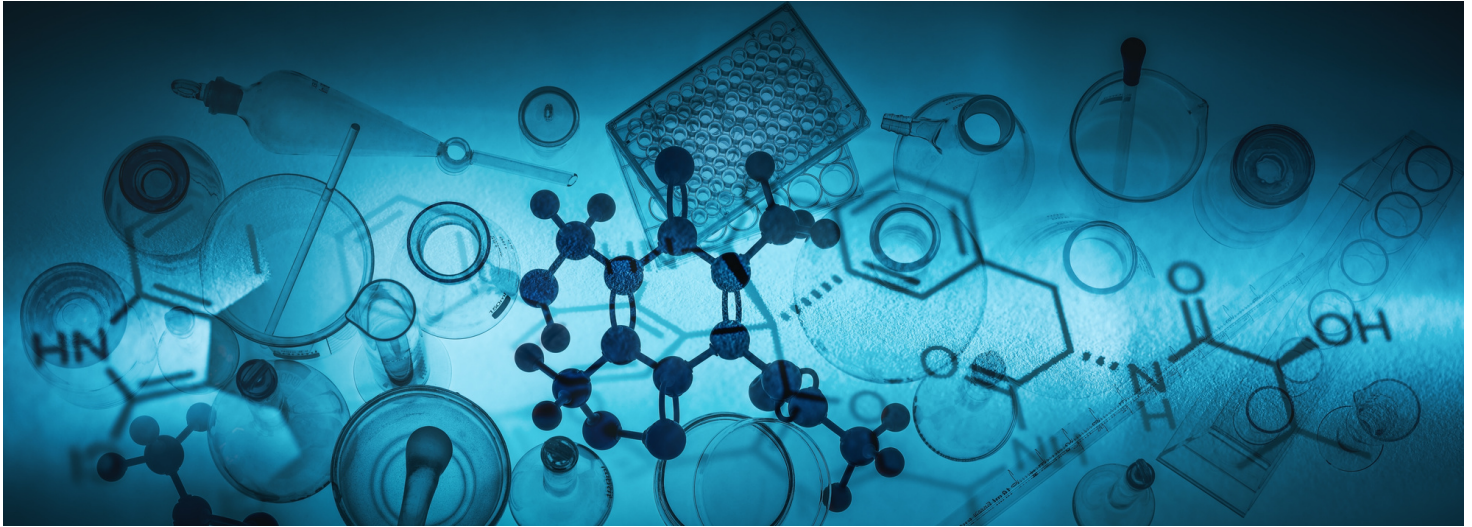


THE MONTHLY DOSE

Official Newsletter of The Mueller Health Foundation



WHAT'S NEW AT THE MUELLER HEALTH FOUNDATION:

At the Mueller Health Foundation, we are committed to advancing integrated, person-centered approaches that address the complex health needs of individuals living with both tuberculosis and diabetes mellitus (DM).

Through our partnership with REACH in India, we are supporting an innovative TB-DM care program that combines diabetes education, routine monitoring, lifestyle counseling, caregiver engagement, and ongoing peer support to improve health outcomes throughout TB treatment. As part of this initiative, REACH is evaluating changes in glycemic control over time to better understand the impact of comprehensive, integrated care for people living with both conditions.

In this month's Did You Know? section in our newsletter, we are pleased to share some encouraging early findings from the program, highlighting the positive impact that integrated TB-DM care can have on diabetes management during TB treatment.

Stay tuned for more updates!

LATEST NEWS: SHOWCASING STORIES OF TB SURVIVORS

We at The Mueller Health Foundation remain deeply committed to sharing personal stories and giving a voice to TB patients, TB survivors, TB practitioners, and all the friends and family members affected by the disease. We are also proud to continue our support of our HeroRat Tamasha, who has been trained by APOPO, a charity focused on training rats to detect TB in sputum samples across Africa. APOPO has put together a wonderful collection of success stories, and this month, we would like to highlight Sidonia's story:

Sidonia Chacha works as a laboratory technician at Amana Regional Referral Hospital in Dar es Salaam, Tanzania, where she plays an important role in tuberculosis diagnosis through APOPO's HeroRAT detection program. Each day, she processes sputum samples collected from patients and prepares them for both routine laboratory testing and second-line screening by trained HeroRATs, which help identify TB cases that may be missed by conventional smear microscopy. Since joining the program, Sidonia has witnessed firsthand how the HeroRATs have improved TB case detection, enabling more people to receive timely diagnoses and begin treatment earlier. She notes that many patients initially receive negative smear microscopy results despite having tuberculosis, making the HeroRATs an invaluable second-line screening tool that helps ensure fewer cases are overlooked. According to Sidonia, confirming these additional TB cases not only allows patients to begin lifesaving treatment sooner but also helps reduce ongoing transmission within their communities. She values the close collaboration between laboratory staff and APOPO, emphasizing that the program has strengthened the hospital's diagnostic capacity while increasing confidence in the overall TB testing process. Sidonia also highlights the importance of continued public education to encourage people experiencing persistent cough or other TB symptoms to seek care early, before the disease progresses or spreads to others. She believes that continued investment in innovative technologies and strong partnerships will be essential to improving TB detection, expanding access to care, and reducing the burden of tuberculosis in Tanzania. To read Sidonia's full story, please follow the link: <https://apopo.org/what-we-do/detecting-tuberculosis/success-stories/sidonia/>

For more news, please also take a look at our top 3 picks for **August** in this newsletter, where we highlight novel research findings and news about the prevention and treatment of tuberculosis around the world.

