Debunking Medical Myths: Raw Milk Healthy or Medical Myth?

Sreenavya Gandikota
Wayne State University School of Medicine, gv4530@wayne.edu

Nicholas Zura
Wayne State University School of Medicine, hi9717@wayne.edu

Allison Boland
Wayne State University School of Medicine, hi3908@wayne.edu

Alyssa Dsouza
Wayne State University School of Medicine, he8512@wayne.edu

Samuel Grand
Wayne State University School of Medicine, ga0423@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj

Part of the Curriculum and Instruction Commons, Medical Education Commons, and the Public Health Commons

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.
https://digitalcommons.wayne.edu/pat_edu_proj/314

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.
Authors
Sreenavya Gandikota, Nicholas Zura, Allison Boland, Alyssa Dsouza, Samuel Grand, and Hassan Ahmad

This infographic is available at DigitalCommons@WayneState: https://digitalcommons.wayne.edu/pat_edu_proj/314
Have you heard the myth that it's healthier to consume "raw" unpasteurized milk and dairy products?

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

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.

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.

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.

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) Recommendations that People Drink and Eat Only Pasteurized Dairy Products

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.