

Bölüm 4

GEBELİKTE MİKROBESİNLER ve GIDA TAKVİYELERİ

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MİKROBESİNLER VE VİTAMİNLER

Gebelik, fetüs ve plasentanın büyümesini sağlamak için maternal fizyoloji ve anatomide büyük değişikliklerle karakterize dinamik bir durumdur. Besin metabolizmasındaki değişimler hem fetüsü hem anneyi desteklemek üzere gerçekleşmektedir. Gebe kadınların yeterli düzeyde gerekli vitamin ve minerallere erişimleri bu bağlamda çok önemlidir. Toplu olarak mikro besinler olarak bilinen bu diyet bileşenleri, hücre proliferasyonu, apoptoz ve farklılaşmanın yanı sıra doku büyümesi ve homeostaz da dahil olmak üzere hücresel ve metabolik aktivitenin hemen hemen tüm yönlerini destekler.⁽¹⁾

Mikrobesin eksiklikleri üreme çağındaki (15 ila 49 yaş arası) kadınlar arasında, özellikle diyetlerin çeşitlilikten yoksun olduğu ve güçlendirilmiş gıdaların daha az mevcut olduğu düşük ve orta gelirli ülkelerde yaşayanlarda yaygındır.^(2,3) Enfeksiyonlar ve kronik hastalık da besin emilimini doğrudan engelleyerek mikro besin eksikliklerine katkıda bulunabilir.⁽⁴⁾ Büyüyen fetüs, plasenta ve maternal dokuların artan gereksinimleri nedeniyle gebelik sırasında mikro besin eksiklikleri şiddetlenebilir. Artan talepleri karşılayamama, anne ve fetüs üzerinde potansiyel olarak olumsuz sonuçlara yol açar.⁽⁵⁾ Ek olarak, nesiller arası sürekli etkiler de görülebilmektedir. Annede yetersiz beslenmenin çocuklar için büyüme, nörogelişim ve biliş ve kardiyometabolik, pulmoner ve immün fonksiyon dahil olmak üzere hem kısa hem de uzun vadeli sonuçları etkilediği gösterilmiştir.⁽¹⁾

Belirli mikro besinlerde eksiklikler, azalmış diyet alımı veya bozulmuş barsak emilimi veya artmış atılım, gebelik sonucu üzerinde olumsuz sonuçlar doğurabilir.⁽⁶⁾ Preeklampsi, gestasyonel hipertansiyon, intrauterin büyüme kısıtlaması (IUGR) ve erken doğum dahil gebelik komplikasyonları, her beş nullipar gebeden birini etkiler ve hem anne hem de çocuk için yaşam boyu morbidite ve mortaliteye neden olur.⁽⁷⁾ Bu komplikasyonların çoğunun tam olarak nedeni büyük ölçüde bilinmemektedir. Bununla birlikte, gebelik komplikasyonları ile D vitamini, folat, B₁₂ vitamini, iyot, demir, çinko ve selenyum eksiklikleri arasındaki ilişkileri işaret eden bol miktarda kanıt vardır.

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Özetle, gebelik öncesinde ve sırasında sağlıklı ve çeşitli bir diyet sürdürmenin önemi küçümsenmemelidir. Gebelik sırasında beslenme yetersizlikleri, özellikle yoksul ve yüksek riskli popülasyonlarda, bir halk sağlığı sorunu olmaya devam etmektedir. Gebelik öncesi dönemde ve gebelik boyunca çok merkezli, Türk kadınlarının oluşturduğu büyük örneklemler ve iyi tasarlanmış çalışmalar, makro besin ve mikro besin eksikliklerinin Türk kadınlarının gebelik sonuçları üzerindeki tam sonuçlarını değerlendirmek ve bu sonuçların iyileştirilmesinde beslenme müdahalelerinin potansiyel etkisini açıklığa kavuşturmak için gereklidir.

KAYNAKLAR

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