



TÜRK. PEDIATRİ ARŞİVİ

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Editorial

Dear Colleagues,

The foundations of adult diseases are laid in the intrauterine and childhood periods. Even maternal and paternal health in the pre-fertilization period have a great impact. Thus, we pediatricians have an important role. If we consider general public health, the ring expands further, family physicians and individuals dealing with preventive health are also incorporated. I would like to give some examples related to prenatal, perinatal, and postnatal factors.

Methylation disorders in imprint regulatory genes have been reported in children born to obese parents. (1). This finding indicates the effect of parental lifestyle and nutrition on gametogenesis and reprogramming in the early developmental periods.

In the intrauterine period, normal maternal general health, nutrition and placental functions are essential for a healthy fetus. During pregnancy, inadequate placental function results in preeclampsia and intrauterine growth retardation. This situation increases the risk of hypertension in the mother in her later life. Additionally the inappropriate intrauterine environment programs the fetus and the second generation in terms of hypertension (2).

A girl born with placental failure experiences similar pregnancy problems during her own pregnancy. Thus a vicious cycle will be formed passing from one generation to another.

Adequate iodine intake in pregnancy is mandatory for thyroid hormone synthesis. If iodine intake is not enough, pregnant women, fetus and newborns can not synthesize thyroid hormones in sufficient amounts. This may cause different clinical pictures ranging from cretinism to transient congenital hypothyroidism. Despite application of various iodine prophylaxis programs, many countries have started to review urine iodine levels of their pregnant women and newborns. In our country, which is located in an iodine deficient region, we have started to collect urine iodine levels of puerperal women and newborns from all regions of Turkey with a joint study conducted by the Turkish Pediatrics Association and Turkish Neonatal Society. We are curiously awaiting the results of this study.

One of the most important markers of adequacy of the intrauterine environment and fetal development is birth weight. It is known that newborns with a low or high birth weight have higher risk for metabolic syndrome, type 2 diabetes, and hypertension in adulthood.

After delivery, the most important point for a newborn is to receive breastmilk. I will not repeat the benefits of breastmilk, but breast feeding is one of the primary steps for a healthy newborn, infant, adolescent, and adult. A study related to this subject has been conducted by Yüzügüllü et al., which is included in this issue of our journal. Considering the results of this study, we may guide mothers towards how to increase breast feeding.

Being healthy for a human being is a process and we pediatricians are efficient at the beginning. In this context, I wish success to all my colleagues.

Best regards

Olca Evliyaoğlu