

24. BÖLÜM

ÇOCUK GELİŞİMİ ve PROBIYOTİKLER

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Çocuk gelişimi günümüzde Dünya Sağlık Örgütü gibi uluslararası sağlık kuruluşları ve pek çok araştırmacının ilgi odağında bulunan bir konudur. Anne karındaki gelişim, beslenme, çevresel faktörler ve genetik çocuk gelişiminde etkisi olduğu bilinen temel faktörler olarak sayılabilir. Dünya Sağlık Örgütü tarafından 2011 yılında yapılan bir araştırmada dünya çapında beş yaş altındaki çocukların %18'inin düşük kilolu, %28'inin ise kısa boylu olduğu ortaya konulmuştur. (1) Çocuklarda gelişebilecek olan ishal ve enfeksiyon riskini artırması nedeniyle özellikle beş yaş altı çocuklarda yetersiz beslenme mortalite ve morbiditeyi önemli düzeyde artırmaktadır (2). Çocukların gelişim sürecinde ortaya çıkabilecek her türlü olumsuz durum, gelişimi minör veya majör düzeyde etkileyebilmektedir; bu nedenle büyüme gelişme sürecinin temelini oluşturan özellikle beslenme ilişkili problemlerin önlenmesi ve beslenmenin en iyileştirilmesi çocuk gelişiminin temel taşlarından biri haline gelmektedir.

Mikroplarla olan ilişkimiz doğumdan önce başlar; bunlar doğum sonrası gelişimin potansiyel olarak değiştirilebilir özelliklerini temsil ederler ve muhtemelen

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