

COULD YOUR HOME AND GARDEN BE MAKING YOU SICK?



NTM organisms can be found in your everyday environment.




Global incidence of **NTM** infection is on the rise.

Minimise your risk today!



NTM Info & Research, Inc.

FOR MORE INFORMATION CONTACT

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**NTM
AUSTRALIAN
SUPPORT
GROUP**

You are not alone

NTM are environmental bacteria found in soil, water and dust.

We frequently inhale or ingest them.

Whilst in most people this is not a problem, in some **NTM** can cause significant lung disease.

Awareness of this possible diagnosis is crucial.



SYMPTOMS

Chronic or intermittent cough.

Recurrent episodes of bronchitis and/or pneumonia.

Overwhelming fatigue

Unexplained weight loss.

Night sweats.

PREVENTION

Replace showerheads regularly.

Set hot water storage to 70 C (use caution).

Ensure adequate bathroom ventilation.

Take baths instead of showers.

Always wear a mask when gardening.

WHO GETS NTM?

People with lung disorders like asthma, COPD, cystic fibrosis, bronchiectasis.

Smokers and ex-smokers.

Slim peri or post menopausal women.

People with Reflux.GERD.

Anyone with immunity issues and/or auto immune disease.

INFECTION

Showers.

Household water tops.

Spa baths, steam rooms and indoor pools.

Gardening - potting mix/garden soil.

Dust exposure - household/vacuum cleaner dust

SUSPECT NTM?

Talk to you GP.

NTM is diagnosed when patients meet established clinical criteria.

Chest CT scan is often required.

Sputum AFB testing is essential. A bronchoscopy may be needed to get samples.