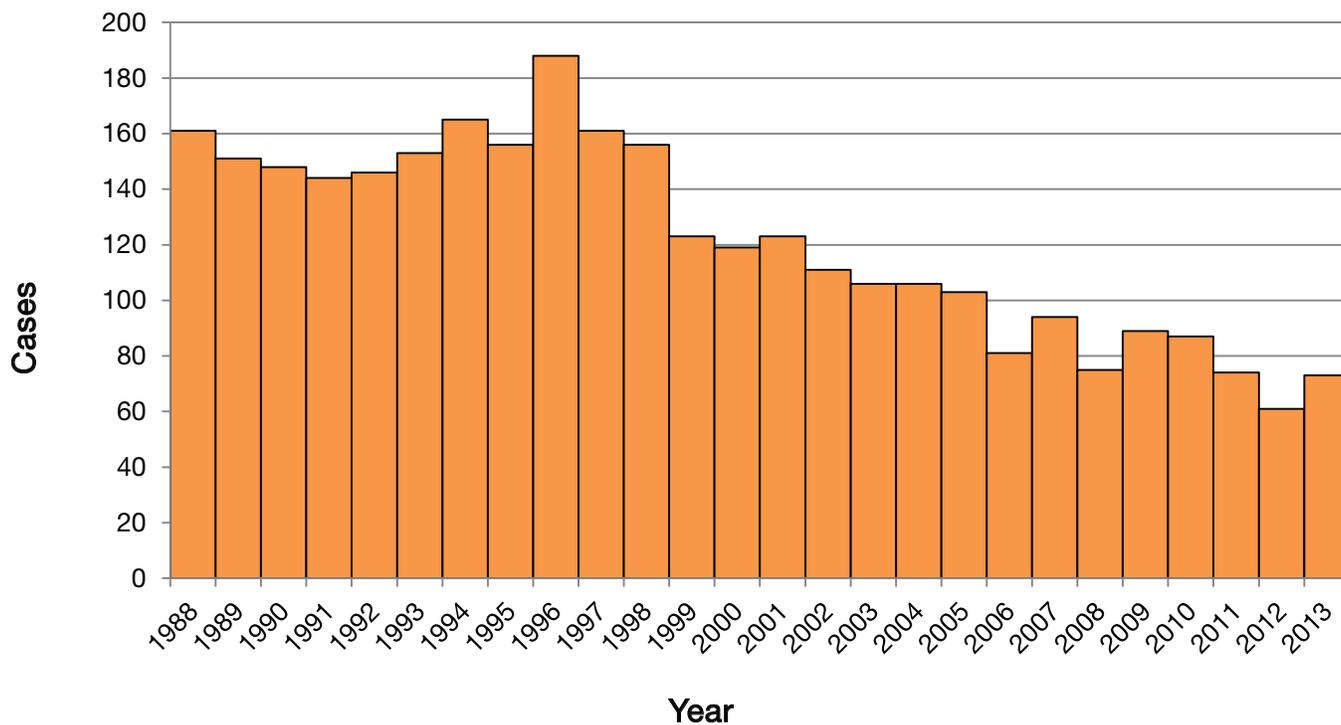
Tuberculosis (TB) is a communicable disease caused by the bacterium *Mycobacterium tuberculosis*. The most common site for TB disease are the lungs; however, TB can occur in any organ in the body. *Mycobacterium tuberculosis* infection spreads when someone with TB disease in their lungs coughs or sneezes tiny, bacteria-laden particles into the air, and the particles are inhaled by another person. If another person inhales air containing these droplet nuclei, he or she may become infected. However, not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent TB infection (LTBI) and TB disease. Although most people with LTBI will not get sick with TB disease, some will. TB disease can occur weeks to years after a person is first infected. Because of this, TB testing is recommended for people who had significant contact with someone who has TB.

Both LTBI and TB disease are curable with appropriate treatment.

