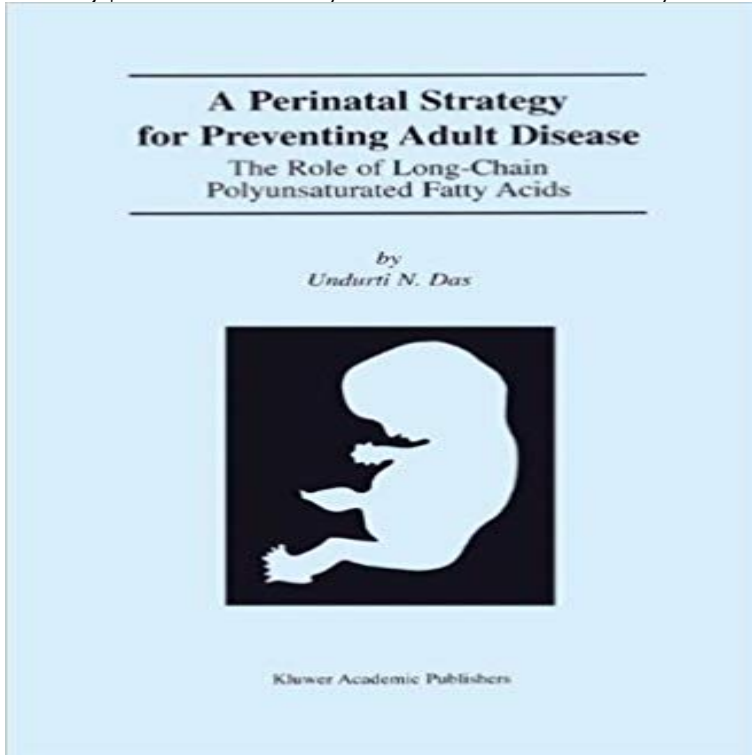


A Perinatal Strategy For Preventing Adult Disease: The Role Of Long-Chain Polyunsaturated Fatty Acids



This book proposes that fetal growth retardation and low-grade systemic inflammation can be prevented by perinatal supplementation of long-chain polyunsaturated fatty acids (LCPUFAs). Evidence for this hypothesis

is presented and discussed in detail, along with possible mechanisms by which these substances produce beneficial actions. Finally, it is suggested that provision of adequate amounts of LCPUFAs during the perinatal period prevents insulin resistance, obesity, type 2 diabetes mellitus, hypertension, CHD, and Alzheimers disease in the adult. Means of testing the hypothesis are also presented. Thus, the book suggests a simple and novel method of preventing diseases that are increasing in incidence in both the developed and developing worlds.

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