

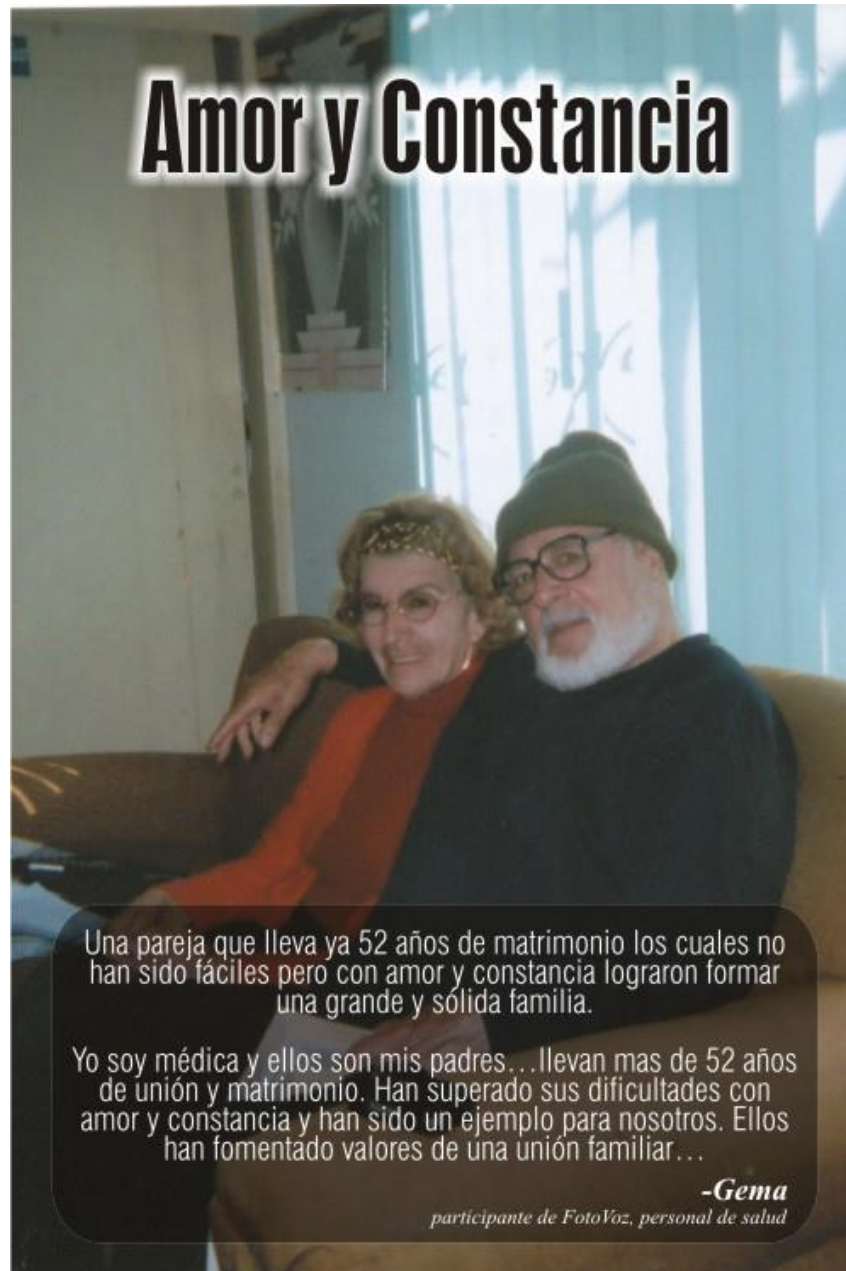


We all need a Little Help

The difficulties we face in life don't matter, with a little help we can overcome them.

My father is ill with tuberculosis and he is blind. Whenever he has to go somewhere, my son offers to guide him.

- Margarita, PhotoVoice participant affected by TB



Love and devotion

This couple has been married 52 years, many of which were not easy. But with love and devotion they were able to raise a large and solid family.

I am a doctor, and they are my parents... They have had more than 52 years of union and marriage. They got over their problems with love and devotion and they have been role models to us. They have promoted the values of family union.

-Gema, PhotoVoice participant, health staff



Motivation

It is the challenge against being beaten. Going up, one can face many obstacles and may fall along the way, but it is motivating to make it to the top.

