

HELMINTHES THAT ARE TRANSMITTED THROUGH FOOD TO HUMANS

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Abstract

Helminthes which contaminate food cause different diseases in humans and animals, many of which are zoonoses. The largest number of species of parasites infect humans and animals entering through the contaminated food and water, but it is possible infection through skin - by arthropods.

Helminthes are mostly parasites of the small intestine and people from the body eliminate eggs or larvae of helminths through faeces. In order these eliminated forms of the parasites to become infectious for susceptible animals, they have to perform part of its development freely in the external environment or in one or two transitional host. Helminths are divided into two phylums: *Plathelminthes* (tapeworms - flukes and cestodes) and *Nemathelminthes* (roundworms). The most common helminths that can be transmitted through food to humans are flukes (*Fasciola hepatica*, *Dicrocoelium lanceolatum*, *Opistorchis felinus*, *Paragonimus* spp., *Fasciolopsis buski*), cestodes (*Taenia solium*, *Taenia saginata*, *Diphyllobotrium latum*, *Echinococcus granulosus*, *Dipilidium caninum*, *Taenia multiceps*, *Spirometra* spp., *Hymenolepis nana*), nematodes (*Anisakis simplex*, *Ascaris lumbricoides*, *Enterobius vermicularis*, *Trichuris trichiura*, *Trichinella spiralis*, *Gnathostoma* spp., *Toxocara canis*, *Ancylostoma duodenale*, *Necator americanus*). Some of them are described in this paper. In order to prevent the diseases, it is necessary to know well all possibilities of contamination of food by these parasites, their life cycle and resistance in the environment.

Significant measures to prevent the occurrence helminthoses transmitted through food and water are: adequate implementation of hygiene measures during production, processing, preparation and consumption of food, appropriate thermal treatment of food, personal hygiene measures, hygiene of environment, biologically treatment of manure and others.

Key words: *Helminthes, Food, Flukes, Cestodes, Nematodes, Diseases, Life cycle.*