

## PRESS RELEASE

### Chronic TB can now be treated for only 6 months!

> WHO issues treatment guidelines

#### Ifakara, TB Alliance briefs on community role in TB fight

September 13, 2022 - Bagamoyo. Ifakara Health Institute and the TB Alliance today here host stakeholders in the fight against tuberculosis (TB) in Bagamoyo for a day-long meeting to give them updates on the role of Bagamoyo community in the war against TB.

Members of the community advisory board (CAB), officials from the Bagamoyo District Council charged with public health – including the District Medical Officer (DMO) – and representatives of mainstream media outlets such as *TBC*, *ITV*, *Daily News*, *The Guardian*, and *Mwananchi*, attended.

Ifakara Health Institute works with the community, through the CAB group, to educate, raise awareness and conduct strategic research and campaigns about all forms of TB where it works and implement its interventions in Bagamoyo.

#### WHO issues new TB treatment guidelines

Recently, the World Health Organization (WHO) issued [new guidelines on how to treat chronic tuberculosis \(TB\) using drugs](#). For the first time, almost all patients with chronic TB, which is technically called DR-TB, can be treated for six months using oral drugs. Based on new clinical evidence presented and published recently, the new guidelines allow the implementation of a program to treat almost all types of chronic TB.

Ifakara Health Institute in collaboration with TB Alliance - an international organization involved in the fight against tuberculosis - applauds and welcomes this move because it has been among the frontline stakeholders in the fight against chronic TB and other forms of this dangerous disease here in Bagamoyo and other places in the country.

"WHO has given good news to patients. This is proof of what can be achieved through long-term, sustainable investment in TB research and development," said Dr. Mel Spigelman, President and CEO of the TB Alliance, which is involved in drug development.

#### Chronic TB can now be treated for only 6 months!

"We now have a way to treat a large number of DR-TB (refractory TB) cases with just six months of all oral treatment, with simplified drugs that have manageable side effects," notes Dr. Mel Spigelman.

The drug received [its first regulatory approval](#) in August 2019 for the treatment of people with certain types of drug-resistant TB. Recently, it was tested again by the TB Alliance in Georgia, Moldova, Russia and South Africa. Other places are Belarus and Uzbekistan.

Ukraine was the first country to conduct research on chronic TB. Initial reported results were also consistent with those previously found, but further implementation of the treatment was hampered by the current invasion by Russia.

The drug is now bought by more than 35 countries around the world. The number of people who may be eligible for treatment is approximately 500,000 each year.

The new guidelines could have a major impact on the decision-making of many countries with a high burden of TB patients that are implementing efforts to control drug-resistant TB.

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### About Tuberculosis

Active TB must be treated with a combination of drugs; most drug-resistant forms of TB require at least four months of treatment with four anti-TB drugs. [About 1.5 million people died of TB](#) in 2020, according to the World Health Organization (WHO), although the exact number is unknown, and recent research suggests that TB may kill more people.

Drug-resistant TB develops as a result of long-term drug use, or when people contract TB from other people who have drug-resistant diseases—highlighting the urgent need to develop better, shorter treatments. In 2020, worldwide, more than 150,000 cases of drug-resistant TB were diagnosed. However, the World Health Organization estimates that only one-third of those are diagnosed—it estimates that about half a million cases occur each year. It is estimated that [only one third of people with drug-resistant TB infection received treatment in 2020](#).

### About TB Alliance

TB Alliance is a not-for-profit organization dedicated to finding faster-acting and affordable drug regimens to fight TB. Through innovative science and with partners around the globe, we aim to ensure equitable access to faster, better TB cures that will advance global health and prosperity.

TB Alliance operates with support from Australia's Department of Foreign Affairs and Trade, Bill & Melinda Gates Foundation, Foreign, Commonwealth and Development Office (United Kingdom), Cystic Fibrosis Foundation, Germany's Federal Ministry of Education and Research through KfW, Global Disease Eradication Fund (Korea), Global Health Innovative Technology Fund, and Indonesia Health Fund.

Other partners include: Irish Aid, Korea International Cooperation Agency, Medical Research Council (United Kingdom), National Institute of Allergy and Infectious Diseases, Netherlands Ministry of Foreign Affairs, Republic of Korea's Ministry of Foreign Affairs, and the United States Agency for International Development. For more information, visit [www.tballiance.org](http://www.tballiance.org).