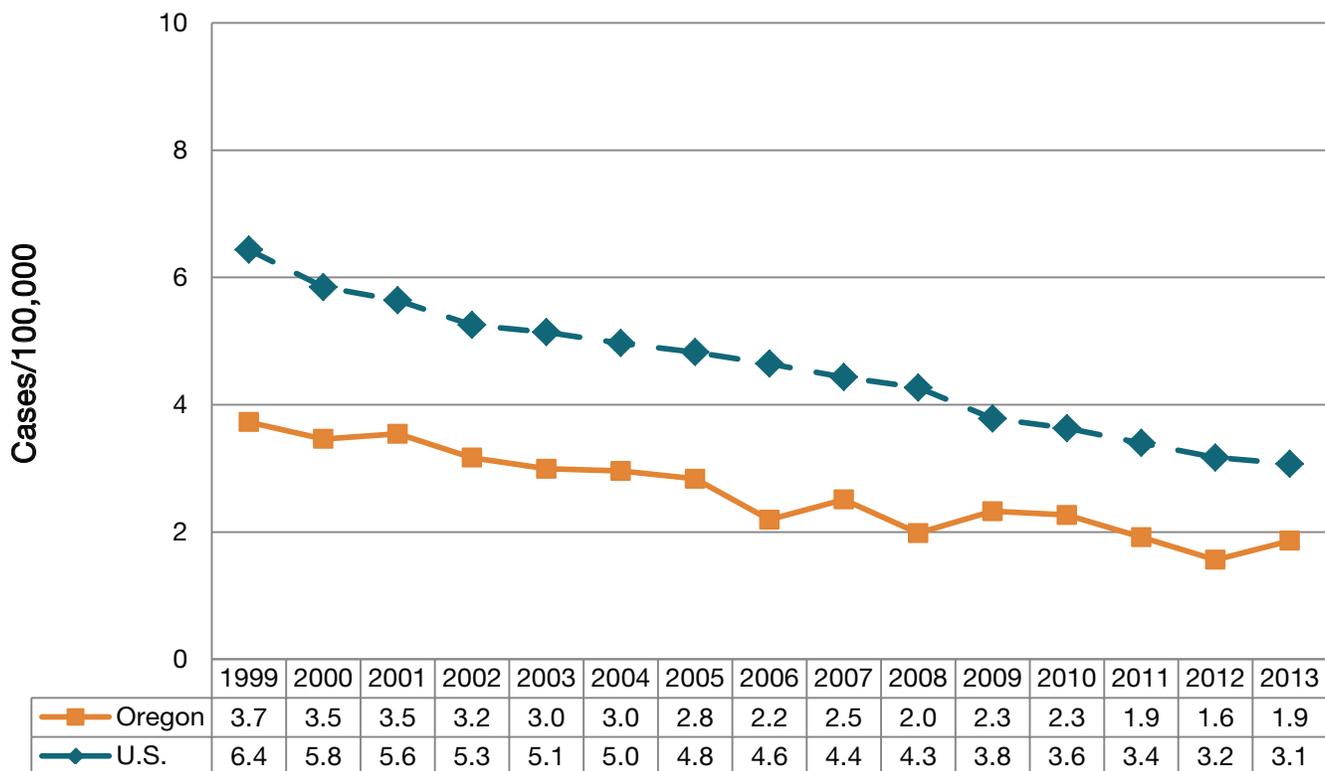
There are several different treatment regimens available for LTBI which range in length of treatment from 3–9 months. The standard initial treatment for TB disease consists of four drugs which must be taken daily. Most patients require treatment for 6–9 months. Multi-drug-resistant tuberculosis (MDR TB) is defined as resistance to at least isoniazid and rifampin; such strains require longer treatment with second-line drugs.

The incidence rate of TB has been declining in Oregon over the past decade. In 2013, a total of 73 cases of active TB disease were diagnosed in Oregon, for a rate of 1.9 cases per 100,000 residents. Nationally, there were 9,588 new TB cases reported in the U.S., an incidence of 3.0 per 100,000 population.