These pictures reflect tranquility, inner peace and motivation to fight, it is hard going up this mountain for we face obstacles and falls, but it is motivating making it to the top and it is worth enduring it all. This is similar to the TB patients who have to fight and endure the bad taste of the medicines until they reach the end of the treatment.

-Carmen, PhotoVoice participant, affected by TB



La compañera Olivia enfrentó un camino difícil a una etapa de frustración pero con fé salió adelante.

La compañera Olivia ha pasado por momentos muy difíciles por adición a las drogas, frustración, coraje, y depresión. Existe una co-dependencia con su pareja quien también es usuario de drogas. Esta foto representa lo difícil que ha sido para ella llegar a la cima.

-Theos

participante de FotoVoz afectado por TB

The hard path to triumph

A friend Olivia faced a hard path during a frustrating phase but with faith she went forward.

Friend Olivia has been through very difficult moments, through drug addiction, frustrations, courage and depression. There is a co-dependency with her partner who is also a drug user. This picture represents how hard it was for her to make it to the top.

-Theos, PhotoVoice participant, affected by TB

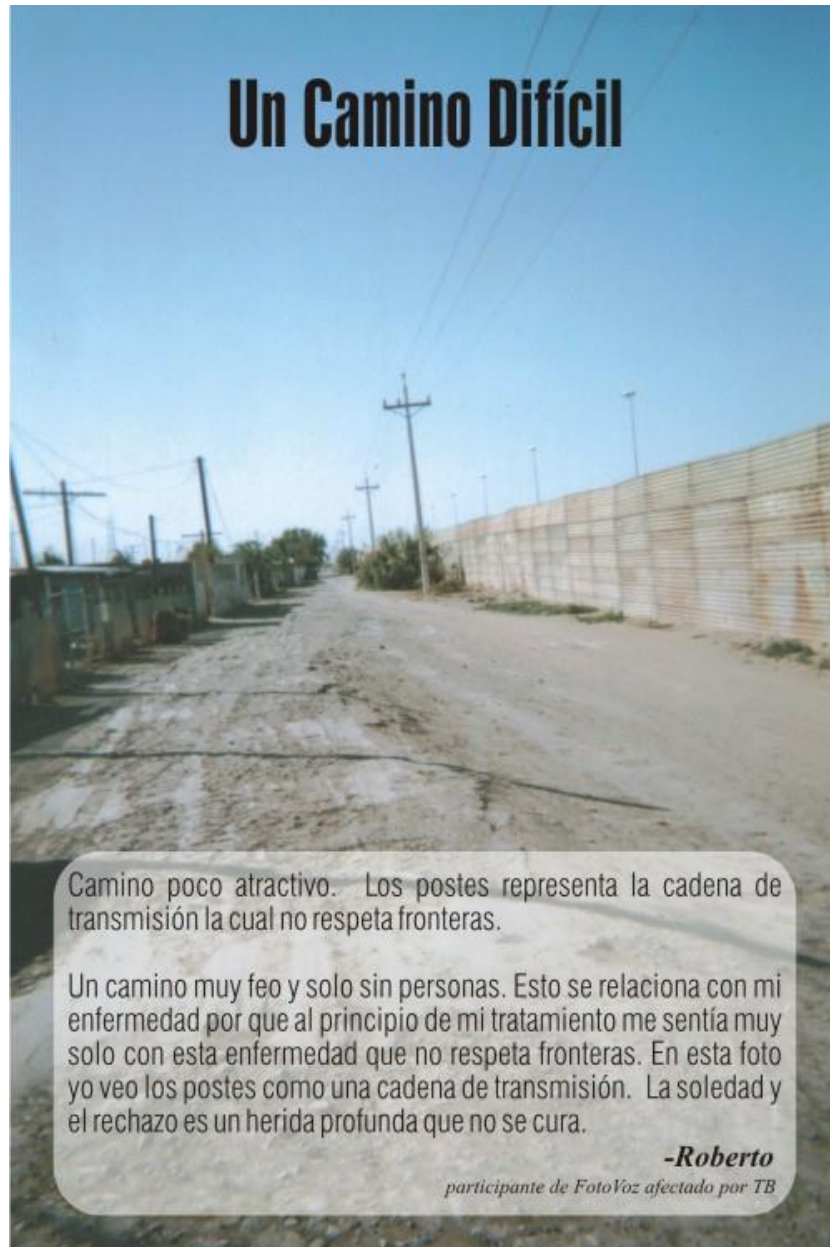


The Contender Team

We gain strength through unity. Together we fight against TB every day with an appropriate and warm approach.

