



BACTERIA A GROWING THREAT TO TALL, THIN WOMEN

Bacteria known as NTM attacks the lungs of otherwise healthy women

National Jewish Health

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| Package Length: 1:40 | Content provided by: National Jewish Health |

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| SUGGESTED TEASE | STILL TO COME, THEY MAY SEEM LIKE THE PICTURE OF HEALTH, BUT A GROWING NUMBER OF TALL, THIN WOMEN ARE BEING TARGETED BY A DANGEROUS BACTERIA. DETAILS, NEXT IN HEALTH NEWS. |
| ANCHOR LEAD | FROM THE ENTERTAINMENT INDUSTRY TO THE WORLD OF FASHION, TALL, THIN WOMEN ARE OFTEN REVERED. MANY SEE THEM AS ICONS OF HEALTH AND STYLE. BUT WHEN IT COMES TO MEDICINE, THAT'S NOT ALWAYS THE CASE. THERE IS A TYPE OF BACTERIAL LUNG INFECTION THAT'S ON THE RISE KNOWN AS N-T-M - AND IT'S PRIMARY TARGET? TALL, THIN WOMEN. ¹ WITH DETAILS, HERE'S CLARK POWELL. |
| | (Nats - Mary Lou doing breathing therapy) :02 |
| CG: Courtesy: National Jewish Health Shots of Mary Lou with breathing device Microscopic still of bacteria Shot of shower turning on Shot of Mary Lou with inhaler | SEVERAL TIMES A DAY MARY LOU AREA HAS TO USE THIS DEVICE TO HELP CLEAR HER LUNGS. IN 2010 SHE WAS DIAGNOSED WITH NONTUBERCULOUS MYCOBACTERIA (<i>pronounced: NON-too-berk-you-lohs MIKE-OH-bacteria</i>) OR N-T-M. WHILE THE DISEASE ISN'T VERY COMMON, THE BACTERIA ARE - FOUND IN EVERYTHING FROM SOIL TO SHOWER HEADS. WHICH IS HOW MARY LOU BELIEVES SHE GOT INFECTED WHILE COPING WITH THE LOSS OF HER MOTHER. :20 |
| CG: Mary Lou Area Has NTM :22-:31 | "I would stand in the shower for hours. I really - you know, because when I'm upset, that's what I do. I take a hot, hot steamy shower." :09 |
| Shot of shower with water running Tilt up to Mary Lou walking with doctor down hallway | BUT THAT MAY NOT BE THE ONLY REASON MARY LOU WAS INFECTED. DOCTORS SAY EVEN THOUGH SHE IS OTHERWISE HEALTHY, SHE IS TALL AND THIN. :07 |
| CG: Michael Iseman, MD National Jewish Health :39-:50 | "It is striking that it tends to be women in their 50s, 60s, 70s, most of them have led blameless lives. They aren't cigarette smokers, they're not miners." :11 |