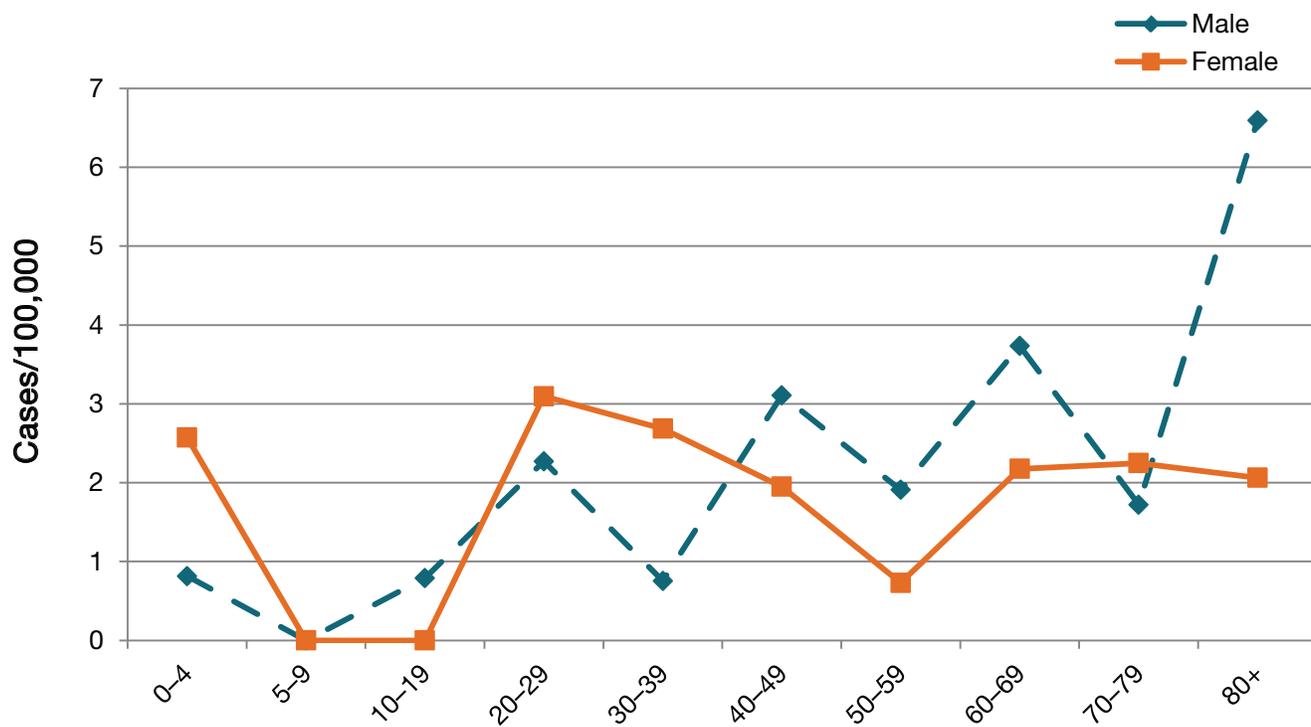
### Tuberculosis by year: Oregon, 1988–2013



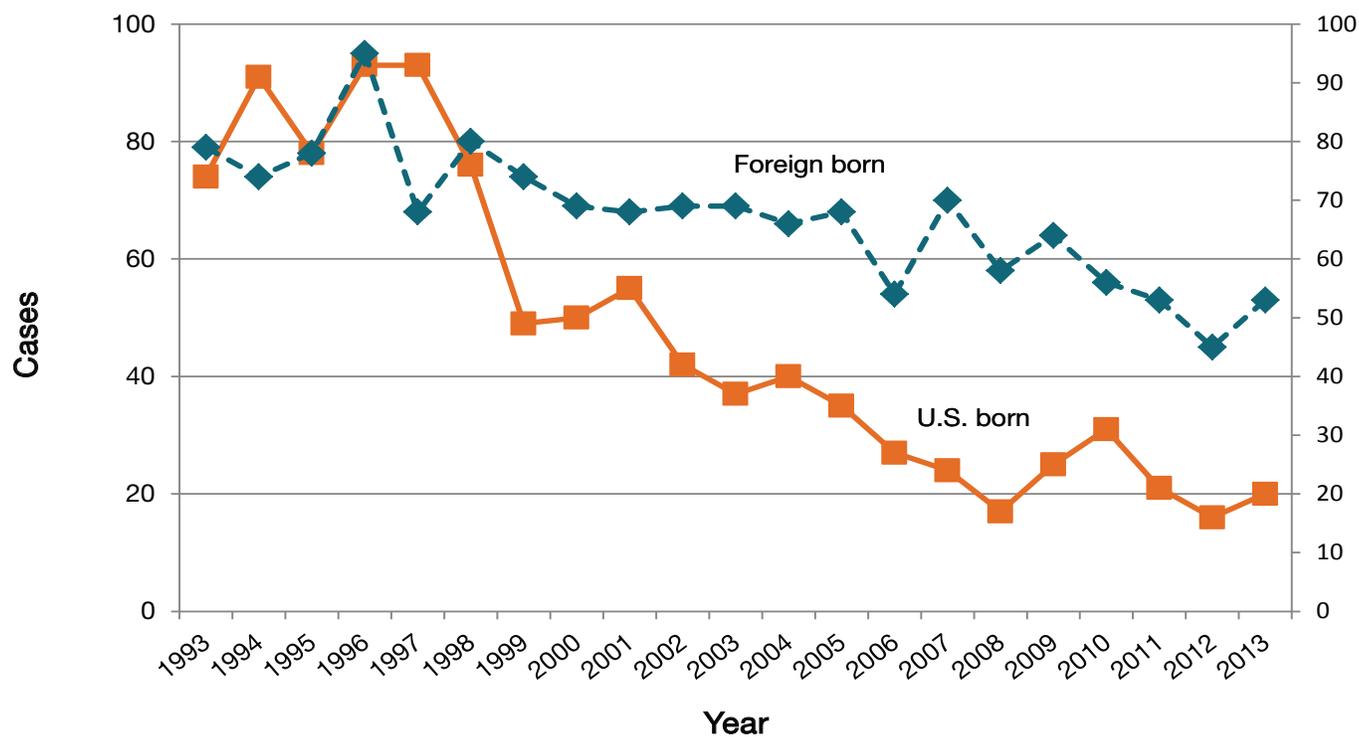
### Incidence of tuberculosis: Oregon vs. nationwide, 1999–2013