We are the team in the department of tuberculosis and we fight daily, facing different challenges sometimes physical or emotional. Nevertheless we continue the fight for our patients and we do it by giving each other support. Together we fight daily against tuberculosis.

- Carmen, PhotoVoice participant, affected by TB



A hard path

An unattractive path. The posts represent the transmission chain that does not respect borders.

A very ugly and lonely path. This is about my disease, because in the beginning of my treatment I felt lonely with this disease that does not have borders. In this picture, I see the posts as a transmission chain. Loneliness and rejection form a deep wound that does not heal.

-Roberto, PhotoVoice participant, affected by TB

Mi Enfermedad

Comparo mi vida con un terrero árido, una vida con adicciones y soledad.

Veo un terreno árido, solo, seco, sin vida así me siento por la adicción a las drogas y por vivir con una persona que es usuario de las drogas. Sufro el rechazo de mi familia.

-Olivia

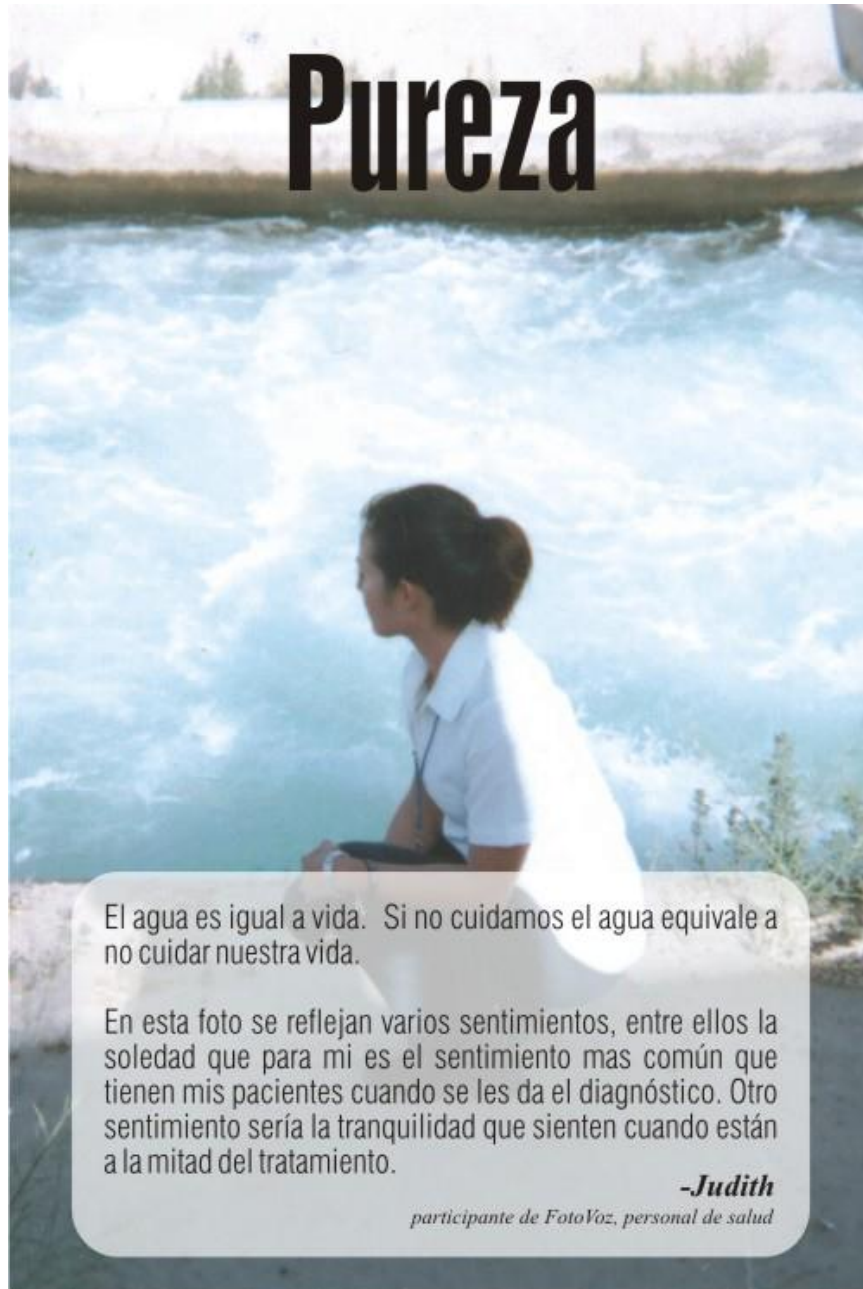
participante de FotoVoz afectada por TB

My disease

I compare my life with an arid land, a life with addictions and loneliness.

