

## 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!**

## TREATMENTS

It's important to note, that when it comes to treatment options used for people diagnosed with NTM, **no one size fits all**. Many treatment plans will depend on your overall health, risk factors, and symptoms.

- ➔ Combined Antibiotic Treatment
- ➔ Airway Clearance
- ➔ Pulmonary Rehab
- ➔ Nutritional Assessment
- ➔ Focus on physical, emotional, and spiritual wellness

### FOR MORE INFORMATION CONTACT

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NTM  
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You are not alone

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

We frequently inhale or ingest them.

Whilst for 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 shower heads 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.GORD.

Anyone with immunity issues and/or autoimmune disease.



This information is intended as a guide only and not a substitute for professional medical advice or treatment. Always consult with your doctor about matters that affect your health.

## INFECTION

Showers.

Household water taps.

Spa baths, steam rooms and indoor pools.

**Gardening** - potting mix/garden soil.

**Dust exposure** - household/vacuum cleaner dust.

## SUSPECT NTM?

### Talk to your 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.

## WHAT IS NTM?

Nontuberculous mycobacteria, (NTM), are bacteria **found in water, soil and dust**. There are almost **200 species** of NTM bacteria.

Most do not cause disease except in people with a weakened immune system. You get an NTM infection when you ingest or breathe in the bacteria from misty water (for example, in a shower or hot tub) or from soil.

## WHO GETS NTM?

**NTM can affect anyone, but some people are at increased risk:**

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

Slim peri or post menopausal women.

Smokers and ex-smokers.

Anyone with immunity issues and/or an autoimmune disease.

NTM lung disease is more common in older adults but can affect any age group.

## SYMPTOMS

People with NTM generally have some or all of these symptoms:

Cough

Fatigue

Night sweats

Fever

Weight loss and loss of appetite

Shortness of breath

Coughing up blood

Excessive mucus production

Wheezing

Chest pain

Recurring respiratory infections



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The global incidence of NTM infection is on the rise.

**8% is the average observed growth rate for NTM each year.**



Most NTM species do not cause infections in humans, but a few NTM species do, including:

*Mycobacterium avium* complex (MAC)

*Mycobacterium avium*

*Mycobacterium intracellulare*

*Mycobacterium abscessus*

*Mycobacterium kansasii*

*Mycobacterium xenopi*

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## SUSPECT NTM?

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## SOURCES OF

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