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| <p>Shots of Mary Lou in exam</p> | <p>BUT A RECENT STUDY SHOWS THEY ARE AT A GREATER RISK FOR N-T-M.¹</p> |
| <p>Shots of Iseman with radiologist</p> <p>Graphic Cases of NTM -30,000 new cases a year -Most are women 2 inches taller -34.7 pounds lighter -Waist 7.2 inches smaller</p> <p>Shots of Iseman with images</p> | <p>DOCTOR MICHAEL ISEMAN IS AN EXPERT ON N-T-M AND OTHER LUNG DISEASES AT NATIONAL JEWISH HEALTH IN DENVER.</p> <p>HE SAYS THERE ARE SOME 30-THOUSAND NEW CASES OF N-T-M A YEAR. HIS STUDY FOUND MOST ARE WOMEN 2 INCHES TALLER, 35 POUNDS LIGHTER AND HAVE A WAIST 7 INCHES SMALLER THAN NORMAL.¹</p> <p>BUT THAT'S NOT ALL. ISEMAN HAS ALSO FOUND THAT THE IMMUNE SYSTEM IN THESE WOMEN IS SLIGHTLY DIFFERENT THAN NORMAL. :27</p> |
| <p>Dr. Iseman (CG'd earlier) 1:17-1:27</p> | <p>“And we believe that that’s one of the features that makes some individuals, particularly slender women, more susceptible to the infection.” :10</p> |
| <p>Shots of images on screen</p> <p>Shot of Mary Lou walking her dog</p> | <p>AND ONCE THEY GET IT, CURE RATES ARE LOW - ONLY ABOUT 50-PERCENT. THAT MEANS DESPITE LEADING A HEALTHY LIFESTYLE, SOME WOMEN LIKE MARY LOU CAN FACE A LIFETIME OF TREATMENT.</p> <p>AT NATIONAL JEWISH HEALTH IN DENVER THIS IS CLARK POWELL REPORTING. :14</p> |
| <p>ANCHOR TAG</p> | <p>N-T-M, (which stands for nontuberculous mycobacteria) IS IN THE SAME FAMILY AS TUBERCULOSIS WHICH IS OFTEN CURED WITHIN ABOUT SIX MONTHS.</p> <p>PATIENTS WITH N-T-M ON THE OTHER HAND, OFTEN TAKE SEVERAL ANTIBIOTICS FOR YEARS - AND SOME WILL REQUIRE SURGERY TO REMOVE DAMAGED PORTIONS OF THE LUNGS.</p> <p>FOR MORE ON N-T-M AND STEPS YOU CAN TAKE TO AVOID IT GO TO OUR WEBSITE.</p> |
| <p> Share it! Suggested tweet:</p> | <p>Tall, thin women are the envy of some, but @NJHealth says they can be targets of dangerous bacteria. http://bit.ly/1cNmL29</p> |
| <p> Suggested post:</p> | <p>From the entertainment industry to the world of fashion, tall, thin women are often revered. But doctors at National Jewish Health in Denver say they may be more vulnerable to a common bacteria likely found in your shower head. http://bit.ly/1cNmL29</p> |

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| References - | <p>¹<i>Patients with Nontuberculous Mycobacterial Lung Disease Exhibit Unique Body and Immune Phenotypes, American Journal of Respiratory and Critical Care Medicine, Volume 187, Issue 2, January 2013. Online: http://www.atsjournals.org/doi/abs/10.1164/rccm.201206-1035OC?prevSearch=NTM+tall+thin&searchHistoryKey=</i></p> |
| | Extra Bites |
| CG: Michael Iseman, MD National Jewish Health | <p><i>Dr. Iseman talks about the growing threat of NTM -</i> “Our calculations are that there are probably 30,000 new cases per year and unlike tuberculosis, which is treated and cured in less than a year these cases tend to recur or persist.” :14</p> |
| CG: Michael Iseman, MD National Jewish Health | <p><i>Dr. Iseman compares NTM cure rates to tuberculosis -</i> “Tuberculosis, which is treated and cured in 6 months, the typical regimen for NTM disease is 18 months and our cure rates are frustratingly near 50%.” :10</p> <p><i>Dr. Iseman talks about immune changes in tall, thin women -</i> “Beginning with the slender body type of some of these women, we looked at features of their immunity and it’s been very interesting to see that there are peculiarities of one of the lines of white blood cells that’s responsible for immunity.” :16</p> |
| CG: Mary Lou Area Has NTM | <p><i>Mary Lou talks about her first symptoms -</i> “I started coughing. And it was just unbelievable, the coughing. I mean just gagging coughing.” :06</p> <p><i>Mary Lou talks about the healthy lifestyle she’s always had -</i> “I was a vegetarian and I was an avid tennis player, walked every day. I was, I was really a healthy person.” :11</p> <p><i>Mary Lou talks about the decision to do surgery on her right lung -</i> “With my one lung there was an area that wasn’t clearing up, and so they decided that really it was best if they could go in and take that area out and it would give me a chance to be off antibiotics.” :11</p> |
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