

## Risk of Consumption of Raw Milk

Raw milk can be very dangerous to your health as it can harbor numerous disease-causing organisms such as *Campylobacter spp.*, *E. coli O157:H7*, *Listeria monocytogenes*, *Yersinia spp.* and *Brucella spp.* Pasteurization of raw milk can prevent these and other diseases such as tuberculosis, diphtheria, polio, salmonellosis, strep throat, scarlet fever, and typhoid fever. More than 300 people in the United States got sick from drinking raw milk or eating cheese made from raw milk in 2001, and nearly 200 became ill from these products in 2002, according to the Centers for Disease Control and Prevention.

People at high risk for severe infections from illnesses associated with raw milk include people with weakened immune systems, such as elderly people, children, and individuals with certain diseases or conditions. For instance, in pregnant women, listeriosis can result in miscarriage, fetal death, or illness or death of a newborn infant. Also, *E. coli O157:H7* infection has been linked to hemolytic uremic syndrome, a condition that can cause kidney failure and death.

Common symptoms of foodborne illness from many of these types of bacteria include diarrhea, stomach cramps, fever, headache, vomiting, and exhaustion. Most healthy people recover from foodborne illness within a short period of time, but others may have symptoms that are chronic, severe, or life-threatening.

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