I see an arid land, alone, dry, with no life; this is how I feel because of the drug addiction and for living with a drug user. I suffer rejection from my own family.

-Olivia, PhotoVoice participant, affected by TB



El agua es igual a vida. Si no cuidamos el agua equivale a no cuidar nuestra vida.

En esta foto se reflejan varios sentimientos, entre ellos la soledad que para mí es el sentimiento mas común que tienen mis pacientes cuando se les da el diagnóstico. Otro sentimiento sería la tranquilidad que sienten cuando están a la mitad del tratamiento.

-Judith

participante de FotoVoz, personal de salud

Purity

Water is life. If we don't take care of the water it is the same as not taking care of our own lives.

This picture reflects many different feelings, among them loneliness which for me is the most common feeling my patients have when diagnosed with TB. Another feeling would be the tranquility they feel when they are in the middle of treatment.

-Judith, PhotoVoice participant, health staff



Pretty Panchita

Destitute and rejected by society, in her backpack she “carries all her life suffering from social stigma”.

She is an indigent who lives on the streets, and her only belongings are her backpack and a blanket that she always carries along. She always suffers from social stigma and rejection.

-Karina, PhotoVoice participant, health staff

Recelo



La Mirada de este niño refleja el estigma de la marginación social.

Se trata de un niño integrante de una familia de seis miembros, hijo de madre soltera quien en su desesperación de caminar largas distancias con todos los niños me pidió un aventón. Al invitarlos a subir al carro el niño me lanzó esta mirada que para mí refleja resentimiento social.

-Gema

participante de FotoVoz, personal de salud

Suspicion

The look on this boy's face reflects stigma and social marginalization.

He is a boy, part of a six-member family, son of a single mother who, desperate from walking long distances with all her children, asked me for a ride. When I invited them to get into the car, the boy gave me this look that to me, reflects social bitterness.

