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Physiological and Psychological Effects of Wearing Facemasks and Their Potential Health Consequences.

PHYSIOLOGICAL EFFECTS

- Shortness of breath
- Lowers oxygen levels in the blood
- Raises carbon dioxide levels in the blood
- Masks collect and colonize viruses, bacteria and mold
- Self-contamination
- Increase in stress hormones level (adrenaline and cortisol)
- Dizziness
- Malaise
- chemical toxicity from textile and non woven masks

PSYCHOLOGICAL EFFECT

- Activation of “fight or flight” stress response
- Chronic stress condition
- Fear
- Mood disturbances
- Insomnia
- Fatigue
- Depression
- Decrease in empathy
- Feelings of isolation
- Compromised cognitive performance
- Delayed Language Development in children
- Suicide Ideation (334% increase in self harm in ages 13-18)

HEALTH CONSEQUENCES

- Mask Induced Exhaustion Syndrom
- Staph infection
- Strep Infection
- Headaches
- Anxiety
- Depression
- Hypertension
- "Mask Mouth"
- inflammed gums/ cavities
- oral ulcers
- Throat Abccess
- bacterial pneumonia
- lower immune system

Source:
Attps://www.meehanmd.com/blog/post/173679/an-evidence-based-scientific-analysis-of-why-masks-are-ineffective-unnecessary-and-harmful
Ishttps://www.mdpi.com/1660-4601/18/8/4344/htm

MASK-INDUCED EXHAUSTION SYNDROME (MIES)

BOTH HEALTHY AND SICK PEOPLE CAN EXPERIENCE MASK-INDUCED EXHAUSTION SYNDROME (MIES)

SYMPTOMS THAT ARE OFTEN OBSERVED IN COMBINATION:

INCREASE IN BREATHING DEAD SPACE VOLUME
INCREASE IN BREATHING RESISTANCE
INCREASE IN BLOOD CARBON DIOXIDE
DECREASE IN BLOOD OXYGEN SATURATION
INCREASE IN HEART RATE
INCREASE IN BLOOD PRESSURE
DECREASE IN CARDIOPULMONARY CAPACITY
INCREASE IN RESPIRATORY RATE SHORTNESS OF BREATH AND DIFFICULTY BREATHING
HEADACHE
DIZZINESS
FEELING HOT AND CLAMMY
DECREASED ABILITY TO CONCENTRATE
DECREASED ABILITY TO THINK
DROWSINESS
DECREASE IN EMPATHY
PERCEPTION
IMPAIRED SKIN BARRIER FUNCTION WITH ITCHING
ACNE
SKIN LESIONS AND IRRITATION
OVERALL PERCEIVED FATIGUE AND EXHAUSTION
MICROBIOLOGICAL CONTAMINATION (GERM COLONIZATION)

Source:
Is a Mask That Covers the Mouth and Nose Free from Undesirable Side Effects in Everyday Use and Free of Potential Hazards?
https://www.mdpi.com/1660-4601/18/8/4344/htm

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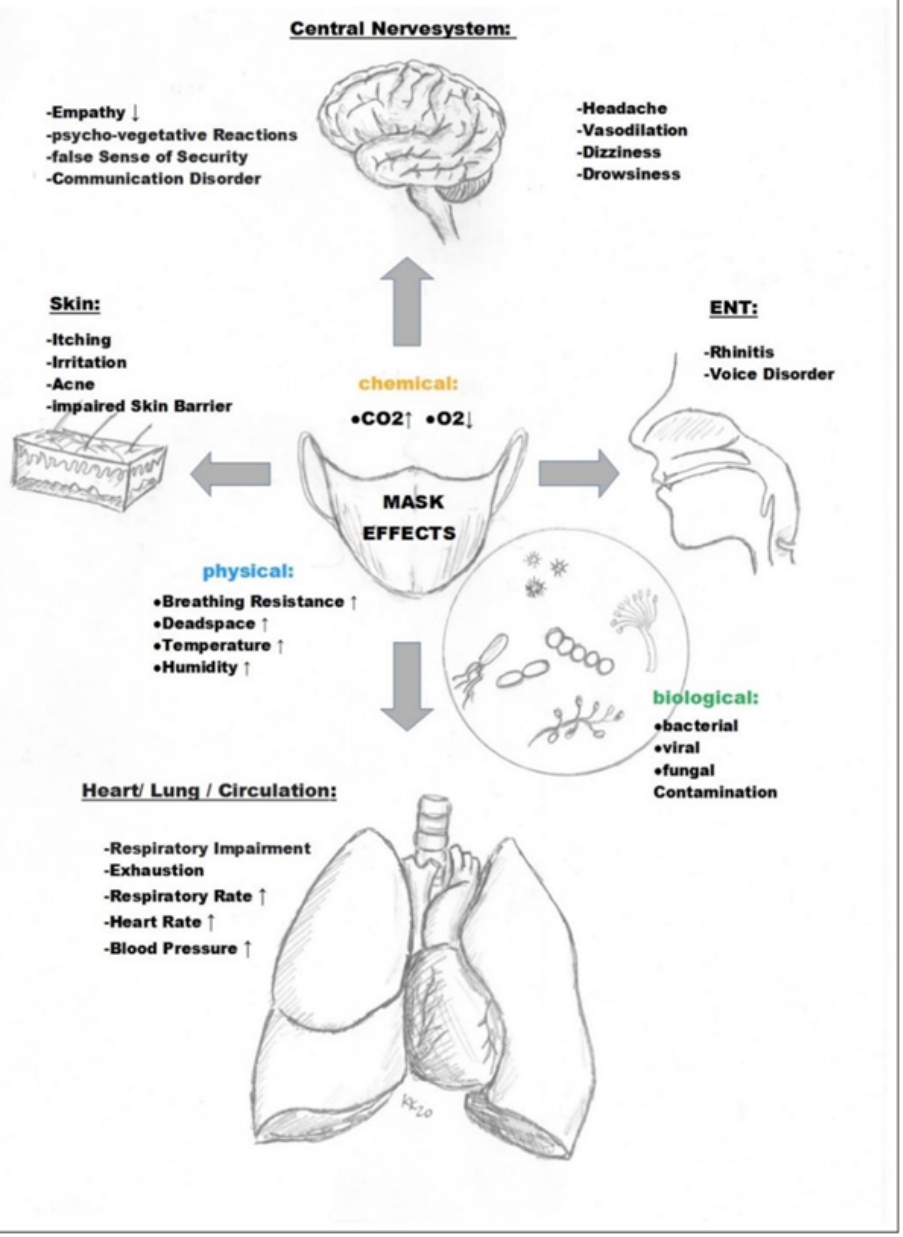
Mask- Induced Exhaustion Syndrome on Children



