World TB Day, March 24, 2008
World TB Day, held on March 24 each year, commemorates the date in 1882 when Dr. Robert Koch presented his discovery of the TB bacillus, M. tuberculosis, to a group of doctors in Berlin. M. tuberculosis is the bacteria which causes TB. March 24, is set apart annually to raise awareness about the global threat TB poses. It is a time to remember those in our global village who are suffering from this deadly disease and those working to stop it. Through local, state, national and international partnerships, we can defeat TB. Join a partnership today!

WHO Theme: I AM Stopping TB
This year, the theme is “I AM Stopping TB.” This theme is more than a slogan, but the start of a two-year campaign for people everywhere who are making every effort to Stop TB. This year we celebrate the “lives and stories of people affected by TB: women, men and children who have taken TB treatment; nurses; doctors; researchers; community workers--anyone who has contributed towards the global fight against TB.” World Health Organization (WHO). Think of what you can do as an individual to help in the fight against TB.

The discovery of the TB bacillus by Dr. Robert Koch made it possible for the diagnosis and cure of TB. His discovery came at a time when TB was killing many people (one out of seven) in Europe and Americas. Today, we face a similar challenge of TB on the global scene. Like Dr. Koch, each of us can make a contribution towards the elimination of TB. Indeed, some have produced drugs for the treatment of the disease. Others have come up with new ways (such as the Directly Observed Therapy; DOT) to administer treatment to TB sufferers. Numerous others are making different contribution for the diagnosis, treatment and eventual elimination of TB. But more needs to be done. Most of the drugs, diagnostic tools and vaccines used in TB treatment are old (at least 40 years old). Without new and more effective drugs, diagnostics and vaccines, the fight against TB can never be won. Each of us must do what we can to ensure that the fight against TB is won in our generation. As we celebrate the lives of all those who have contributed towards the global fight against TB, know that you can make a difference in many ways. By contributing towards the fight against TB, you can also confidently say: 

TB Report Card
✓ Hurray! The fight against TB is chalking up some success. 2005 TB statistics show that TB worldwide leveled off for the first time since the World Health Organization began collecting data about the disease. TB detection rate has also doubled since 2000.
✓ But we still face many challenges. TB remains a big public health problem globally; 9 million new cases and 1.5 million deaths occur annually. The current TB drugs, diagnostic tools and vaccines are more than 40 years old. Newer and more effective drugs, diagnostics and vaccines are urgently needed.

What You Can Do To Help...
- Donate cash or in kind to one of the agencies directly involved in the fight against TB (see links on next page).
- Volunteer your time with the Student Health Service during our semester TB screening of international students.
- Learn more about TB services in your community.

TB Survelliance Program
Student Health Service
University of Iowa
UI goes the QFT-G way in TB testing for all International Students

Effective immediately, screening for tuberculosis for all new international students will be by the QuantiFERON-TB Gold test (QFT-G) in place of the TB skin test. This does not, as yet, affect health science or other students who request or are required to have TB screening tests.

The use of QFT-G to screen TB is a huge step forward for many reasons. QFT-G:
- Is not subject to biases and errors of Tuberculin Skin Testing (TST) placement and reading
- Does not trigger anamnestic response (boosting) because the person is not exposed to the antigen
- Is not affected by prior BCG vaccination
- Is less influenced by previous infection with non-tuberculous mycobacteria
- In the long run is a cost-effective alternative to TST
- Leads to reduction in false positive test results
- Does not need two-step testing thus eliminating the second visit to complete testing
- Reduces the rate of CXR (due to higher specificity for \textit{M. tuberculosis})

Remarkable Volunteers

At the University of Iowa, volunteers are an important part of the fight against TB. They assist the Student Health Service (SHS) in the screening of international students every semester. For many years now, volunteers have contributed their precious time and energy during the screening of international students every semester. One such remarkable volunteer is \textit{Joyce Long (inset left)}. Joyce is a resident of Iowa City and has been a volunteer with our TB screening of international students for about six years; every semester! The following are some of the volunteers who have also served with us in the past couple of semesters; Ki Youb Park, Annie Lee, Shenglan Li, Yuping Zhang, Shen Glan, Jue-moon Kim, Yiwen Huang, Valentina Clottey, Wenjie Li, Jenna Armstrong, Chao Tan, Taiying Zhang, Zhen Hu, Dong Liang, David Seungil Cho. We take this opportunity to thank each of these remarkable people for volunteering to serve with us.

If you or somebody you know are interested in volunteering with the TB Surveillance Program or have any questions, please call 353-5967 and leave a message so we can contact you.
You can also email us:
- Emmanuel Clottey: emmanuel-clottey@uiowa.edu
- Gayle Nelson: gayle-nelson@uiowa.edu

TB anywhere is TB everywhere. Let us join together to eliminate TB now. We can do it!

Useful links to TB Information

Some materials presented in this newsletter have been taken from the various sites below. To learn more about TB and how to join in the fight against it, we encourage you to visit the following sites:

- http://www.cdc.gov/nchstp/tb
- http://www.idph.state.ia.us/adper/tb_control.asp
- http://www.stoptb.org/
- http://www.stoptb.org/events/world_tb_day/2008/