

# Salmonella

Salmonella is a type of bacteria usually found within poultry eggs, unprocessed milk, meat and water. It's a rod-shaped gram-negative enterobacteria that causes typhoid fever. It was discovered by an American scientist named Dr. Daniel Salmon.

It causes:

- Diarrhoea, constipation
- Headaches
- Stomach cramps
- Nausea and vomiting
- Fever
- Possibility of blood in faeces

Every year approximately 40,000 cases of salmonella are reported. It can be avoided by thoroughly cooking food to the boil. It can also be transported by turtles and birds. There is a very high chance of dehydration with the disease, not directly but from the diarrhoea, vomiting and loss of salts.

After eating the salmonella bacteria it passes through the stomach and into the intestines where it binds to the wall of the intestine. Through some special proteins that it makes in response to the particular conditions in the intestine it actually penetrates the barrier between us and the outside. Once it has gained access to our insides it is taken to our liver or spleen. Most other bacteria would be killed along this journey but the salmonella has evolved such a mechanism to prevent our immune system from doing its job effectively. In the liver it then grows and spreads.

There are three types:

- Typhi
- Typhimurium
- Enteritidis