

# UPDATE BULLETIN

## DECEMBER 2023



### What is tuberculosis?

Tuberculosis is an infectious disease that can cause infection in your lungs or other tissues. It commonly affects your lungs, but it can also affect other organs like your spine, brain or kidneys. Tuberculosis is also known as TB. Not everyone who becomes infected with TB gets sick, but if you do get sick you need to be treated.

### What causes tuberculosis?

TB is caused by the bacterium *Mycobacterium tuberculosis*. The germs are spread through the air and usually infect the lungs, but can also infect other parts of the body. Although TB is infectious, it doesn't spread easily. You usually have to spend a lot of time in contact with someone who is contagious in order to catch it.

### Latent TB vs. Active TB

Not everyone infected with *Mycobacterium tuberculosis* becomes sick. Some people have latent TB infection, where the bacteria are present but not causing illness. However, the bacteria can become active and cause disease, particularly if the immune system is weakened.

### How is tuberculosis spread?

TB can be spread when a person with active TB disease releases germs into the air through coughing, sneezing, talking, singing or even laughing. Only people with active pulmonary infection are contagious. Most people who breathe in TB bacteria are able to fight the bacteria and stop it from growing. The bacterium becomes inactive in these individuals, causing a latent TB infection.

However, TB can become active if your immune system becomes weakened and cannot stop the bacteria from growing. This is when the latent TB infection becomes active TB. Many researchers are working on treatments to stop this from happening.

### Signs and symptoms

People with inactive TB do not exhibit symptoms. However, they may have a positive skin reaction test or blood test. Those with active TB can show any of the symptoms such as a prolonged cough (lasting more than three weeks), chest pain, fatigue, weight loss, fever, and night sweats.

### Diagnosis and treatments

TB is diagnosed through various tests, including skin tests, blood tests, chest X-rays, and the examination of sputum (mucus coughed up from the lungs). TB is treatable with antibiotics, typically a combination of

drugs taken over several months. It's crucial for individuals to complete the entire course of treatment to ensure that all bacteria are killed and to prevent the development of drug-resistant strains.

### Prevention

Prevention efforts include vaccination with the *Bacillus Calmette-Guérin* (BCG) vaccine, especially in regions with high TB prevalence. Additionally, preventive therapy may be given to individuals with latent TB infection to reduce the risk of progression to active disease.

### HOW DOES HDI PRODUCT HELP?

**HDI Propoelix™** - sourced from natural ingredients and propolis extract, to help boost your immune system. This anti oxidant-rich supplement is known to have many health benefits and can be consumed by the whole family. HDI Propoelix™ contains eight bioactive compounds, namely, Galangin, Chrysin, Pinocebrin, Naringenin, CAPE (Caffeic Acid Phenethyl Ester), Cinnamic acid, Apigenin, and Rutin, which have antibacterial, anti-inflammatory, antioxidant, anticancer, antidiabetic, antiviral, and antifungal properties. With these beneficial properties HDI Propoelix™ is effective as an immunomodulator for both prevention and curative for various diseases.



# UPDATE BULLETIN

## 2023年12月份



### 什么是结核病？

结核病是一种传染病，可能导致肺部或其他组织感染。它通常会影响您的肺部，但也会影响其他器官，如脊柱、大脑或肾脏。

结核病也称为TB。并非每个感染结核病的人都会生病，但如果您确实生病了，则需要接受治疗。

### 什么原因导致结核病？

结核病是由结核分枝杆菌引起的。细菌通过空气传播，通常感染肺部，但也可能感染身体的其他部位。尽管结核病具有传染性，但它并不容易传播。您通常必须花费大量时间与具有传染性的人接触才能感染病毒。

### 潜伏性结核病与活动性结核病

并非所有感染结核杆菌的人都会生病。有些人患有潜伏性结核感染，其中存在细菌但不会引起疾病。然而，细菌可能变得活跃并引起疾病，特别是在免疫系统减弱的情况下。

### 结核病是如何传播的？

当患有活动性结核病的人通过咳嗽、打喷嚏、说话、唱歌甚至大笑将细菌释放到空气中时，结核病就可以传播。只有患有活动性肺部感染的人才具有传染性。大多数吸入结核菌的人能够对抗细菌并阻止其生长。这些人体内的细菌变得不活跃，导致潜伏性结核感染。

