

عنوان مقاله:

Nutritional Approaches to Prevent Eclampsia

محل انتشار:

اولین کنگره بین المللی پریناتالوژی، هفتمین کنگره سراسری پریناتالوژی و نئوناتالوژی (سال: 1398)

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خلاصه مقاله:

Background: An increase in blood pressure and preeclampsia is one of the potential complications during pregnancy, commonly associated with increased maternal and perinatal morbidity and mortality. Incidence of preeclampsia has been estimated 5-15% worldwide and it has increasing trend. Recently, nutritional deficiency is gaining prominence in the pathogenesis of preeclampsia and therefore the aim of this study was to provide nutritional strategies to prevent preeclampsia. **Method:** In this review we completed a literature search through PubMed; Scopus; Google Scholar; Web of Science and Cochran library from 2014 to 2019. 19 studies were finally selected in this review, of which 13 were RCTs and 6 were systematic reviews. **Result:** thirteen trials that included 1637 participants provided data for role of nutrition and supplementary diet on preeclampsia and eclampsia prevention. Of the 19 studies reviewed, 17 studies showed that administration of micronutrients such as Calcium, Magnesium, Folic acid and diets such as dark chocolate, flavonoid was associated with reduction in the risk of preeclampsia. In this review there was no enough evidence that support preeclampsia preventive role of other supplements such as vitamin E, D, C and zinc although they may prescribed routinely. These effects has also been observed in the high-quality review studies worldwide. **Conclusion:** Taking certain supplements, especially calcium and magnesium is effective to prevent increasing blood pressure therefore, improved nutritional intake such as besides supplementation and food-based approaches have the potential to reduce maternal and fetal complication and its associated short and long term morbidities especially in low-income countries.

کلمات کلیدی:

preeclampsia, nutrition, perinatal mortality

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