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Food borne microbes: An emerging dread

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Food borne pathogens are the leading cause of illness and death in developing countries. The majority of food borne diseases are caused by microbial pathogens such as viruses, bacteria and parasites. A common symptom of many food borne diseases includes vomiting, diarrhea or bloody diarrhea, abdominal pain, fever and chills. Symptoms can range from mild to serious and can last from a few hours to several days. Food borne illnesses may lead to dehydration, hemolytic uremic syndrome (HUS) and other complications. Acute food borne illnesses may also lead to chronic or long lasting health problems. As *Clostridium botulinum* affect the nervous system, causing serious alarming symptoms such as food poisoning, headache, skin tingling, blurred vision, weakness, dizziness and paralysis. Food borne illnesses are infections or irritations of the gastrointestinal (GI) tract caused by food or beverages that contain harmful bacteria, parasites, viruses or chemicals. Anyone can get a food borne illness. However, some people are more likely to develop food borne illnesses than others including infants and children, pregnant women and their fetuses, older adults and people with weakened immune systems. Food and Drug Administration (FDA) gives information on 5 food borne illnesses risk factors: Improper hot and cold holding temperatures, inappropriate cooking temperatures, dirty or contaminated utensils and equipment, poor health and personal hygiene and food from unsafe sources. The only treatment needed for most food borne illnesses is replacing lost fluids and electrolytes to prevent dehydration. Food borne illnesses can be prevented by properly storing, cooking, cleaning and handling foods.

Biography

Muhammad Adnan is currently pursuing PhD (Research Scholar) from Jiangnan University, China. He has completed his Postgraduate studies from University of Agriculture Faisalabad, Pakistan. He is the Research Student in State Key Lab of China in Food Science & Technology.

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