-Gema, PhotoVoice participant, health staff

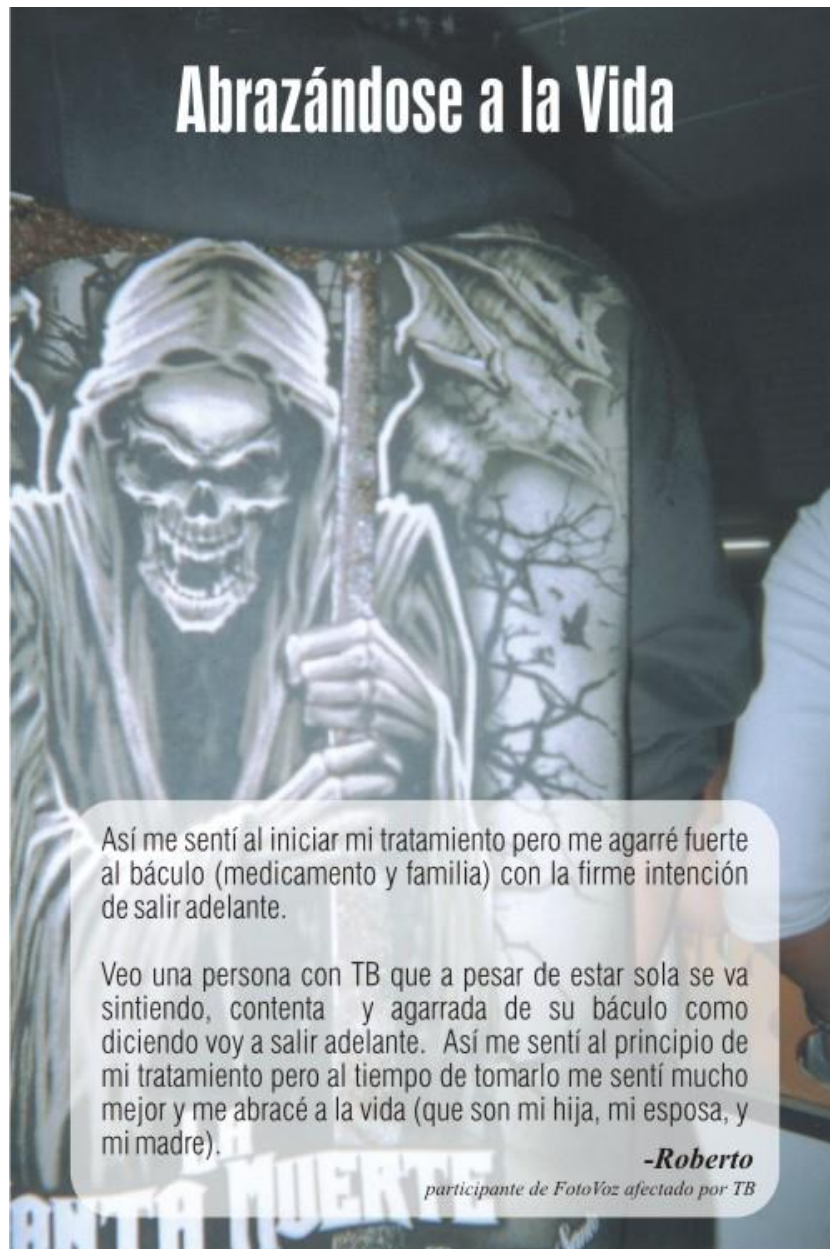


Ferris Wheel

Both patients and health staff go through different moods when administering or receiving DOTS treatment. Sometimes our mood goes up up, sometimes it goes down.

I went to this Ferris Wheel in a small fair and I compared it to the different moments that both patients and the health staff go through during the treatment (sometimes very motivated = up, and sometimes down = depressed and sad).

-Gema, PhotoVoice participant, health staff



Holding onto life

That is how I felt when I started my treatment but I strongly held onto the support (medicines and family) with the firm intention of getting through this.

I see a person with TB, who despite being alone is happy and holding onto his own pillar of support, saying that he will make it through. That is how I felt at the beginning of my treatment, and after a while I felt much better and was able to hug life (my daughter, my wife and my mother are my life).

-Roberto, PhotoVoice participant, affected by TB



Hope

Life can exist even in arid land and we, as health staff, should offer this same hope to our patients.

This picture shows a flower, which despite its arid environment, has managed to bloom. For me, hope never dies. We, as health staff, have the moral obligation of supporting our patients and helping them bloom, we are the hope for all of them.

-Judith, PhotoVoice participant, health staff



Don't mark yourself

Each one of us is responsible for not allowing people to stigmatize us.

I chose this picture because I passed by a Tattoo place and noticed two girls choosing a design. That made me think of TB affected people who usually suffer from rejection. Patients are responsible to not to mark themselves, stand up for themselves and fight so that they are not stigmatized.

-Karina, PhotoVoice participant, health staff



Team

The importance of team work and solidarity to support the patient

Despite all our misunderstandings, we continue being a team, which is the most important thing. To continue, together, in the fight against TB and giving full support to our patients.

-Judith, PhotoVoice participant, health staff



Marcas que Dejan Historias

Las marcas reflejan las cicatrices que han dejado las inclemencias de la vida que al mismo tiempo nos fortalecen.

Es un árbol que tiene mucho tiempo por lo cual tiene grietas, ha pasado por las inclemencias del tiempo y sigue ahí fuerte brindando una frondosa sombra. Este árbol lo comparo con los pacientes porque cada uno tiene su historia, sus heridas que con voluntad de ellos y apoyo de nosotros salen adelante y se convierten en personas fuertes; como el árbol listas para enfrentar lo que venga.