### About Ifakara Health Institute (IHI)

**Ifakara Health Institute (IHI)** is a leading research organization in Africa with a strong track record in developing, testing and validating innovations for health. Driven by a core strategic mandate for research, training and services, the Institute's work now spans a wide spectrum, covering biomedical and ecological sciences, intervention studies, health-systems research and policy translation. [More about Ifakara](#).

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### TB sugu sasa kutibiwa kwa miezi 6 tu!

> WHO yatoa mwongozo wa matibabu

#### Ifakara, TB Alliance wakutana na wadau Bagamoyo

Septemba 13, 2022 – Bagamoyo. Taasisi ya Afya Ifakara na TB Alliance leo wanafanya mkutano na wadau wa mapambano dhidi ya kifua kikuu (TB) mjini Bagamoyo. Mkutano huo wa siku moja una lengo la kupeana taarifa za nafasi ya jamii katika vita dhidi ya ugonjwa wa TB Tanzania and duniani kwa ujumla.

Wajumbe wa Bodi ya Ushauri ya Jamii (CAB), Maafisa wa Halmashauri ya Wilaya ya Bagamoyo wanahusika na masuala ya afya ya jamii – akiwemo Mganga Mkuu wa Wilaya (DMO) na wawakilishi wa vyombo vya habari kama *TBC, ITV, Daily News, The Guardian* na *Mwananchi* wanahudhuria.

Taasisi ya Afya ya Ifakara inashirikiana na jamii kupitia kikundi cha CAB kuelimisha, kuongeza uelewa na kufanya utafiti wa kimkakati na kampeni kuhusu aina zote za TB kwenye maeneo inapofanya kazi na kutekeleza afua zake Bagamoyo.

#### WHO yatoa mwongozo wa tiba ya TB

Hivi karibuni, Shirika la Afya Duniani (WHO) limetoa [mwongozo mpya wa namna ya kutibu kifua kikuu \(TB\) sugu kwa kutumia dawa](#). Kwa mara ya kwanza, karibu wagonjwa wote walio na TB sugu, ambayo kitaalamu inaitwa DR-TB, wanaweza kutibiwa kwa muda wa miezi sita kwa kutumia dawa za kumeza. Kulingana na ushahidi mpya wa kitabibu uliowasilishwa na kuchapishwa hivi karibuni, mwongozo mpya unaruhusu utekelezaji wa kiprogramu wa kutibu karibu aina zote za TB sugu.

Taasisi ya Afya Ifakara kwa ushirikiano na TB Alliance – shirika la kimataifa linalojihusisha na mapambano dhidi ya ugonjwa wa kifua kikuu - inapongeza na kufurahia hatua hii kwa sababu imekuwa miongoni mwa wadau walio mstari wa mbele kupambana na TB sugu na aina nyingine za ugonjwa huo hatari hapa Bagamoyo na mahali pengine nchini.

"WHO imetoa habari njema kwa wagonjwa. Huu ni uthibitisho wa kile kinachoweza kutimizwa kupitia uwekezaji wa muda mrefu, endelevu katika utafiti na maendeleo ya TB," anasema Dk. Mel Spigelman, Rais na Mkurugenzi Mtendaji wa TB Alliance, ambayo imeshiriki kwenye utengenezaji wa dawa.

#### TB sugu sasa kutibiwa kwa miezi 6 tu!

"Sasa tunayo njia ya kushughulikia idadi kubwa ya kesi za DR-TB (TB sugu) kwa miezi sita tu ya matibabu yote ya kumeza, na dawa ziliorahisishwa ambazo zina athari zinazoweza kudhibitiwa," anasema Dk. Mel Spigelman.

Dawa hiyo ilipata [idhini yake ya kwanza ya udhibiti](#) mnamo Agosti 2019 kwa matibabu ya watu walio na aina fulani za TB inayostahimili dawa. Hivi karibuni, ilijaribiwa tena na TB Alliance huko Georgia, Moldova, Urusi na Afrika Kusini. Maeneo mengine ni Belarus na Uzbekistan.

Ukraine ilikuwa nchi ya kwanza kufanya utafiti wa TB sugu. Matokeo yake ya awali yaliyoripotiwa pia yalilingana na yale yaliyopatikana awali, lakini utekelezaji zaidi wa matibabu ulitazwa na uvamizi wa sasa.

