

Get the facts about **NTM**

MYTHS **BUSTED**

NTM lung disease is easy to diagnose

FACT: The symptoms of NTM often look like symptoms for other illnesses, such as pneumonia. Many doctors are unfamiliar with the disease and aren't clear about how to diagnose and treat it. The best doctor to evaluate your symptoms is a pulmonologist or infectious disease specialist experienced at treating NTM disease.



NTM lung disease can be treated in a matter of weeks or months.

FACT: Ridding the body of NTM infection takes an average of 18 months. In fact, the disease is not considered "cured" until your test results are clear for a full 12 months.

NTM infections only occur in people with weak immune systems.

FACT: Anyone can get NTM at any age. While weakened immune systems from some disease may increase your risk factor, there are other conditions which may contribute to getting NTM lung infection, such as COPD, bronchiectasis or Cystic Fibrosis.



NTM lung infections are treated by taking a single antibiotic.

FACT: NTM tends to be resistant to antibiotics and requires a multi-drug regimen of at least three antibiotics to successfully treat the disease. Other simple, at-home treatments may also be recommended to help keep your airways clear (such as nebulizers) and your health strong (including nutrition and exercise).

People with NTM lung disease look unwell.

FACT: Many patients with NTM disease look perfectly normal but the infection has taken a toll on their bodies and causes symptoms like fatigue, shortness of breath or coughing. Early detection can help minimize the symptoms, which is why it is important to find a physician who has experience diagnosing and treating NTM lung infection.



NTM infection is contagious.

FACT: NTM infection cannot be spread from human to human.



Don't be fooled by misinformation.
To learn more, go to www.chestfoundation.org/NTM

Supported by an educational grant from Insmed Incorporated.
Materials for this patient education guide contributed by NTM Info & Research.