-Carmen

participante de FotoVoz afectada por TB

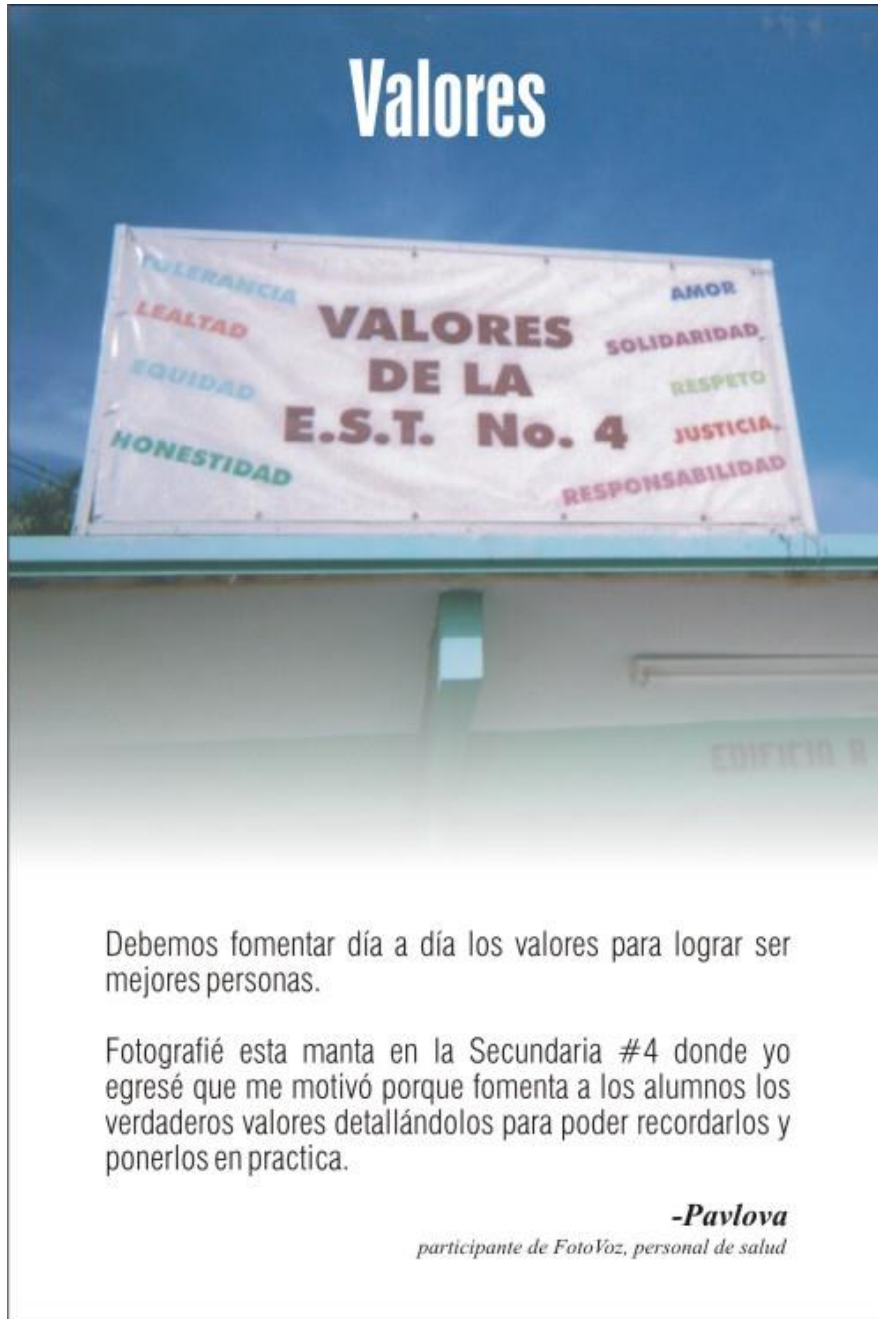
Memory marks

Marks reflect scars from the hard moments we faced in life, moments that have also made us stronger.

This is a very old tree, it has suffered with time but it is still strong, providing great shade. I compare this tree with the patients, because each one has their own stories and wounds. With their will and our support, they can move forward and become strong people; like this tree, ready to face whatever comes.

-Carmen, PhotoVoice participant, affected by TB

Valores



Debemos fomentar día a día los valores para lograr ser mejores personas.

Fotografié esta manta en la Secundaria #4 donde yo egresé que me motivó porque fomenta a los alumnos los verdaderos valores detallándolos para poder recordarlos y ponerlos en practica.

-Pavlova

participante de FotoVoz, personal de salud

Values

We have to promote in a daily basis values to become better human beings.

I took a picture of this sign in Secondary #4 where I started studying, and that motivated me because it encourages students to remember and put in practice the true values (tolerance, loyalty, equity, honesty, love, solidarity, respect, justice, responsibility).

