

4-22-2022

Debunking Medical Myths: Raw Milk Healthy or Medical Myth?

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Recommended Citation

Gandikota, Sreenavya; Zura, Nicholas; Boland, Allison; Dsouza, Alyssa; Grand, Samuel; and Ahmad, Hassan, "Debunking Medical Myths: Raw Milk Healthy or Medical Myth?" (2022). *Patient Education Projects*. 314.

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RAW MILK: HEALTHY OR MEDICAL MYTH?

Group 52

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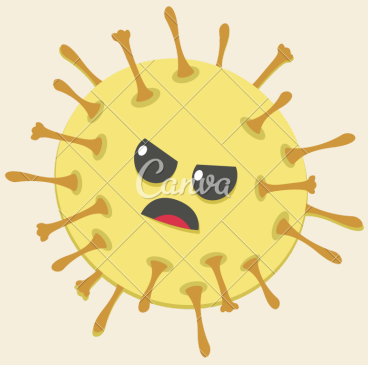
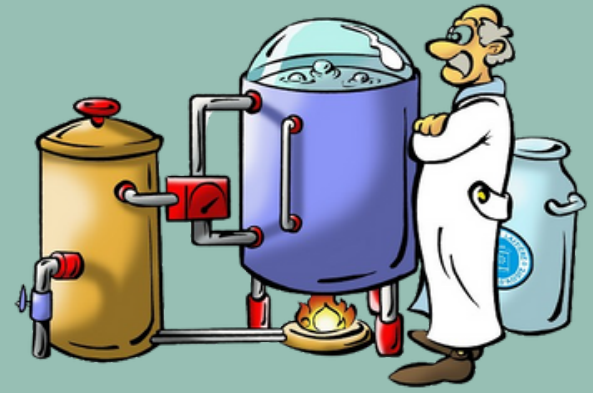
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Have you heard the myth that it's healthier to consume "raw" unpasteurized milk and dairy products?

WHAT IS PASTEURIZATION?

Pasteurization is a heat-treatment process that kills germs. Products are heated to a high temperature and then rapidly cooled back down.

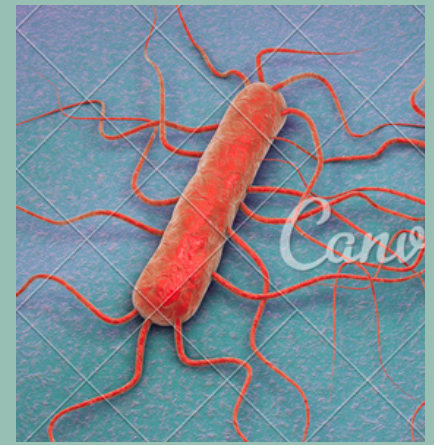


PASTEURIZATION OF RAW MILK IS USED BECAUSE DAIRY PRODUCTS CAN BE CONTAMINATED BY GERMS

These germs can lead to food poisoning, diarrhea, and bacterial infections. The pasteurization process eliminates these pathogens, ensuring that it is safe to consume.¹

25% OF FOODBORNE AND WATERBORNE ILLNESSES IN 1938 HAD BEEN CAUSED BY CONSUMPTION OF CONTAMINATED MILK AND MILK PRODUCTS

It is estimated that today less than 1% of foodborne and waterborne illnesses are caused by milk and milk products, due to pasteurization processes.⁵



PATHOGENS IN UNPASTEURIZED MILK AND OTHER DAIRY PRODUCTS CAN POSE SEVERE HEALTH RISKS, INCLUDING DEATH

According to the Center for Disease Control and Prevention's (CDC) Emerging Infectious Diseases report for June 2017, unpasteurized milk products cause 840 times more illness and 45 times more hospitalizations than pasteurized milk products.⁴

THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) RECOMMENDS THAT PEOPLE DRINK AND EAT ONLY PASTEURIZED DAIRY PRODUCTS

Additionally, the Food and Drug Administration (FDA) states that milk sold for human consumption should be required to be pasteurized.⁶



Specific correlations between lessons learned and influence on PIF:

Physicians should build a strong connection with their patients and allow them to disclose their thoughts towards medical myths, and we should respond with empathy and respect in order to help give all the correct information available.

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