

Looking after you ...  
Keeping you informed ...  
Keeping you up to date.

## HEALTH BYTES

March 2025



### Fighting TB: How women can take control of their health

Tuberculosis (TB) is a serious health challenge around the world, especially for women.

#### Why does TB hit women so hard?

Women are caregivers, always putting their families first. However, not asking for help when they show symptoms of TB can make the disease worse. This can affect their ability to work, disrupt their children's schooling, and spread the disease to others.

TB can also cause painful periods, infertility and pregnancy complications.

#### Recognise signs and symptoms early

Look out for:

- fatigue,
- a cough (which may produce blood) that lasts more than two weeks,
- night sweats,
- unexplained weight loss,
- chest pain,
- swollen lymph nodes,
- fever,
- backache, or
- menstrual problems.



#### Get tested

If you suspect you have TB, visit your healthcare provider for testing as soon as possible. He/she may test your spit or blood, do skin tests, and/or take a chest X-ray.



#### Stick to the programme

TB treatment is not easy. It takes a long time (six to nine months) and the side effects of the drugs (nausea and fatigue) may seem worse than the symptoms.

Following your treatment plan ensures recovery, prevents developing drug resistance, and protects your loved ones.

Look after yourself by getting enough rest, eating well and drinking plenty of water.



#### Remember: TB affects everyone

Men face the same risks and need help too – these strategies apply to everyone. By staying informed, getting treated and supporting one another, we can all take back control against TB.

Reference: TB Alert

Administered by

**momentum**  
health

**M+M**  
**Medimed**  
Managing your healthcare security

Hospital pre-authorisation: [hospauth@medimed.co.za](mailto:hospauth@medimed.co.za)  
Email: [info@medimed.co.za](mailto:info@medimed.co.za)  
Call us/WhatsApp: 0861 777 660/060 715 5131

Website: [www.medimed.co.za](http://www.medimed.co.za)  
Ambulance provider: ER24: 084 124