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Water borne diseases, its adversity with compromised immune system

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Water borne diseases are the major health threat in Pakistan. Water which is essential for life comes across with Pathogens and Pathogenic conditions well before it is available for consumption. The most common and prevalent water borne diseases are viral hepatitis, hepatitis A&E, infant's diarrhea, typhoid, dysentery, intestinal worms, skin disease etc. These are either acquired by consumption or coming in contact with contaminated water sources. People with Immune compromise, immune system are at higher risk of receiving severe forms of any of these water borne illnesses. It is estimated that, the infant mortality rate is quite higher, caused by the use of untreated water, among 250,000 deaths occur per year. Illness due to diarrhea accounts for nearly 60% of children with approximately 630 deaths daily. In thickly populated city Karachi, drinking water is available from various sources, i.e., public water supply systems, private wells or bottled water. The most common sources of water contamination are results of leak rusty underground water pipelines, storage tanks, cross connection between water supply lines and sewage disposal in the city. A study underway reveals immunity compromise especially in children is the major cause of deaths with such alarming rate as their immune system is under development. In this context precautions and control should be proper. Inspection of the water points needs to be carried out on regular basis by health authorities. Proper hygiene is an-other way for drastically reducing the chances of acquiring or spreading water borne illnesses. Water must be brought to rolling boil for 5-10 minutes; chlorination may be carried out by chlorine gas, bleaching powder, chlorine tablets and solutions before use.

Biography

Kausar Rehman Khan is professional with extensive knowledge of Human Genetic Engineering and Biotechnology, being professionally engaged in the discovery and development of new therapies and treatments that can improve people health and extend their lives. Currently she is associated with University of Karachi (Department of Microbiology) and Preston University Karachi as an Assistant Professor. She has 20 publications on Health related issues published in various magazines. She is a Member of Royal College of Pathologist and Counselor at KVTC Centre for Downs and Autistic Students.

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