

*Editorial*

## Complications due to food poisoning and its symptoms

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**EDITORIAL NOTE**

Food poisoning occurs due to bacteria and this bacteria is most commonly found on many raw foods. More than 90 percent of food poisoning in each year is caused by bacteria such as *Staphylococcus aureus*, *Salmonella*, *Clostridium perfringens*, *Campylobacter*, *Listeria monocytogenes*, *Vibrio parahaemolyticus*, *Bacillus cereus*, and *Enteropathogenic Escherichia coli*. Food poisoning is also called foodborne illness it occurs when a person intake food or beverages contaminated by microorganisms. Food poisoning can cause significant morbidity and many health consequences. Foodborne illness causes diarrhea, abdominal pains and vomiting. Symptoms will disappear within a few days. Foodborne illness is a common symptom but certain age groups of people are more likely to get sick after eating frozen food. People who have a higher risk of foodborne illness are mostly pregnant women, older adults (over age 65), Young children (under age 5). People who have a weakened immune system due to cancer, HIV or other illness. In Most of the cases aren't severe enough to require hospitalization. According to the CDC, about 48 million people experience some type of food poisoning each year in the United States. Every year Around 3,000 people die due to foodborne illness.

**Complications of food poisoning**

**Dehydration:** Dehydration is the most common complication of foodborne illness it is especially common in young children, dehydration should be treated untreated dehydration can cause seizures, permanent brain damage, and even death.

**Miscarriage or stillbirth :** *Listeria* infection is one of the most common dangerous infection caused due to eating

of food that contains improperly processed deli meats and unpasteurized milk products it causes neurological damage and death and dangerous for unborn babies.

**Kidney damage:** *E. coli* can lead to kidney failure and Hemolytic uremic syndrome (HUS)

**Arthritis:** *Campylobacter* and *Salmonella* these are the bacteria, which causes chronic arthritis and joint damage.

**Brain damage:** Meningitis is a brain infection that is caused due to some bacteria or viruses (bacterial infection).

**Death:** Foodborne illness can happen to anyone and certain age groups of people are more likely to get sick, it can also cause significant illness and even death.

Foodborne illness symptoms range is from mild to severe and differs depending on the type of contamination after eating contaminated food. The Symptoms may appear 1 to 6 hours later, or it may also take days or weeks to develop. The most common symptom that occurs for food poisoning is diarrhea, Stomach cramps, Nausea and vomiting, Loss of appetite, Fever.

So as precautions it is very important to drink fluids to reduce your risk of becoming dehydrated, because the body needs to get rid of the toxins that make the immune system weak. So Doctors generally do not Prescribe anti-diarrheal medication. Dehydration is the key symptoms of food poisoning which may include dry mouth, passing little to no urine. To replace fluids you have lost that you need to intake broth and electrolytes, Popsicles or other frozen juice. Affected human system can feel better by avoiding intake of heavy foods, bites of bland food such as toast, crackers and fruits are recommended. Whereas the best therapy is to get a lots of rest.

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