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The Importance of Fatty Acids in Perinatal Life

Guest Editor:

Dr. Eva Szabo

Department of Biochemistry and
Medical Chemistry, Medical
School, University of Pecs, Pecs,
Hungary

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Message from the Guest Editor

Long-chain polyunsaturated fatty acids (LCPUFAs) play a key role in the maturation of the nervous system in perinatal life, i.e., during the third trimester and after birth, in the first years of life, with an adequate fetal fatty acid supply during pregnancy provided by the maternal stores and diet. The breast milk lipid and LCPUFA content is also influenced by several factors, such as the gestational age at delivery, course of lactation, time of sampling or nationality. An adequate fatty acid (mainly DHA) supply can, therefore, affect the maturation of the infant's nervous system, visual acuity as well as the immune system, and can also reduce the prevalence of maternal postpartum depression. The role of major LCPUFAs in the early nervous system development has been extensively researched and the importance of DHA intake is evident during this period; however, other less-researched fatty acids, such as nervonic acid or trans fatty acids, may also affect perinatal growth and development.

This Special Issue will focus on the role of different fatty acids in the perinatal life period and their possible effect on a neonatal or infant, as well as the maternal health.



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Special Issue



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Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona Institute of Science and Technology, 08028 Barcelona, Spain

Message from the Editor-in-Chief

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Life Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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