

ON-DEMAND VIEWING

pnce.org/Importance-of-DHA



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Importance of Adequate DHA/ARA in Preterm Infants

Michael Caplan, MD, and Camilia Martin, MD, MS, discuss the important functions of adequate docosahexaenoic acid (DHA) and arachidonic acid (ARA) balance in the preterm infant, with a focus on the role of DHA/ARA in neurodevelopment, growth, and retinal development. During the first postnatal week, in preterm infants, DHA levels rapidly decline, and ARA levels are also altered. Faculty highlight the challenges of achieving adequate DHA/ARA intake in preterm infants, the benefits of DHA/ARA supplementation, as well as the current NICU practices of DHA/ARA supplementation, and how those practices might evolve in the future.

This material was originally presented to a live internet audience on 4-Nov-2019. It was reviewed for rerelease on 13-Dec-2021.

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Learning Objectives

- Describe the role DHA/ARA plays in developing infants
- Recognize the importance of adequate DHA/ARA balance in preterm infants
- Associate current NICU practices with DHA/ARA accretion rates in preterm infants

Supported by an educational grant from
Mead Johnson Nutrition