

Navigating the Challenges of Milk-Borne Diseases

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DESCRIPTION

Milk is considered to be one of the most nutritious and essential food products that provides several health benefits to human beings. Milk is rich in several nutrients such as calcium, vitamin D, protein, and many more that promote healthy growth and development. However, milk can also be a source of various diseases if not processed, stored, and handled properly. Milk borne diseases are caused by consuming contaminated milk or milk products, and these diseases can lead to severe health issues if not treated in time. This study discussed about the milkborne diseases, their causes, and ways to prevent them. One of the most common milkborne diseases is brucellosis. It is caused by a bacterium called *Brucella*, which can infect both humans and animals. The primary source of infection is through the consumption of raw or unpasteurized milk or milk products from infected animals. Brucellosis can cause symptoms such as fever, muscle pain, joint pain, and fatigue. In severe cases, it can also lead to liver and heart damage. The best way to prevent brucellosis is by pasteurizing milk and milk products before consumption.

Another significant milkborne disease is listeriosis. It is caused by a bacterium called *Listeria monocytogenes*, which can grow in refrigerated food products, including milk and milk products. Listeriosis can cause symptoms such as fever, muscle aches, and gastrointestinal problems. In severe cases, it can lead to meningitis and sepsis, which can be fatal. Pregnant women, newborns, and people with weakened immune systems are more susceptible to listeriosis. The best way to prevent listeriosis is by ensuring that milk and milk products are properly stored and handled and by avoiding the consumption of raw or unpasteurized milk and milk products. Salmonellosis is another common milkborne disease that is caused by a bacterium called

Salmonella. It can infect both humans and animals, and the primary source of infection is through the consumption of contaminated milk or milk products. Salmonellosis can cause symptoms such as fever, diarrhea, and abdominal cramps. In severe cases, it can also lead to sepsis, which can be life-threatening. The best way to prevent salmonellosis is by pasteurizing milk and milk products and ensuring that they are properly stored and handled. In addition to the above-mentioned diseases, there are several other milkborne diseases such as tuberculosis, Q fever, and staphylococcal food poisoning. All these diseases are caused by different types of bacteria, viruses, and other microorganisms that can contaminate milk and milk products. To prevent milkborne diseases, it is essential to follow proper hygiene practices while handling milk and milk products. The first step in preventing milkborne diseases is by ensuring that the milk and milk products are obtained from reliable sources. Milk should be stored at a temperature of 4°C or below and should be consumed before the expiry date. Milk and milk products should be pasteurized before consumption to kill harmful microorganisms that may be present in the milk. Milk and milk products should be stored separately from other food products to avoid cross-contamination. Containers and utensils used for storing and handling milk should be cleaned thoroughly before use. Hands should be washed thoroughly before and after handling milk and milk products. All surfaces that come in contact with milk and milk products should be cleaned and disinfected regularly.

In conclusion, milk is an essential food product that provides several health benefits to human beings. However, it can also be a source of various diseases if not processed, stored, and handled properly. Milkborne diseases can be prevented by ensuring that milk and milk products are obtained from reliable sources, stored and handled properly.

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