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### Pulmonary Tuberculosis: Still Prevalent In Human in Peshawar, Khyber Pakhtunkhwa, Pakistan

Sultan Ayaz<sup>1,\*</sup>, Tahira Nosheen<sup>1</sup>, Sanuallah Khan<sup>1</sup>, Shahid Niaz Khan<sup>1</sup>, Liala Rubab<sup>1</sup> and Masood Akhtar<sup>2</sup>

<sup>1</sup>Department of Zoology, Kohat University of Science and Technology, Kohat, Pakistan

<sup>2</sup>Department of Parasitology, University of Agriculture, Faisalabad. Pakistan

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#### ABSTRACT

Tuberculosis (TB) continues a persistent challenge to health and development worldwide. A total of 153 sputum samples were collected from Khyber Teaching Hospital Peshawar Khyber Pakhtunkhwa, from patients suspected for pulmonary TB and were studied under microscope. Of the total samples collected, 49 (32.02%) were positive for TB. Female (33.33%) were more infected than male (30.66%). High occurrence (68.96%) was recorded in age group 10-20 year, followed by 21-40 years (35.29%) and the lowest was recorded (15.06%) in individuals with age more than 40 years. It is concluded that pulmonary TB is still prevalent in district Peshawar, Khyber Pakhtunkhwa Pakistan.

#### \*Corresponding Author:

Sultan\_ayaz@yahoo.com

#### INTRODUCTION

Mycobacterium tuberculosis (TB) is a slow-growing facultative intracellular parasite. During infection it is exposed to many different environmental conditions depending on the stage and the severity of the disease (Manganelli et al., 1999). It remains a major worldwide health problem with global mortality ranging from 1.6 to 2.2 million lives per year. The situation is further exacerbated with the increasing incidence of drug resistant TB (Aftab et al., 2009).

With an estimated annual incidence of over nine million cases, TB is believed to be responsible for more adult deaths each year than any other single infectious agent (WHO, 2009). The highest burden of disease is currently borne by the less developed countries of Africa and Asia where efforts to control TB are hampered by weak health systems and in some settings, by the high prevalence of co-infection with HIV (Corbett et al., 2006). The recent emergence of multi drug-resistant strains that cannot be cured with standard treatment regimens has served to emphasize the urgency of the situation (Zager and McNerney, 2008; Zignol et al., 2006). Control of TB in high burden countries relies on the detection and treatment of

infectious cases, most usually by testing patients attending a health clinic that report a cough of at least three weeks duration. The diagnostic tests available in these settings are sputum smear microscopy, an insensitive technique requiring a skilled practitioner and chest radiography, a technique lacking in specificity as well as sensitivity (Perkins and Cunningham, 2007).

Pulmonary TB is commonly diagnosed by microscopic examination of spontaneously expectorated sputum. Sputum induction is frequently proposed as a technique to improve sample collection for TB diagnosis, and has been found to be relatively easy to perform and generally well tolerated. Prevalence and economic status depending on the investigation for pulmonary TB differs between countries (Mohan et al., 1995). The diagnosis of probable pulmonary TB needs a positive nucleic acid amplification test result or a positive smear, occurs in both sexes, in all age groups and can affect virtually all organs of the body (Noertjojo et al., 2002). TB is one of the most common infectious diseases of developing countries including Pakistan, India, Bangladesh, Afghanistan and Nepal (Blumberg et al., 2003).

The present study was carried out to determine the prevalence of TB in patient admitted to Khyber

Teaching Hospital Peshawar, Khyber Pakhtunkhwa, Pakistan.

## MATERIALS AND METHODS

### Study Area

The study was carried out of Khyber Teaching Hospital Peshawar, Khyber Pakhtunkhwa Pakistan. Data was collected through designed proforma, regarding date of registration to hospital, gender, age, weight, diagnosis and treatment.

### Sample collection

A total of 153 sputum samples were collected in 2010 directly from the patient in clean and sterile sputum container and were labeled properly. All the samples were brought to Molecular Parasitology and Virology Lab, Department of Zoology, Kohat University of Science and Technology, Kohat for TB screening.

### Microscopic examination

Slides were prepared from the sputum with standard protocol, stained and then examined under the microscope (100X). TB was identified in the stained slides as red rods.

### Prevalence rate

The prevalence rate was determined by using the following formula:

Prevalence rate =  $\frac{\text{No. of patients having TB positive}}{\text{Total no. of patients}} \times 100$

### Statistical analysis

Data was analyzed with statistix9 software for windows.

## RESULTS

Tuberculosis remains a well known health problem in the world. In this study, among the 153 samples, 49 (32.02%) were positive for TB. Gender wise prevalence was determined in this study where high prevalence was recorded in female 33.33 % (26/78) than male 30.66% (23/75) (Table-1). The data was significant when analyzed by using chi square test with  $P < 0.05$ .

High prevalence 68.96% (20/29) was recorded in age ranges from 10-20 year. In age 21-40 years 18 (35.29%) were found positive while lowest 15.06% (11/73) was observed in age 40 years (Table-2).

A high prevalence 17(37.77%) was recorded in the month of July, followed by May 18 (34.61%) and June 14 (25%) of 2010 (Table-3).

## DISCUSSION

TB remains a leading health problem in the world, with an estimated 8 million new cases annually, of whom about 3.5 million cases (44%) have infections (smear positive) pulmonary disease (WHO, 1997; Dye et al.,

1999). TB remains a serious threat to public health in developing countries (Khalilzadeh et al., 2006). Pakistan, together with other Asian countries makes up over 50 percent of the global burden of the tuberculosis. In this study high prevalence was recorded in female than male which similar to the findings of others (Ullah et al., 2008).

**Table 1: Gender Wise Occurrence of Tuberculosis in Peshawar**

| Sex            | Sample tested | Positive Result | %age   |
|----------------|---------------|-----------------|--------|
| Male           | 75            | 23              | 30.66% |
| Female         | 78            | 26              | 33.33% |
| Overall result | 153           | 49              | 32.02% |

**Table 2: Age-wise Occurrence of Tuberculosis**

| Age (years)    | Total Sample tested | Samples Positive | Parentage |
|----------------|---------------------|------------------|-----------|
| 10-20          | 29                  | 20               | 68.96     |
| 21-40          | 51                  | 18               | 35.29     |
| >40            | 73                  | 11               | 15.06     |
| Overall result | 153                 | 49               | 32.02     |

**Table 3: Month-wise Prevalence of Tuberculosis**

| Months         | Total Sample tested | Positive | Parentage (%) |
|----------------|---------------------|----------|---------------|
| May            | 52                  | 18       | 34.61         |
| June           | 56                  | 14       | 25            |
| July           | 45                  | 17       | 37.77         |
| Overall result | 153                 | 49       | 32.02         |

In the present study, high prevalence (37.77%) was recorded in July, followed by May (34.61%) while lowest (25%) was recorded in June, 2010. In this study is in line with other studies (Centis and Migliori, 2002; Valadas et al., 2003).

The limitations of the current study were the nature and the unavailability of induced sputum. The value of induced sputum for sputum smear-negative tuberculosis is the burning issues (Anderson et al., 1995; Conde et al., 2000; Al-Zahrani et al., 2001).

### Conclusion

It was concluded that Pulmonary TB is the most common prevailing disease in the rural communities in Peshawar and high incidence was recorded in female as compared to male.

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