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DISEASES OF DENTAL GUMS AND ITS TREATMENT

Dental direction of the Medical Faculty of Alfraganus University 3rd year students

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Introduction Milk is an essential component of the human diet, especially for infants, children, and even adults. It provides vital nutrients like calcium, protein, and vitamins. However, milk can also be a medium for various diseases if it is contaminated or produced under unhygienic conditions. Milk-borne diseases are a significant public health concern worldwide. These diseases can result from bacterial, viral, or chemical contamination. This paper aims to explore the major milk-related diseases, their causes, and effective treatment and prevention methods. Major Milk-borne Diseases Milk-borne diseases are primarily caused by pathogens present in raw or improperly handled milk. The most common milk-related diseases include: a. Brucellosis Caused by Brucella bacteria, this disease can be transmitted from infected animals to humans through unpasteurized milk. Symptoms include fever, muscle pain, fatigue, and joint pain. b. Tuberculosis (TB) Mycobacterium bovis can be present in milk from infected cows. This bacterium can cause tuberculosis in humans, especially when consumed in raw milk. c. Salmonellosis Salmonella bacteria can enter milk through contaminated equipment or infected animals. It causes nausea, vomiting, abdominal cramps, and diarrhea. d. Listeriosis Caused by Listeria monocytogenes, this disease is especially dangerous for pregnant women, newborns, and immunocompromised individuals. It can lead to miscarriage, meningitis, or even death. e. Chemical Contamination Milk can also be contaminated with chemicals like antibiotics, pesticides, or aflatoxins. Long-term exposure can cause serious health issues such as cancer, liver damage, or hormone disruption. Causes and Risk Factors The primary causes of milk contamination include: Use of unpasteurized milk Poor hygiene during milking and storage Infected livestock Use of dirty containers and tools Improper refrigeration or

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transportation Illegal use of chemicals or antibiotics in dairy farming Risk is higher in rural areas where milk is often sold unprocessed and without safety regulations. Treatment and Prevention a. Pasteurization Heating milk to kill harmful bacteria is one of the most effective methods. Pasteurized milk significantly reduces the risk of infection. b. Antibiotic Treatment For bacterial infections such as brucellosis or salmonellosis, doctors may prescribe antibiotics. However, treatment must be monitored to avoid antibiotic resistance. c. Vaccination of Livestock Vaccinating dairy animals can prevent diseases like brucellosis and tuberculosis from developing in the herd. d. Hygienic Practices Maintaining clean equipment, healthy animals, and proper storage conditions is critical in preventing contamination. e. Public Awareness Educating farmers and consumers about the dangers of consuming raw milk and the importance of milk hygiene can help reduce disease outbreaks.