MHF TOP PICKS FOR AUGUST

Every month, we at the Mueller Health Foundation like to showcase interesting news and updates in the field of tuberculosis (TB). Below are our top **3** picks for **August**:

1. Peer-Led Psychosocial Support Reduces TB Stigma and Depression in Indonesia

Researchers have demonstrated that a community-based, peer-led psychosocial support program can significantly reduce tuberculosis-related stigma and depression while improving quality of life among people receiving TB treatment in Indonesia. The intervention combined individual counseling, monthly peer-led support groups led by TB survivors, online peer messaging, and community education activities. In a prospective study of 129 adults with newly diagnosed drug-sensitive and drug-resistant TB, the proportion of participants experiencing moderate-to-severe TB-related stigma declined from 77% to 28% over six months, while symptoms of depression fell from 62% to 14%. Participants also reported meaningful improvements in quality of life, and the program was found to be both feasible to implement within existing TB services and relatively inexpensive, costing approximately \$28 per participant. These findings highlight the important role that peer-led psychosocial support can play in addressing the social and psychological burden of TB and suggest that integrating such interventions into routine TB care could improve patient well-being and treatment outcomes in high-burden settings. To learn more, you can access the paper here: <https://journals.plos.org/globalpublichealth/article?id=10.1371/journal.pgph.0006754>

2. Automated Platform Streamlines Latent Tuberculosis Testing

Revvity, a global life sciences and diagnostics company, has introduced a new automated platform that combines its T-SPOT.TB test with the Auto-Pure 2400 liquid handling system to improve the efficiency of latent tuberculosis infection (LTBI) testing. The integrated platform automates critical laboratory steps, including magnetic cell isolation, reducing hands-on time while maintaining the high clinical performance of the T-SPOT.TB assay. The platform can process up to 384 samples during an 8-hour shift, according to the company. Revvity states the platform requires 45 seconds of hands-on time per sample, which is the lowest of its current automation solutions. By simplifying laboratory workflows and increasing testing capacity without sacrificing diagnostic accuracy, this technology has the potential to expand access to reliable latent TB screening and support earlier identification and treatment of individuals at risk of developing active tuberculosis. To learn more, you can access the article here: <https://clpmag.com/lab-management/company-news/revvity-automated-platform-latent-tuberculosis-testing-development/>

3. M72/AS01E TB Vaccine Advances Toward Potential Global Impact

The M72/AS01E tuberculosis vaccine candidate continues to show promise as one of the most significant advances in TB prevention in more than a century. Earlier Phase 2b clinical trial results demonstrated approximately 50% protection against progression to active pulmonary TB over three years in adults with latent TB infection, with a favorable safety profile. The ongoing Phase 3 trial has now enrolled 20,000 participants across five high-burden countries and will determine whether these encouraging results can be confirmed in a larger, more diverse population. If successful, M72/AS01E could become the first new TB vaccine in over 100 years and the first specifically designed for adolescents and adults. The WHO estimates that a vaccine with this level of efficacy could prevent 76 million new TB cases, save 8.5 million lives, and reduce the economic burden on TB-affected households by more than \$41 billion over the next 25 years. You can read the article here: <https://wellcome.org/insights/articles/manufacturer-agreed-m72as01e-tb-vaccine-candidate-pending-trial-outcomes>

DID YOU KNOW?

People living with both tuberculosis and diabetes mellitus (DM) face significantly greater challenges during treatment, including delayed recovery, higher rates of treatment failure, relapse, and mortality. Through our partnership with REACH in India, the Mueller Health Foundation supports an integrated TB-DM program that provides diabetes education, routine monitoring, lifestyle counseling, caregiver engagement, and peer support throughout TB treatment. As part of our ongoing evaluation of the REACH TB-DM program, we are pleased to share some encouraging early findings demonstrating improvements in glycemic control among participants receiving integrated, people-centered support:

- 86% of eligible participants (308 of 359) completed their 3-month diabetes follow-up assessment, demonstrating strong engagement in ongoing TB-diabetes care.
- By the 3-month follow-up, the number of participants achieving stringent glycemic control more than doubled, increasing from 66 to 121 individuals—an 83% improvement.
- The number of participants with poor glycemic control declined by nearly 40% over the first three months, falling from 183 to 112 individuals.
- Among participants with complete 3-month follow-up data (N=225), 52.4% (118 patients) experienced an overall improvement in glycemic control, while only 12.0% (27 patients) experienced worsening control.
- Individuals with newly diagnosed diabetes responded particularly well to the intervention, with 58% demonstrating improved glycemic control compared with 36% of those with previously known diabetes.
- Participants diagnosed with diabetes within the previous year showed the greatest improvement, with 73% achieving better glycemic control during follow-up.
- Patients with clinically confirmed TB had higher rates of improved glycemic control (65%) than those with microbiologically confirmed disease (46%).
- Participants with extrapulmonary TB demonstrated slightly greater improvement in blood sugar control (61%) than those with pulmonary TB (51%).
- By the 6-month follow-up, the number of participants achieving stringent glycemic control had more than doubled, increasing from 32 to 66 individuals.
- Over the same six-month period, the number of participants with poor glycemic control was reduced by nearly half, decreasing from 97 to 50 individuals.

Overall, these early results highlight the significant impact that integrated TB-diabetes care can have on patient health and treatment success.

Information Source:
REACH June Update Report 2026