然而，如果您的免疫系统变弱并且无法阻止细菌生长，结核病就会变得活跃。此时潜伏性结核感染变成活动性结核。许多研究人员正在研究治疗方法来阻止这种情况的发生。

### 体征和症状

非活动性结核病患者不会表现出任何症状。然而，他们的皮肤反应测试或血液测试可能呈阳性。活动性结核病患者可能会出现任何症状，例如长时间咳嗽（持续三周以上）、胸痛、疲劳、体重减轻、发烧和盗汗。

### 诊断和治疗

在孩子的早年教育中教导他们如何解决问题、应对变化以及在认知和行为上处理具有挑战性的情况，有助于减少成年期的恐惧和焦虑。

### 预防

预防工作包括接种卡介苗 (BCG) 疫苗，特别是在结核病高发地区。此外，可以对潜伏结核感染的个体进行预防性治疗，以降低进展为活动性疾病的风险。

### HDI产品有何益处？

HDI Propoelix™ - 源自天然成分和蜂胶萃取，有助于增强您的免疫系统。这种富含抗氧化剂的补充剂具有许多健康益处，适合全家人食用。HDI Propoelix™ 富含8种生物活性成分：CAPE(Caffeic Acid Phenethyl Ester- 咖啡酸苯乙酯)、柚皮素、白杨素、高良姜素、咖啡酸、皮诺霉素，芹菜素和芦丁。它们具有抗菌、抗炎、抗氧化、抗癌、抗糖尿病、抗病毒和抗真菌特性。凭借这些健康有益的特性，HDI Propoelix™ 可作为免疫调节剂，能够有效预防和治疗各种疾病。



# TESTIMONY | 见证



## HDI products contributed to a swift recovery from TB

In February 2018, my son Azril began experiencing a persistent cough that lasted for 15 days. He was then hospitalized, and following an X-ray, he was diagnosed with Tuberculosis (TB). Despite receiving treatment and medication, there was no significant improvement, and he continued to experience persistent coughing.

Another X-ray was scheduled for June. Before the appointment, we initiated the consumption of HDI Propoelix™. On June 26, following the second X-ray, we observed a substantial improvement in his condition, and the cough had completely ceased. While adhering to the prescribed medication, we also supplemented his treatment with a combination of Propoelix™ and the HDI Kids product.

Four months later, a subsequent X-ray revealed that my son is now completely free of TB.

## HDI蜂产品帮助肺结核患者康复

2018年2月初，我的儿子Azril持续咳嗽了15天。过后，他便入院并且接受X光检查，结果显示他患上肺结核。Azril接受了医院的治疗，但都没有明显的改善，依然还有咳嗽。

他被安排在6月接受X光检查。在那时候我们让他服用HDI Propoelix™。在6月26日第二次X光检查后，我们发现他的情况有好转，不再咳嗽。我们继续让他服用药物，同时也让他服食Propoelix™和HDI Kids 3儿童花粉。

四个月后，Azril再次做了X光检查，结果显示完全康复了。

**Moh Azril B**  
**12 years old**



## TESTIMONY | 见证



### HDI products contributed to the improvement of lung infections

Arfa had been struggling with a persistent cough since the age of 4, accompanied by noticeable weight loss. A subsequent check-up revealed a lung infection, for which he was prescribed a 6-month course of medication. Unfortunately, there was no significant improvement.

It was at this point that my sister recommended HDI products. Following a month of taking HDI Propoelix™ and Honeybee PollenS, Arfa experienced a notable reduction in his coughing. By the third month, the cough had completely disappeared, and by the fourth month, his weight gradually began to increase. Notably, his overall immunity and appetite showed marked improvement.

We extend our heartfelt gratitude to HDI for making a positive impact on Arfa's health!

### 手足口病的迅速康复

Arfa从四岁起就不断咳嗽，他也因此变得消瘦了。经过检查后发现他肺部感染。医生开了六个月的药，但都没有明显的改善。

就在这时，我的姐姐推荐了HDI产品。在服用HDI Propoelix™和Honeybee PollenS一个月后，Arfa的咳嗽明显减轻。到了第三个月，咳嗽完全消失，第四个月，他的体重逐渐增加，免疫力和食欲也提高了。

感恩HDI产品帮助改善Arfa的健康!

Arfa  
6 years old

