Tuberculosis risk factors

Mycobacterium tuberculosis - acid fast bacillus - exposure may result in:
(i) immediate clearance
(ii) primary tuberculosis with Ghon’s focus and complex
(iii) chronic tuberculosis without disease
(iv) secondary tuberculosis from reactivation (miliary Tb & disseminated disease)

1. Pulmonary Tb:
   - resistance to isoniazid and rifampicin is increasing
   - a standard course of therapy is isoniazid (with pyridoxine) & rifampicin for six months plus ethambutol and pyrazinamide for 2 months

2. Mycobacterium avium complex:
   - treated with clarithromycin or azithromycin plus ethambutol or rifabutin

Risk factors:
- Living in or originating from a developing country
- Age (<5 years, middle-aged and elderly men)
- Alcoholism and/or drug addiction
- HIV infection
- Diabetes mellitus
- Lodging house dwellers
- Immunosuppression
- Close contact with smear positive patients
- Silicosis
- Poverty and/or malnutrition
- Previous gastrectomy
- Smoking