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TUBERCULOSIS SUCCESS STORY 1



JURISDICTION 02
CITY: Acuña, Coahuila de Zaragoza
INTERVIEWER: Dr. Jose Arturo Campos Quiñones
PATIENT'S NAME: Beatriz Ramirez Ortega
AGE: 69
OCCUPATION: Housewife
SCHOOLING: Not able to read or write

I am diabetic and 3 years ago I started to feel my sugar level rising, but what seemed weird is that I started to cough, and every time I coughed it felt like my body was breaking down, like my spine was cracking. That is when I started going from one doctor to another, they all insisted it was the sugar and that the cough was a symptom of the wood burning stove I used to have in my home when I was younger, and that the consequences of that smoke were showing now, affecting my lungs. They gave me a lot of medication and shots, but instead of going away the cough kept getting worse.

It got to the point where I couldn't sleep or eat, I didn't feel like part of this world anymore. And then, thanks to God, a neighbour saw me in this really bad situation and sent me to a doctor that had his office next to the Cristo Rey Church. I told the doctor about my suffering and asked him to give me effective medication, but he told me to do some exams and x-rays first, and so I did them. That is when he told me that my problem was indeed in my lungs but not because of the smoke, it was a lung infection and so, he sent me to a Health Unit where there were doctors from public insurance to take care of me.

A doctor started giving me good medication, I actually can't remember how many pills or for how long because I can't read or write, sometimes I don't even know what day it is. But I can remember this, everyday some ladies who were sent by the doctor brought me the pills. Blessed be Heaven and the health staff as in one month I started to walk again. Before I couldn't even get out of bed, I used to have trouble breathing, I couldn't bend down or pick things up, and now, thanks to God, to my neighbour who helped me by bringing food, to the good medication the nurses brought me at home, I can now sleep calmly and do what I have to do without worrying. With time, they

started to give me the pills every three days, this lasted for a while until they told me my lungs were cured. Now I don't have the feeling of needles picking my lungs anymore.

I am very thankful to all doctors and nurses responsible for curing me.

Comments from the Jurisdiction

The Jurisdiction is composed of a doctor from the programme, a coordinating nurse from the DOTS network and 4 DOTS nurses.

Mrs. Beatriz was visited by the health team in her house, to give her the results of her sputum test. She was very scared and seemed out of place with the results. She asked: Will I be cured? How much is the treatment?

We answered her questions stating that the treatment is completely free and that the cure is possible when you follow the treatment. She accepted to begin the treatment and in time she started to get better until she was recovered.

Our great satisfaction is to see how thankful people are by the end of their treatments.



Rubén Martínez Sánchez, red TAES nurse responsible for visiting Mrs. Beatriz's at home

TUBERCULOSIS SUCCESS STORY 2



JURISDICTION 07
CITY: San Pedro, Coahuila de Zaragoza
INTERVIEWER: Nurse Mauricio Macías Orozco
PATIENT'S NAME: Rafael Martínez Mejía
AGE: 71
OCCUPATION: Retired
SCHOOLING: Doesn't read or write

Six months ago I was diagnosed with TB, in July 2011. When I received the news I got depressed because my mother died of TB. When my family found out, they withdrew from me, only the ones who didn't know about my illness came to visit. Even among my neighbours, the ones who know I have TB don't visit me anymore. But this doesn't bother me or make me feel bad because I have all the love and affection from my son, who takes care of me and tells me to put all my strength in taking the treatment in order to regain my health.

I would say to family members of TB patients not to despair or get depressed. They should encourage the patient and remember not to be scared because there is a treatment that can cure them.

It had been months that I wasn't feeling well when I went to the IMSS accompanied by a doctor. She suspected that I had either TB or lung cancer, so she requested a sputum test. However, the unit did not have a laboratory and they had to send the sputum to another location. They did send it, but the equipment there was not working. And so months passed by, and I was feeling weaker and weaker when I decided to look for another Health Unit, the one in Fco. I. Madero. There, a kind nurse said I had TB as soon as she laid eyes on me, so they did all the necessary tests and it took three days for the doctor to confirm the diagnosis. My son requested to have me sent to another Unit, a closer one, since I had to go there often for the medication. They made all the arrangements and I was sent to the Health Unit of San Pedro. Upon my arrival, doctors and nurses were really nice, not like the previous time I attended the unit for pneumonia, when I felt completely rejected. Back then, as part of the treatment they took the water out of my lungs and medicated me with paracetamol only, which didn't make me feel better, during the night I would have fever and kept on feeling weak. This time though, it was different. When they diagnosed the disease, they provided me with treatment right away. I am very thankful to them. Before the treatment I couldn't walk even short distances, I lost my appetite, I remained mainly in bed. They started by giving me 4 pills, and then after some months they decreased the number to 2 pills

three times a week. This way I started to regain weight, before the infection I used to weigh 74 kg and with the disease it dropped to 52.5 kg. Last month I weighed 59.5 Kg. I haven't been weighed currently but I believe I have gained more since I am able to eat what I couldn't before. The doctor at the health centre also told me that soon I will start to walk and exercise, so that little by little, I will recover completely. However, I lost my wife in December, and that affected me a lot, but I am thankful to God for the treatment given to me and to all doctors and nurses, and above all to my son who left his job to be by my side and take care of me. He thought this disease was fatal, now we all know that science has advanced a lot and there is medication that can cure the disease.

