

AJK Observes World Tuberculosis Day, Urges Public Alertness



ڈسٹرکٹ ہیلتھ آفیسر میر پور ڈاکٹر فدا حسین راجہ

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MIRPUR (AJK), March 24: Like the rest of the world, Azad Jammu and Kashmir observed World Tuberculosis Day on Tuesday to raise public awareness about preventive measures against this life-threatening disease, locally known as TB, APP AJK Correspondent reports, quoting state authorities.

On this occasion, the District Health Office (DHO) Mirpur reaffirmed its commitment to continued, coordinated, and evidence-based efforts to eliminate TB. The purpose of World Tuberculosis Day is to highlight the importance of timely diagnosis, complete treatment, and community awareness about the disease.

Dr. Fida Hussain Raja stated that TB remains a major infectious disease globally. According to the World Health Organization, nearly 10 million people fall ill with TB each year, and hundreds of thousands lose their lives. Pakistan is among high-burden countries, with an estimated 600,000 to 700,000 cases annually, many of which remain undiagnosed in time, contributing to the disease's spread.

He emphasized that TB is preventable and curable with early diagnosis and completion of treatment. TB spreads through the air when an infected person coughs, sneezes, or speaks.

Common symptoms include persistent cough lasting more than two weeks, fever, night sweats, weight loss, loss of appetite, chest pain, and coughing up blood in severe cases. People with

weakened immune systems, malnutrition, overcrowded living conditions, smokers, or chronic diseases like diabetes are at higher risk.

Preventive measures include proper ventilation, covering the mouth while coughing or sneezing, maintaining a balanced diet, BCG vaccination for children, and avoiding stigma. The DHO noted that the District Health Office, in collaboration with the National TB Control Program, provides free diagnosis, laboratory tests, X-rays, and complete treatment. Awareness campaigns and patient follow-ups are carried out through Lady Health Workers to ensure treatment adherence.

Dr. Fida urged the public to visit health facilities immediately if they experience TB symptoms and to complete the full course of treatment. “TB is curable. Through timely diagnosis and full treatment, we can eliminate this disease. Let us join hands in the fight against TB and build a healthier society,” he concluded.