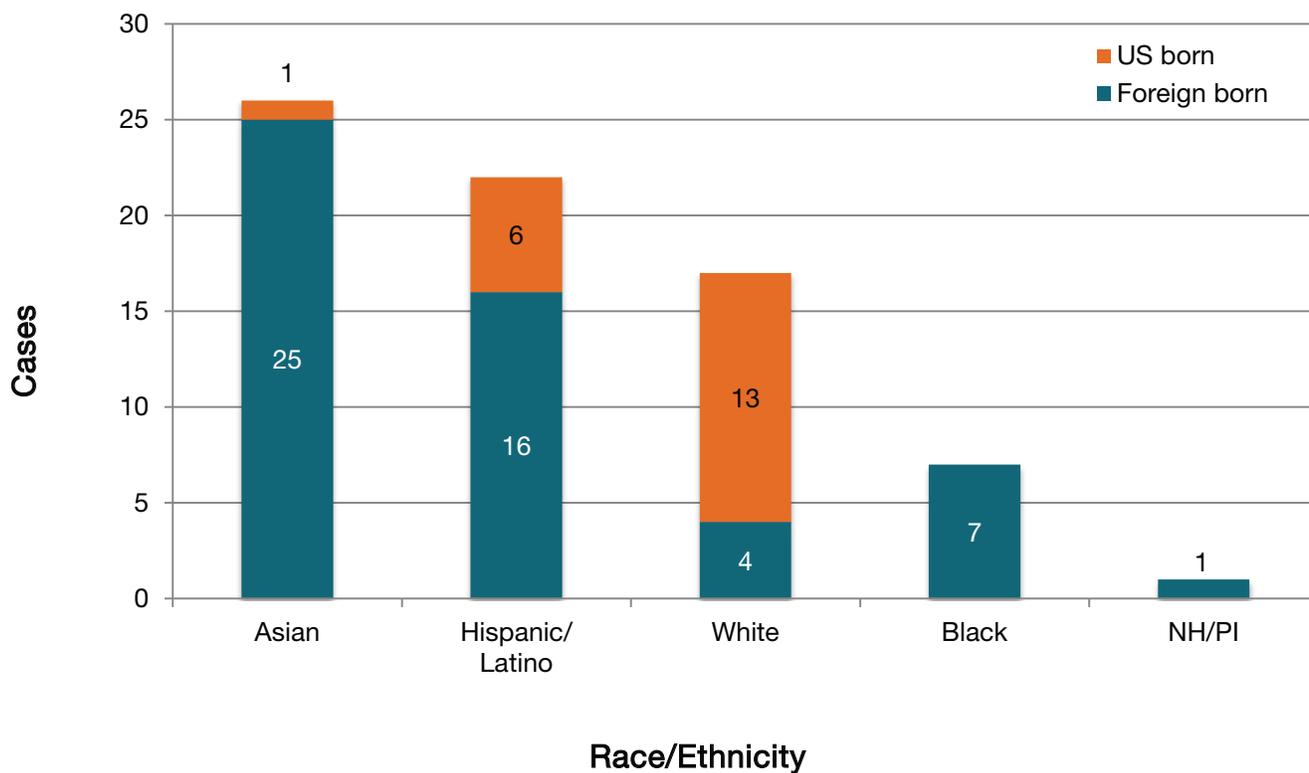
Incidence of tuberculosis by age and sex: Oregon, 2013