-Pavlova, PhotoVoice participant, health staff

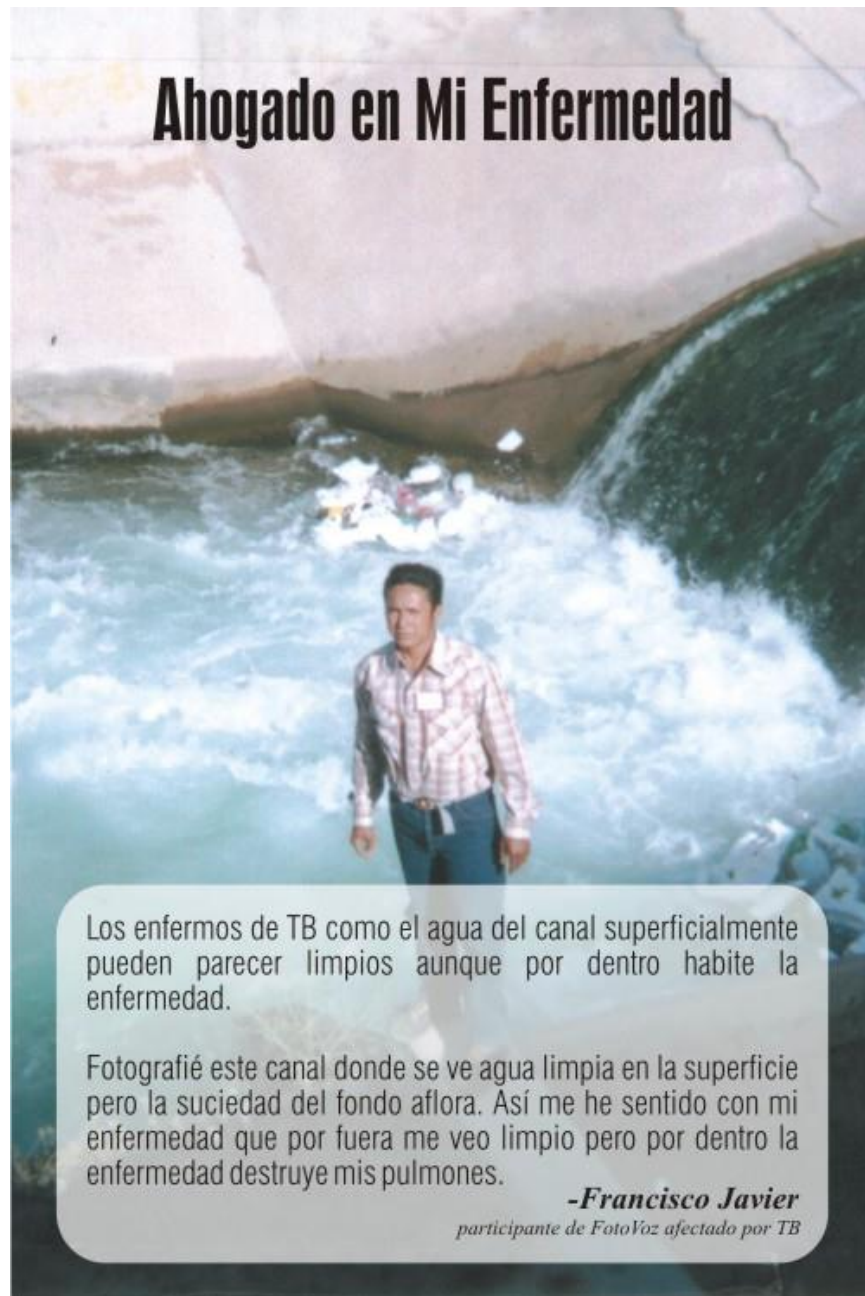


Life without drugs

Drugs consume the life of those who consume it.

This is related to my life because having been a drug user represents a manège. This is how the materials are left after being used by addicts who do not mind destroying their lives.

-Conde, PhotoVoice participant, affected by TB



Drowned in my disease

TB Patients are like canal waters, on the surface they seem clean although inside lives the disease.

I took a picture of this canal where you can see clean water in the surface but the dirt from the bottom comes up. That is how I felt with the disease, outside I see myself clean but inside the disease destroys my lungs.

-Francisco Javier, PhotoVoice participant, affected by TB

Corta la Tuberculosis

Las tijeras representan el poder de cada uno para cortar la cadena de transmisión.

Esta foto es de un sastre trabajado con sus grandes tijeras la cual representa el poder que los actores principales (equipo de salud) tienen para cortar la cadena de la tuberculosis.

