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The role of Omega-3 and Omega-6 in maternal and fetal health: formation and information about a suitable midwifery care

ABSTRACT

INTRODUCTION. The aim of this elaborate is to provide suitable competences regard to n-3 PUFAs, to the midwife responsible for the physiological pregnancy, labor, delivery and puerperium.

OBJECTIVE. To analyse if n-3 PUFAs assumption may produce benefits to maternal and foetal health development and prevent alterations of probable placental origin.

METHODS. For drafting the descriptive thesis was carried out an analytical and critical reading of scientific publications and bibliographical material. The material was sought in the site of the U.S. National Library of Medicine National Institutes of Health.

EXPECTED RESULTS. N-3 PUFAs play a major role in foetal development and for the maintenance of maternal and foetal physiology.

CONCLUSIONS. An adequate intake of n-3 PUFAs in pregnancy is positively associated with the development of visual and cognitive ability of the foetus, with the reduction of the incidence of post-partum depression and with allergic disorders and as therapy for hypoxic / ischemic brain injuries in infants. There are conflicting studies in regard to positive effects on the initiation of preterm labor. N-3 PUFAs apparently do not play modulatory activity on placental abnormalities responsible for Preeclampsia.