

MAC Lung Disease

Mapping Your Journey

Living with and managing MAC Lung Disease is a journey and continues indefinitely, but you can take charge of your health.

LEARN



What Is MAC Lung Disease? It's an infection caused by a group of bacteria called NTM (nontuberculous mycobacteria). The most common NTM that causes lung disease is MAC (mycobacterium avium complex). MAC bacteria are common in water and soil.

Treatable



Can cause permanent lung damage



Not contagious



Symptoms



- Cough
- Fatigue or shortness of breath
- Coughing up blood or thick mucus
- Fever
- Night sweats
- Weight loss
- Chest pain

Risk Factors

Lung diseases

Bronchiectasis
Cystic fibrosis
Cavitary lung disease
COPD



- *Gastroesophageal reflux disease (GERD)*
- *Immunoglobulin deficiency*
- *Autoimmune diseases*

MAC Lung Disease is more common in women and older adults

ASK



Should I See a Specialist?

See a **pulmonologist** if you have:

- Symptoms that are unexplained or won't go away
- A treated lung condition with worsening symptoms



Ask Your Health Care Provider Any Questions You Might Have

Your doctor should:

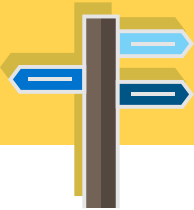
- *Provide you with information about MAC Lung Disease*
- *Listen to your concerns*
- *Help you manage side effects*



Advocate for Yourself


Keep a diary of your symptoms and share it with your doctor.


TREAT



What Are My Treatment Options?

Treatment usually includes long-term use of antibiotics. You may be monitored with sputum culture tests for the duration of treatment. Antibiotic treatment should continue for 12 months after your first negative test.

 Combination of 3 oral antibiotics

 IV antibiotics for advanced disease

Your treatment plan will depend on your:

- Overall health
- Risk factors
- Symptoms

Is There a Cure?



- Lung tissue damage may be permanent.
- Treatments and therapy can delay the progress of MAC Lung Disease and improve symptoms.
- Treatment can get rid of the infection, but it is possible for the infection to return after treatment.



Goals for Treatment

- Negative sputum (mucus) culture test
- Reduced symptoms
- Improved chest X-ray and lung CT scan (but not completely clear)



Other treatments and therapies may include:

- Airway clearance to clear away mucus and improve lung function
- Regular physical activity and pulmonary rehab
- Nutrition assessment
- Focus on physical, emotional and spiritual wellness

MANAGE

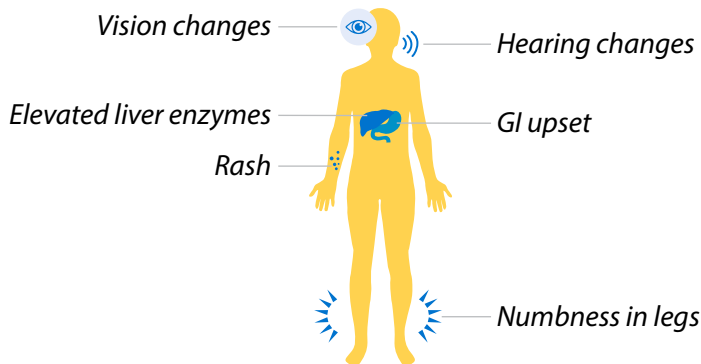


Family education and understanding:

Help your family members understand your condition, treatments and medication side effects. Let them know that you might not be able to take part in every activity.

Potential medication side effects:

People may experience:



What Are Some Challenges I Might Face?

Fatigue:



- While it can be variable, fatigue is sometimes severe and may affect aspects of a person's life.

Lifestyle Changes:



- Taking medications on time
- Paying close attention to symptoms
- Exercising regularly
- Considering probiotics for GI-related symptoms
- Maintaining a good diet and healthy weight
- Treating other coexisting lung disease



Get more information at [CHESTFoundation.org/NTM](https://www.chestfoundation.org/NTM) and [AboutNTM.com](https://www.aboutntm.com)

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