

SPEAKER 1: Many, many practitioners call me and say, what do you tell your patients when they ask you how do you prevent yourself from getting MAC or any other NTM, for that matter? Well, listen, there's no easy solution to that. There are multiple studies looking at environments and quite frankly, water sources carry NTM, usually in biofilms.

Some practical advice that we give patients, although this does not always work, is to tell them to avoid steam and steam products. We certainly tell women to avoid saunas, facials, misters, anything that has steam directly blowing in the face. There is also some evidence to suggest that turning up your hot water heater to 130 degrees Fahrenheit or more may deter the growth of MAC lung disease. That certainly does not mean that patients will not get the disease again or become infected with it.