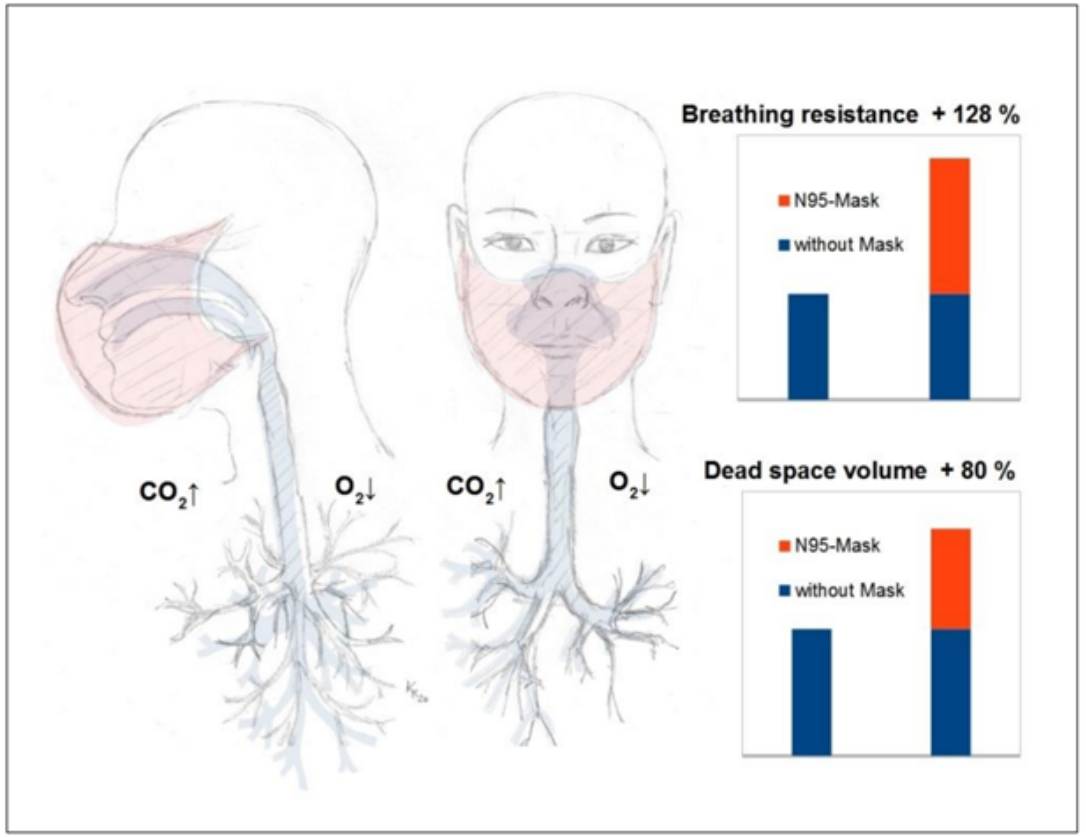


Figure 3. Pathophysiology of the mask (important physical and chemical effects): Illustration of the breathing resistance* and of the dead space volume of an N95 mask in an adult. When breathing, there is an overall significantly reduced possible gas exchange volume of the lungs of minus 37% caused by the mask (Lee 2011) [60] according to a decrease in breathing depth and volume due to the greater breathing resistance of plus128%* (exertion when inhaling greater than when exhaling) and due to the increased dead space volume of plus80%°, which does not participate directly in the gas exchange and is being only partially mixed with the environment. (* = averaged inspiration and expiration according to Lee 2011 [60] including moisture penetration according to Roberge 2010 [61], ** = averaged values according to Xu 2015 [59]).

SOURCE: https://www.mdpi.com/1660-4601/18/8/4344/htm

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