

# Tuberculosis in Texas

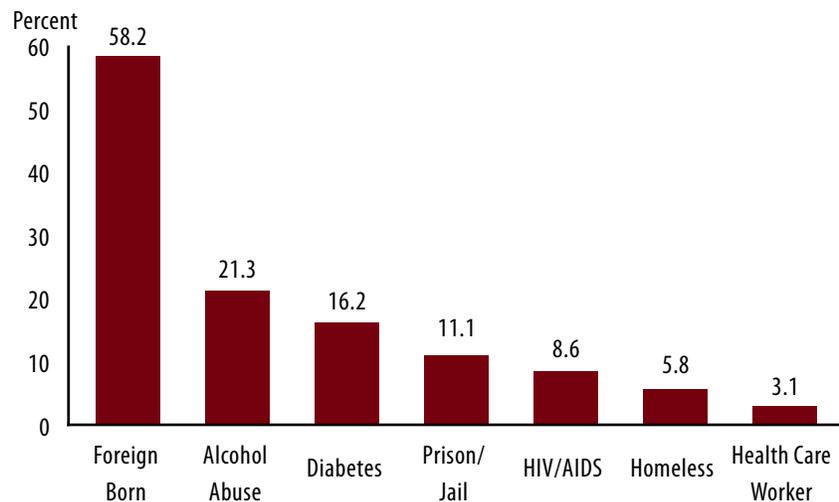
Texas Department of State Health Services TB/HIV/STD/Viral Hepatitis Unit

## Tuberculosis in Texas

### The Big Picture

Cases of tuberculosis disease were reported in 1,385 people in Texas in 2010, a rate of six per 100,000 population. TB can strike anyone but is more likely to be found in those born in a foreign country, people with diabetes, people with HIV/AIDS, the homeless, and those that work in health care. Alcohol abuse is associated with more than 21 percent of TB cases and 11 percent of cases are associated with detention facilities.

### Risk Factors Associated with TB Cases Reported in Texas in 2010



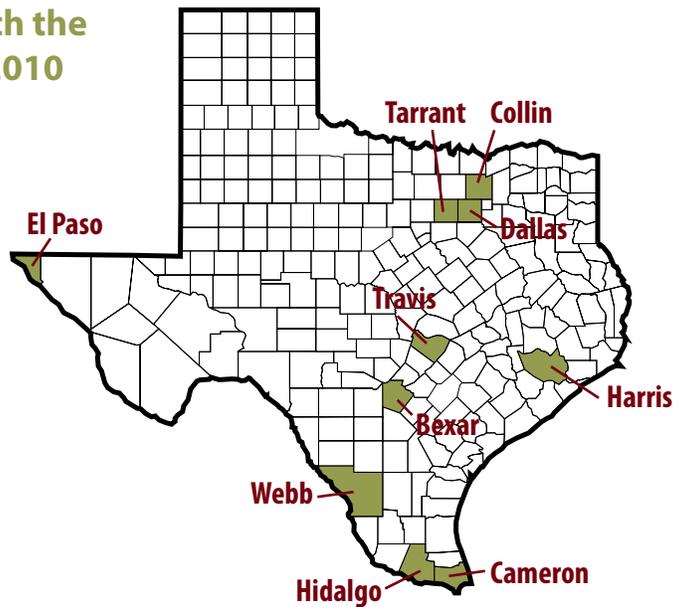
TB is curable with proper treatment. However, some strains of TB are resistant to the drugs used for treatment. Twelve cases of TB in Texas in 2010 were multi-drug resistant, while 66 were resistant to one TB drug. Fortunately, there were no cases in Texas that were extensively drug resistant, the most difficult form to treat.

In Texas, 51.3 percent of reported TB cases in 2010 were among Hispanics, 18.4 percent were among African Americans, 14.8 percent were among Whites, 14.8 percent were among Asians, and 0.7 percent were among persons of unknown ethnicity. TB rates are higher along the Texas-Mexico border.

Co-infection with TB and diabetes is also more common along the border than in the rest of the state. TB/HIV co-infection is more commonly found in urban areas of Texas.

## Texas Counties with the Most TB Cases - 2010

County	Cases
Harris	340
Dallas	188
Tarrant	114
Bexar	87
Hidalgo	69
Travis	67
Cameron	50
El Paso	48
Collin	37
Webb	32



## Tuberculosis Treatment

Not everyone infected with the bacteria that cause tuberculosis becomes sick. Those who do have symptoms – such as a cough, fever, night sweats, weight loss, chest pain, or fatigue – are considered to be suffering from TB disease. Those with TB disease may be infectious and need prompt treatment to end the symptoms and prevent disability or death. Those who are infected with TB bacteria but do not have any symptoms have latent TB infection (LTBI). Those with LTBI still require treatment to decrease the risk of future TB disease.

DSHS provides TB treatment medications to public health clinics across the state. Those clinics treat patients with TB disease and LTBI. Also, people who are presumed to have TB disease (suspected cases) may be treated while diagnostic work is done. LTBI is generally treated with one medication for 9-12 months. This treatment is inexpensive and many people with LTBI are treated each year. Treatment of suspects may vary in length depending on whether they are diagnosed with TB disease. Treating an average TB case generally involves using up to four medications for six months. Treating individuals with drug-resistant TB requires costly medications that may be used for an extended period of time.

## DSHS Partners

The DSHS Tuberculosis Services Branch works with many external partners to control TB in Texas. These partners include:

- U.S.-Mexico Border Health Commission
- U.S.-Mexico Border Health Association
- Centers for Disease Control and Prevention
- Texas Association of Local Health Officials
- American Thoracic Society
- Pan American Health Organization
- Texas Center for Infectious Disease RESULTS
- Rotary International
- International Union Against TB and Lung Disease
- Texas Medical Association
- National TB Controllers Association

## TB FACTS TO SHARE

TB is spread through the air from one person to another. When a person with active TB coughs, sneezes, speaks, or sings they put TB bacteria into the air that others nearby may breathe in and become infected.

Most TB transmissions result from exposure to persons with undiagnosed TB disease.

People with latent TB need treatment as soon as possible to prevent them from developing active TB disease.

TB is preventable  
TB is treatable  
TB is curable



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Contact your local health department to learn more about TB  
Publication No. E13-13692 (Rev. 10/11)