

# 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**



NTM Info & Research, Inc.

**FOR MORE INFORMATION CONTACT**

 [www.ntmaustralia.com](http://www.ntmaustralia.com)

 [ntm.aus@gmail.com](mailto:ntm.aus@gmail.com)

 [facebook.com/NTMAustralia/](https://facebook.com/NTMAustralia/)



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 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.