-Karina

participante de FotoVoz, personal de salud

Cut TB

The scissors represent the power each individual has to cut transmission.

This is a picture of a tailor working with his big scissors that represents the power in which the main actors (health staff) have to cut TB's transmission.

-Karina, PhotoVoice participant, health staff



Reasons

Each color represents a motivation in our lives (love, energy, tranquility and hope).

These are ribbons of different colors put on the grass. The ribbons represent to me a motivation in our lives. Each color means something: love, energy, tranquility and hope. We all have these reasons within us and we need to apply them in order to keep going forward until we are cured.

-Pavlova, PhotoVoice participant, health staff

Nuestros Pulmones

Identifico el agua sucia como la enfermedad que habita en mis pulmones.

Es una presa donde se estanca la suciedad se ve el agua sucia, lo identifico con mi enfermedad que la estoy guardando en mis pulmones y habita en mí hasta que uno decide eliminarla con el medicamento.

-Pablo

participante de FotoVoz afectada por TB

Our lungs

I identify the dirty water as the disease in my lungs.

This is a quarry where dirty water is cleaned. I associate it with the disease in my lungs, it stays in me until one decides to clean it with medication.

-Pablo, PhotoVoice participant, affected by TB



Blessing

It represents the importance of family support based on faith throughout our disease.

I took a picture of a calendar's image in which you can see the Holy Father (Pope), the Virgin of Guadalupe and Juan Diego. This represents to me the importance of family, the beliefs that follow us ever since we were little, and the Christian faith. Through them we become people with solid values and we pass it through the generations.

-Pablo, PhotoVoice participant, affected by TB

¿Qué es Fotovoz?

Es un proceso por el cual la gente puede identificar, representar y fortalecer su comunidad a través de una técnica fotográfica específica. Fotovoz mezcla el enfoque comunitario con la fotografía y la acción social. Proporciona cámaras a las personas que tienen menos acceso a los que toman decisiones que afectan sus vidas. Utiliza lo inmediato de la imagen visual y las historias que la acompañan para proporcionar pruebas y promover el compartir experiencias y promover los medios efectivos y participativos para crear una política pública saludable.

Caroline C. Wang, DrPh, MPH

Iniciadora de la metodología de Fotovoz

www.photovoice.com

Colaboradores

Centro Regional de Salud Fronteriza, Inc., Programa de Tuberculosis de San Luis Rio Colorado, Jurisdicción Sanitaria III y los Servicios de Salud del Estado de Sonora. AFMES, y SOLUCION TB.

Lugar: Colegio Médico en San Luis Rio Colorado, Sonora.

Número de participantes: 11 (siete mujeres y cuatro hombres)

Rango de edad: 21 a 44 años

Número de sesiones: CUATRO

Participantes

Roberto	Conde
Judith	Olivia
Pavlova	Karina
Carmen	Gema
Margarita	Theo
Pablo	

Lo que solicitan a los tomadores de decisiones

- Mayores recursos (humanos y financieros) para el Programa de TB
- Mayor información para la comunidad en temas de estigma y discriminación
- Involucrar al sector privado y medios de comunicación en la lucha contra la TB



What is Fotovoz (PhotoVoice)?

It is a process in which people can identify, represent and give strengths to their communities through specific photography techniques. PhotoVoice mixes community approach with photography and social action. It provides cameras to people who have less access to people who are in the power to take decision affecting their lives. It uses the contact with the visual image and the stories that go with them to provide signs, promote the sharing of experiences and promote effective and participatory means to create a healthy public policy.

Caroline C. Wang, DrPh, MPH
Pioneer of the Fotovoz methodology
www.photovoice.com

Collaborators

Centro Regional de Salud Fronteriza, Inc, Programa de Tuberculosis de San Luis Rio Colorado, Jurisdicción Sanitaria III y los Servicios de Salud del Estado de Sonora, AFMES, and SOLUCION TB.

Place: Medical School in San Luis Rio Colorado, Sonora.

Number of participants: 11 (seven women and 4 men)

Age range: 21 to 44 years old

Number of sections: four

Participants

Roberto	Conde
Judith	Olivia
Pavlova	Karina
Carmen	Gema
Margarita	Theo
Pablo	

Our asks to decision makers

- Better resources (human and financial) to the TB Programme
- Further information to the community to reduce stigma and discrimination
- Involve private sector and the media in the fight against TB