Aeromonas hydrophilia

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The Organism: Since 1968, *Aeromonas hydrophilia* has been recognized as an opportunistic pathogen in immunocompromised hosts (patients on drug therapy, elderly, young). More recently it has been demonstrated to cause food borne illness in healthy people.

Sources of the organism:
Normal microflora of water

Associated foods:
Seafood including oysters
Water

Microorganism Characteristics: Gram negative facultative anaerobic rod that can be psychrophilic. *Aeromonas* can produce enterotoxins.

Growth conditions:
Temperature range: -5.3 - 43°C (109°F)
Optimum Temperature: 28°C (83°F)
pH range: 4-10
Lowest reported A_W for growth: 0.94
Salt Tolerance: 4%
Some evidence of chlorine resistance

The Disease: *Aeromonas* has been reported as the cause of food borne infections in other countries and with the increase of international travelers, this organism is considered an emerging pathogen in the United States. Only a limited number of food borne illness outbreaks have been published.

Symptoms include:
Diarrhea
Vomiting
Onset time:
6-48 hours
Infective Dose:
>100 cells per 100 ml of water has been reported to cause an illness
Duration of symptoms:
Not reported

Control:

- Use properly treated water.
- Thoroughly cooking foods.
- Due to the psychrophilic nature of *Aeromonas*, extended shelf life refrigerated foods need to be handled and stored properly.