Thank you!!

TUBERCULOSIS SUCCESS STORY 3



JURISDICTION 06

CITY: Torreón, Coahuila de Zaragoza.

INTERVIEWER: Nurse Omar Morales Rivas

PATIENT'S NAME: San Juana García Magallanes

AGE: 56 years old

OCCUPATION: Retired

SCHOOLING: Primary

I am a MDR TB patient and I'm also diabetic. Five years ago I was diagnosed with TB for the first time. I started the treatment for six months but wasn't cured. Then I underwent 2 additional treatments, followed by yet another in which I had to take 60 and even then I didn't get cured. Currently I am undergoing treatment for the last 2 years and if everything goes well, this will be my last one.

I urge all the people infected with this disease to look for a Health Unit in order to be cured, and tell them not to be afraid. I was also afraid before but I encouraged myself and went, and I remember that in this occasion, one of the doctors told me that I couldn't be cured because I had become resistant to the medication.

However, thanks to the jurisdiction's health staff who ordered the required treatment I was able to start appropriate treatment and I am about to complete it.

I urge all the people who are going through the same as me, to have strength and to face the treatment, it is a hard treatment with a lot of side effects: with me for instance, my skin became very dry and my hair very limp with no life, I also lost part of my hearing - I am able to hear now thanks to a hearing device. This is a very tough treatment, I kept asking God to give me strength and patience to go through all that,

and I hope these last texts will come out as well as the previous ones, so I can finish the treatment next month for good.

I thank God firstly and then all the health staff that were here with me all of this time, taking care of me and not letting me down, they have become part of my family.

And to all of those who are infected, if a doctor ever tells you that there is no more cure for your case, don't believe him, and look for other opinions because God is the only one who has the last word.

That is why I am thankful for this treatment. I am also thankful to all of those who made it possible, and all health staff that has been taking care of me.

Thank you!!

Number 6 Jurisdiction Health Team comments

Torreón is one of the Jurisdictions within the State that has high TB rates as well as cases of MDR-TB. However each MDR-TB patient has individualized treatment. Our health staff consider each individual case and their recovery a goal and work diligently to monitor treatment carefully and closely. Seeing the patients' happiness when we give them the favourable test results gives us tremendous satisfaction and memories which we will never forget.

Thank you!!

TUBERCULOSIS SUCCESS STORY 4



JURISDICTION 06

CITY: Torreón, Coahuila de Zaragoza.

INTERVIEWER: Nurse Omar Morales Rivas

PATIENT'S NAME: Alejandra Flores Vásquez.

AGE: 27

SCHOOLING: High School

"Holding onto life even after being diagnosed with MDR-TB"

Hello, my name is Alejandra Flores Vásquez, I am 27 years old and I live in the city of Torreón. I have been suffering from MDR-TB for 12 years, which means I got the disease when I was 15.

My father also passed away from MDR-TB. He developed the disease because he was alcoholic and kept stopping his treatment.

My sister Susana Flores also died of the same disease, after 8 years of treatment with

the wrong medication, the health staff realized she had MDR-TB. But by then her body couldn't take it anymore. That is when they realized I could also have drug resistance despite the fact that I had been taking my treatment no matter how strong the drugs were. However the drugs they first gave me were not the appropriate ones and the bacteria kept getting more and more resistant. I never lost my faith or the hope that a special medication would come from the capital - Mexico City, and thank God, one day it came!

I am a living miracle because my mom, who is my strength, had already put me into God's hands and she told Him that she didn't want me to live like that, that He should either take my life away, or provide me with the medication I needed. Two days passed by and the miracle came, the right treatment had arrived. I was scared because there was nothing left for me, the doctors had already given up, but to God nothing is impossible.

They asked me if I was willing to put myself through this very aggressive treatment, and with the faith I have in God, I accepted.

I started treatment on 19 April 2011 and since then I have one central catheter which minimizes the number of injections. Yes, there are moments that I feel really bad, it hurts from my throat all the way to my stomach, I've had moments of crises when I don't even feel like I am living, it is like someone has taken my body, but God gives me strength and I don't allow myself to fall deep into depression. I keep on fighting, I have been receiving this treatment for 6 months and thank God, I have been negative for 3 months. I still have a long way to go and I believe that the current treatment is the right one, but even if it wasn't, I would still keep on fighting for life. I know I will eventually die, and God will decide when this is, I know I am here for a reason.

I thank God for bringing angels in my way, they have helped me with the medication and they keep on helping: Dr. del Valle, Omar, Sergio, Roció, Dr. Isaura, Dr. Galindo, the people from Peru, Dr. Zavala who comes to supervise, Dr. Diana, nurse Lolita and all the people that are part of this programme, God help them all and keep blessing their ways like He has been doing until now, so that people like me can have hope in life.

Thank you!!

Jurisdiction 06 comments

This patient is particularly special to the health team of the 06 Jurisdiction Torreón since she is a very young patient and has a lot of will to live, and we admire her for her affection to life.

We feel very pleased when we see the culture's results come out negative and we are proud of being part of the TB team and of the Red DOTS nursery.

Thank you!!



Torreón Jurisdiction number 6 Health Team with 2 MDR-TB patients: Alejandra Flores and San Juana García M.