

# Sources for Mask Studies

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## Preface

This and other “source” documents will differ from my PDFs that cover topics with some narrative, quotes from sources, and linked footnotes. The intention is for these source documents is to be less intimidating for others to explore, having a bare minimum of text.

Any indented text preceded by a dash (-) is quoted from the study. But don't trust me for the context. Go to the studies and investigate for yourself.

5 NIH/National Library of Medicine studies from finding verifiable health effects from wearing a face mask, including scientifically verified reduction in blood oxygen level:

2020 - ["Exercise with facemask; Are we handling a devil's sword?" - A physiological hypothesis](#)

- Though the respirator masks are perceived to be the barriers for preventing aerosol depositions to the respiratory tract, the bitter reality is that masks increase the risk of more in-depth respiratory tract infections.

- Conclusion: Exercising with facemasks might increase pathophysiological risks of underlying chronic disease, especially cardiovascular and metabolic risks.

2019 - [Contamination by respiratory viruses on outer surface of medical masks used by hospital healthcare workers](#)

- Conclusion: Respiratory pathogens on the outer surface of the used medical masks may result in self-contamination. The risk is higher with longer duration of mask use (> 6 h) and with higher rates of clinical contact.

... Viruses were isolated from the upper sections of around 10% samples, but other sections of masks may also be contaminated.

2018 - [Effect of a surgical mask on six minute walking distance](#)

- Conclusion: Wearing a surgical mask modifies significantly and clinically dyspnea [shortness of breath] without influencing walked distance.

2015 - [Respiratory consequences of N95-type Mask usage in pregnant healthcare workers-a controlled clinical study](#)

- Conclusions: Breathing through N95 mask materials have been shown to impede gaseous exchange and impose an additional workload on the metabolic system of pregnant healthcare workers, ...

2004 - [The physiological impact of wearing an N95 mask during hemodialysis as a precaution against SARS in patients with end-stage renal disease](#)

- Results: Thirty nine patients (23 men; mean age, 57.2 years) were recruited for participation in the study. Seventy percent of the patients showed a reduction in partial pressure of oxygen (PaO<sub>2</sub>), and 19% developed various degrees of hypoxemia [below-normal level of oxygen in your blood].

### Some of the Mask Studies on Efficacy:

2020 - SpringerLink - [Effects of surgical and FFP2/N95 face masks on cardiopulmonary exercise capacity](#)

2020 - New England Journal of Medicine - [Universal Masking in Hospitals in the Covid-19 Era](#)

2020 - National Academies of Sciences, Engineering, and Medicine - [Rapid Expert Consultation on the Effectiveness of Fabric Masks for the COVID-19 Pandemic](#)

2020 - medRxiv - [Physical interventions to interrupt or reduce the spread of respiratory viruses. Part 1 - Face masks, eye protection and person distancing: systematic review and meta-analysis](#)

2020 - medRxiv - [Facemasks and similar barriers to prevent respiratory illness such as COVID-19: A rapid systematic review](#)

2020 - Journal of Infectious Diseases and Epidemiology - [Adverse Effects of Prolonged Mask Use among Healthcare Professionals during COVID-19](#)

2020 - Center for Infectious Disease Research and Policy - [COMMENTARY: Masks-for-all for COVID-19 not based on sound data](#)

- 2020 - CDC - [Nonpharmaceutical Measures for Pandemic Influenza in Nonhealthcare Settings—Personal Protective and Environmental Measures](#)
- 2020 - Annals of Internal Medicine - [Effectiveness of Surgical and Cotton Masks in Blocking SARS-CoV-2: A Controlled Comparison in 4 Patients](#)FREE
- 2019 - NIH/National Library of Medicine - [Optical microscopic study of surface morphology and filtering efficiency of face masks](#)
- 2019 - JAMA - [N95 Respirators vs Medical Masks for Preventing Influenza Among Health Care Personnel](#)
- 2017 - Oxford - [Effectiveness of Masks and Respirators Against Respiratory Infections in Healthcare Workers: A Systematic Review and Meta-Analysis](#)
- 2017 - Biocontrol Science - [Comparison of the Filter Efficiency of Medical Nonwoven Fabrics against Three Different Microbe Aerosols](#)
- 2016 - Canadian Medical Association journal - [Effectiveness of N95 respirators versus surgical masks in protecting health care workers from acute respiratory infection: a systematic review and meta-analysis](#)
- 2015 - NIH/National Library of Medicine - [A cluster randomised trial of cloth masks compared with medical masks in healthcare workers](#)
- 2013 - Taiwan Association for Aerosol Research - [Comparison of Filtration Efficiency and Pressure Drop in Anti-Yellow Sand Masks, Quarantine Masks, Medical Masks, General Masks, and Handkerchiefs](#)
- 2011 - NIH/National Library of Medicine - [The use of masks and respirators to prevent transmission of influenza: a systematic review of the scientific evidence](#)
- 2010 - Oxford - [Simple Respiratory Protection—Evaluation of the Filtration Performance of Cloth Masks and Common Fabric Materials Against 20–1000 nm Size Particles](#)
- 2009 - NIH/National Library of Medicine - [Use of surgical face masks to reduce the incidence of the common cold among health care workers in Japan: a randomized controlled trial](#)
- 2008 - ScienceDirect - [Preliminary report on surgical mask induced deoxygenation during major surgery](#)
- 1991 - The Journal of Hospital Infection - [Surgical face masks in modern operating rooms—a costly and unnecessary ritual?](#)
- 1991 - SpringerLink - [Postoperative wound infections and surgical face masks: A controlled study](#)
- 1981 - Annals of the Royal College of Surgeons of England - [Is a mask necessary in the operating theatre?](#)

Thanks to Ryan Cristián at the Last American Vagabond for this list, which follows his show notes for his video: [Intl Journal Of Infectious Diseases & Major Danish Study Show Masks Have 'No Effect' On Transmission](#)