

# The importance of choosing your parents wisely

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## 特別講演

### **The importance of choosing your parents wisely**

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The focus of this talk will centre on identifying children at risk of later adult diseases, focussing on the common metabolic pathways apparent in infancy, childhood at adulthood; in particular the presence of reduced insulin sensitivity and its progression into pathological insulin resistance. In particular discussion will be made on small for gestational where adult disease was identified and linked back to low birth weight versus other conditions such as preterm survivors, being born post-term, hyperemesis gravidarum and birth order where metabolic features subsequently predicted later adult disease (successfully in the case of being born preterm). Similarities in the metabolic profiles of these conditions will be highlighted and compared to the largest group of children where early life programming has occurred; those born to over weight mothers and mothers with gestational diabetes. Finally I will share data looking at antenatal exercise as a therapeutic approach to maternal obesity and the long term outcome of the mothers and offspring.