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Dawa hiyo sasa imenunuliwa na zaidi ya nchi 35 duniani kote. Idadi ya watu wanaoweza kustahiki matibabu ni takriban 500,000 kila mwaka.

Mwongozo huo mpya unaweza kuwa na athari kubwa katika kufanya maamuzi ya nchi nyingi zenye mzigo mkubwa wa wagonjwa wa TB ambazo zinatekeleza juhudi za kudhibiti TB sugu kwa kutumia dawa.

### **Kuhusu Kifua Kikuu**

TB hai lazima itibiwe kwa mchanganyiko wa dawa; aina nyingi za TB zinazoathiriwa na dawa zinahitaji angalau matibabu ya miezi minne kwa kutumia dawa nne za kuzuia TB. [Takriban watu milioni 1.5 walikufa kwa TB](#) mwaka 2020, kulingana na Shirika la Afya Duniani (WHO), ingawa idadi kamili haijulikani, na utafiti wa hivi karibuni unaonyesha kuwa TB inaweza kuuwa watu wengi zaidi.

Kifua kikuu kinachostahimili dawa hukua kutokana na matumizi ya dawa ya muda mrefu, au watu wanapoambukizwa TB kutoka kwa watu wengine ambao wana magonjwa sugu ya dawa—ikionyesha hitaji la haraka la kutengeneza tiba bora na fupi zaidi. Mnamo 2020, ulimwenguni, zaidi ya kesi 150,000 za TB sugu ya dawa ziligunduliwa. Hata hivyo, Shirika la Afya Ulimwenguni linakadiria kwamba ni thuluthi moja tu ya hizo hugunduliwa—inakisia kwamba takriban nusu milioni ya kesi hutokea kila mwaka. Inakadiriwa kuwa [ni thuluthi moja pekee ya watu walio na maambukizi ya TB sugu kwa dawa walipokea matibabu mwaka wa 2020](#).

### **Kuhusu TB Alliance**

TB Alliance ni shirika lisilo la kimataifa linalojitolea kutafuta dawa zinazofanya kazi kwa haraka na nafuu ili kupambana na TB. Kupitia sayansi bunifu na washirika kote ulimwenguni, ikiwa ni pamoja na Taasisi ya Afya Ifakara, TB Alliance inalenga kuhakikisha upatikanaji sawa wa matibabu ya haraka na bora ya TB ambayo yataendeleza afya na ustawi wa kimataifa.

TB Alliance inafanya kazi kwa msaada kutoka Idara ya Mambo ya Nje na Biashara ya Australia, Taasisi ya Bill & Melinda Gates, Ofisi ya Mambo ya Nje, Jumuiya ya Madola na Maendeleo (Uingereza), Taasisi ya Cystic Fibrosis, Wizara ya Elimu na Utafiti ya Shirikisho la Ujerumani kupitia KfW, Mfuko wa Dunia wa Kupambana na Maradhi wa Korea, na Taasisi ya Global Health Innovative Technology.

Washirika wengine wa TB Alliance ni: Mfuko wa Afya Indonesia, Shirika la Misaada la Irish, Shirika la Kimataifa la Misaada la Korea, Shirika la Utafiti wa Kitabibu la Uingereza, Taasisi ya Kitaifa ya Allergy na Magonjwa ya Kuambukiza, Wizara ya Mambo ya Nje ya Uholanzi, Wizara ya Mambo ya Nje ya Jamhuri ya Korea, na Shirika la Maendeleo la Kimataifa la Marekani (USAID). Kwa habari zaidi, tembelea [www.tballiance.org](http://www.tballiance.org).

### **Kuhusu Taasisi ya Afya ya Ifakara (IHI)**

**Taasisi ya Afya Ifakara (IHI)** Taasisi inayoongoza kwa utafiti barani Afrika yenye rekodi nzuri ya kuendeleza, kupima na kuthibitisha ubunifu kwenye sekta ya afya. Taasisi yetu inajihusisha na utafiti, kuendesha mafunzo; na kutoa huduma. Tunafanya tafiti za sayansi ya mazingira na ikolojia; majaribio ya kitabibu, na mifumo ya afya ya jamii na sera. [Pata maelezo zaidi kuhusu Ifakara.](#)

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