

WHAT YOUTH IS USED TO... OR ABOUT INTRAUTERINE GROWTH RETARDATION AND ITS LATER CONSEQUENCES

Summary

Fetal intrauterine growth retardation (IUGR) is currently a serious civilization problem. Eight to nine% of newborns are displaying signs of IUGR every year. IUGR is caused in most instances by misbalanced diet of pregnant mother (in terms of protein and energy). This inhibits system A activity responsible for amino acid transport across the placenta to the fetus. IUGR newborns are characterized by low birth weight, which is compensated soon after birth, but by the expansion of fat tissue. IUGR children are often overweight and less active. It is

difficult to reduce overweight in IUGR due to modification of developmental program into a so called "thrifty phenotype". In adults, IUGR manifests its long-lasting health consequences such as hypercholesterolemia, arterial hypertension, coronary heart disease, obesity and diabetes type 2, commonly named as metabolic syndrome (syndrome X). Studies on animals suggest that IUGR diagnosed in perinatal period followed by continuous controlled diet may reduce symptoms of metabolic syndrome.