



Mask Health Risks	
https://pubmed.ncbi.nlm.nih.gov/25903751/	<p>Conclusions: This study is the first RCT of cloth masks, and the results caution against the use of cloth masks. This is an important finding to inform occupational health and safety. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection. Further research is needed to inform the widespread use of cloth masks globally. However, as a precautionary measure, cloth masks should not be recommended for HCWs, particularly in high-risk situations, and guidelines need to be updated.</p>
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6409147/?fbclid=IwAR0iOL682P2EcxpSQ0wcaGp-XITKuT3vTOKRS16AFm8dZYdgpw2VBFSP4no	<p>Survey from plastic surgeons found the infection rate was 4.7% with masks and 3.5% without the masks and there was no increase in surgical site infections when masks were not worn."</p> <p>An interesting observation was noted by Lipp et al. that masks can actually contribute to wound infection, though venting or leaking of air through the side of the masks or by being worn or removed incorrectly. Wearing one masks all day long or wearing a wet mask is useless for preventing cross contamination.</p>
https://clinicaltrials.gov/ct2/show/NC00173017	<p>"Medical staff are at increased risk of getting 'Severe acute respiratory syndrome' (SARS), and wearing N95 masks is highly recommended by experts worldwide. However, dizziness, headache, and short of breath are commonly experienced by the medical staff wearing N95 masks. The ability to make correct decision may be hampered, too."</p>
https://pubmed.ncbi.nlm.nih.gov/18331781/	<p>"Chronic hypoxia-hypercapnia influences cognitive function"</p>
https://www.nature.com/articles/s41598-018-35797-3?fbclid=IwAR00iB6FN7ZB1oJAUroWnBfDZPG5vfb3qsxoESd7B1upF6h61Ac-VHu_iz0	<p>"Hypercapnia status has been shown to predict mild cognitive impairment"</p>
https://www.sciencedirect.com/science/article/abs/pii/S0306987708000455?fbclid=IwAR1BIOuacuJ3FEcpFEGOK	<p>Chronic hypoxia – hypercapnia has been seen as a cause of cognitive impairment"</p>



2GMvmF5jZ3U3GXgM7J0bmAsKnHKjorzt04y0-M	
https://pubmed.ncbi.nlm.nih.gov/30035033/	<p>Surgical Masks as Source of Bacterial Contamination During Operative Procedures</p> <p>"we recommend that surgeons should change the mask after each operation, especially those beyond 2 hours"</p>
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7113990/?fbclid=IwAR2v-yVoxo7u1Rv1gZVE1sLYIQBTPy6bGz9oZxZBCNd2XQeG692ziJulrro	<p>Is safeguard compromised? Surgical mouth mask harboring hazardous microorganisms in dental practice</p> <p>"The used surgical masks from dental department personnel working outpatient dental department had relatively higher bacterial and fungal contamination than the other dental departments."</p> <p>" dental professionals should change the mask after each dental operatory procedures, especially those beyond 2 h"</p>
https://pubmed.ncbi.nlm.nih.gov/18500410/	<p>Results: Our study revealed a decrease in the oxygen saturation of arterial pulsations (SpO2) and a slight increase in pulse rates compared to preoperative values in all surgeon groups. The decrease was more prominent in the surgeons aged over 35.</p> <p>Conclusions: Considering our findings, pulse rates of the surgeon's increase and SpO2 decrease after the first hour. This early change in SpO2 may be either due to the facial mask or the operational stress. Since a very small decrease in saturation at this level, reflects a large decrease in PaO2, our findings may have a clinical value for the health workers and the surgeons.</p>
https://pubmed.ncbi.nlm.nih.gov/18500410/	<p>Conclusions: Considering our findings, pulse rates of the surgeon's increase and SpO2 decrease after the first hour. This early change in SpO2 may be either due to the facial mask or the operational stress. Since a very small decrease in saturation at this level, reflects a large decrease in PaO2, our findings may have a clinical value for the health workers and the surgeons.</p>
https://pubmed.ncbi.nlm.nih.gov/32232837/	<p>Conclusion: Most healthcare workers develop de novo PPE-associated headaches or exacerbation of their pre-existing headache disorders.</p>



<p>https://pubmed.ncbi.nlm.nih.gov/15340662/</p>	<p>Results: Thirty nine patients (23 men; mean age, 57.2 years) were recruited for participation in the study. 70% of the patients showed a reduction in partial pressure of oxygen (PaO₂), and 19% developed various degrees of hypoxemia. Wearing an N95 mask significantly reduced the PaO₂ level increased the respiratory rate and increased the occurrence of chest discomfort</p> <p>Conclusion: Wearing an N95 mask for 4 hours during HD significantly reduced PaO₂ and increased respiratory adverse effects in ESRD patients.</p>
<p>https://pubmed.ncbi.nlm.nih.gov/23514282/</p>	<p>The results showed that phonic respiration and low work rates contributed to significantly higher levels of CO₂ rebreathing. Aiming to reduce CO₂ exposure may result in improved wear time of RPDs. It is recommended that these findings be incorporated in technical specifications regarding human factors for RPDs.</p>
<p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4202234/</p>	<p>Conclusion: High bacterial contamination on outside area of the used masks was demonstrated, and it showed a significant correlation with microbial air quality of working wards.</p> <p>“For its relationship, results found that bacterial and fungal counts in air samples showed significantly positive correlation with the bacterial contamination load on outside area of the used masks”</p>
<p>https://pubmed.ncbi.nlm.nih.gov/23514282/</p>	<p>Carbon dioxide (CO₂) rebreathing has been recognised as a concern regarding respirator use and is related to symptoms of discomfort, fatigue, dizziness, headache, muscular weakness and drowsiness.</p> <p>“The results showed that phonic respiration and low work rates contributed to significantly higher levels of CO₂ rebreathing.”</p>
<p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7087880/</p>	<p>Therefore, it can be concluded that N95 and surgical facemasks can induce significantly different temperatures and humidity in the microclimates of facemasks, which have profound influences on heart rate and thermal stress and</p>

HUGS 
over
MASKS.CA



	subjective perception of discomfort.
https://www.sickkids.ca/PDFs/About-SickKids/81407-COVID19-Recommendations-for-School-Reopening-SickKids.pdf	Non-medical masks may reduce transmission from individuals who are shedding the virus. ²⁴ However, the extent of this benefit is unknown (especially in children) and would only be potentially beneficial if done properly. In fact, if worn incorrectly, it could lead to increased risk of infection and it is not practical for a child to wear a mask properly for the duration of a school day.