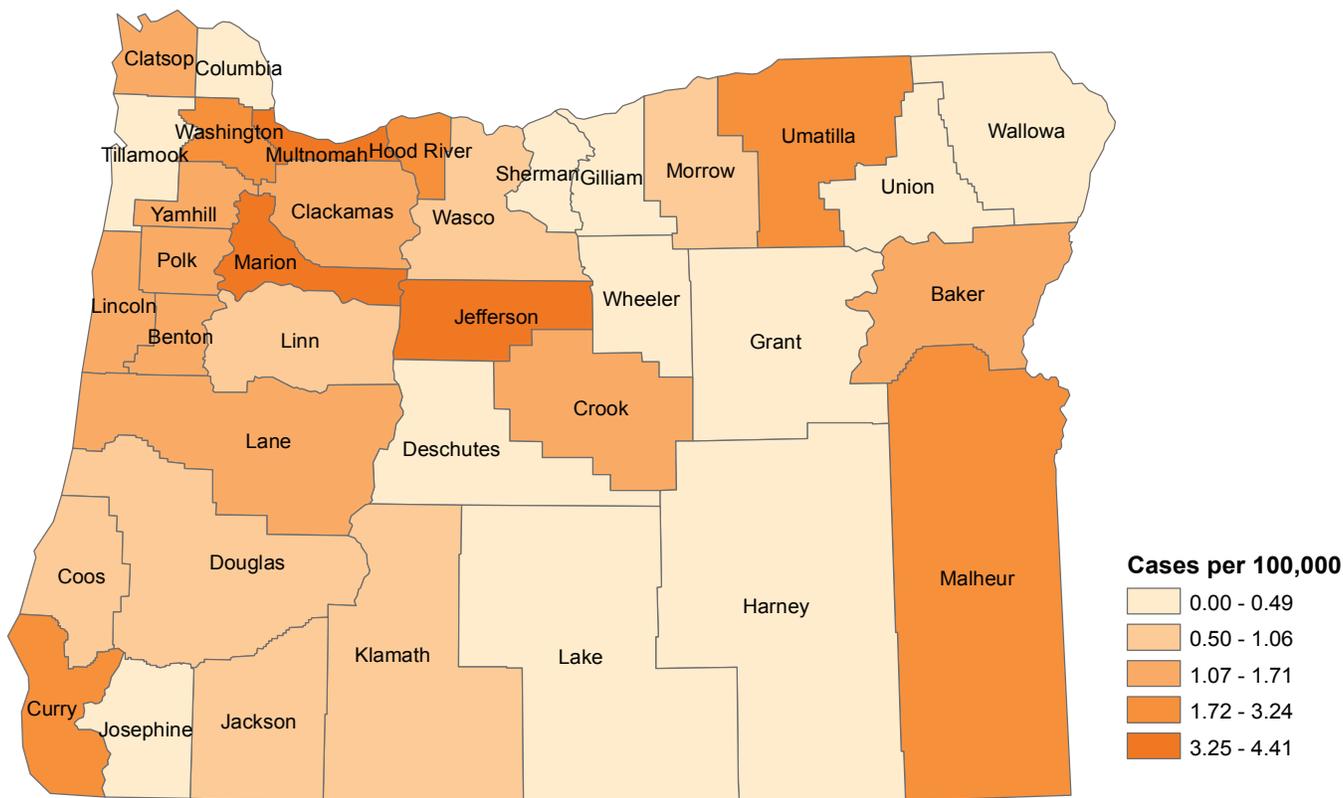
Tuberculosis cases by country of birth, foreign-born vs. U.S.-born: Oregon, 1993-2013



### Tuberculosis by race/ethnicity and foreign born status: Oregon, 2013



### Incidence of tuberculosis by county of residence: Oregon, 2004–2013



## Prevention and Treatment

TB is preventable, treatable and curable. TB can be prevented by diagnosing and treating persons with active TB disease, stopping potential transmission to others. It can also be prevented by identifying and treating persons with latent TB infection who, if untreated, may develop active TB disease. Reporting of TB ensures cases are treated and contacts are identified and offered preventive antibiotics.