



TUBERCULOSIS

PROGRAM

About the The NCN Family and Community Wellness Centre

The Centre supports holistic wellness for all NCN Citizens throughout difficult times and every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!

Call: (204) 484-2341
or visit: www.ncnwellness.ca



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

How do I learn more about tuberculosis?

Please visit us at the NCN Family Wellness Centre. You can also call us at (204) 484-2341.

We will set up an appointment to determine how we can help you and your family!

Nelson House (Head Office)
14 Bay Road Drive
Nelson House, Manitoba
R0B 1A0
Phone: (204) 484-2341
www.ncnwellness.ca

Winnipeg
1450 Wellington Avenue
Winnipeg, Manitoba
R3E 0K5
Phone: (204) 784 8160
Fax: (204) 784-8170

Brandon
724, 18th Street
Brandon, Manitoba
R7A 5B5
Phone: (204) 726-3690
Fax: (204) 727-8983

Thompson
Unit 12-15 Westwood Mall
Thompson, Manitoba
R8N 1S7
Phone: (204) 778-1961
Fax: (204) 778-1989

South Indian Lake
2 Wasagan Road
South Indian Lake, MB
R0B 1N0
Phone: (204) 374-2302
Fax: (204) 784-8241



Understanding TB and the Stigma Surrounding it

A Holistic Approach to
Community Wellness



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About The NCN Family and Community Wellness Centre and the Tuberculosis Program

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you! Call: (204) 484-2341 or visit: www.ncnwellness.ca

What is tuberculosis?

TB is an infectious bacterial disease. It usually affects the lungs, but can harm other areas of the body. The disease is spread through close, continuing contact with someone who has active TB, because germs from coughing and sneezing can stay in the air for hours.

There are two types:

- Latent (sleeping) TB is the bacteria in the body, but not causing symptoms. It's not contagious, but can turn into active TB.
- Active TB causes symptoms in the body, and can be fatal if left untreated. It is contagious and can be spread to other people. Medication can cure active TB.

Your risk of getting tuberculosis is increased if you are dealing with:

- chronic disease such as diabetes or HIV
- poor nutrition or food insecurity

- overcrowded, poorly ventilated homes
- someone with untreated TB in your life
- a smoking habit.

What are the symptoms of TB?

You must visit us if you or a family member have tuberculosis symptoms, such as:

- coughing that lasts longer than 3 weeks
- coughing up blood
- chest pain
- loss of appetite
- unexplained weight loss
- night sweats and fever
- weakness and lack of energy.

What is the Tuberculosis program?

The good news is you can cure active tuberculosis with a consistent and complete course of medication, of usually 6 to 9 months. This is also the best way to prevent TB from spreading.

Because Tuberculosis is a transmitted disease, it is always a concern in our community.

Our public health team delivers education and screenings to help everyone avoid tuberculosis, and medication programs to stop the disease if you become infected.

Why do I need help with my TB?

Your tuberculosis is not going to go away without medication. TB can cause many difficulties, and even death. And without proper treatment, you could pass this infectious disease on to someone you love.

But with our help, you can complete your

medication and enjoy a happy, healthy life. We'll teach you what's happening in your body, and how strictly following your medication regime is the key to beating TB. You'll learn about nutritional food, exercise and proper sleep while you get healthy again.

TB is curable. Let us help you.

How does it work?

When you come to see us, you'll tell us about your current health and habits, and we'll determine together how to deal with your TB. The treatment and care we offer is in accordance with Manitoba Tuberculosis guidelines.

Becoming healthy depends on two things:

- open and honest communication with your health care team
- consistent and complete course of medication

If you need help with transportation, let us know. If you are caring for a family member with TB, we can support you, and provide education in Cree as required.

Health care professionals are on your team. You don't need to be shy, scared or embarrassed with us. We are proud of you for taking the steps to get healthy, and to prevent tuberculosis from affecting more of our community. Thank you!

As a community, we must support people with TB. They're scared about their health. They're nervous about spreading the disease. They're receiving treatment to stop its spread. Judgment, stigma and shame don't help them.

Let's thank them for their commitment. Let's be supportive and helpful.