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Microbiota in Pregnancy

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Microorganisms that the human body is not adversely affected by, and often even benefit from, are called flora, microbiota or microbiome in different ways. Microbiota to all microorganisms living commensal and mutually in our body; The genome of these microorganisms is also called the microbiome. In fact, these expressions refer to microorganisms that are inside and outside the human body and that either benefit the human body (mutualist) or live without harming it (commensalist). Pregnancy is an extraordinary biological process that involves simultaneous changes in many physiological systems to support the development of a healthy process. These changes include hormonal changes, weight gain, immune system modulation, and values that all need to be synchronized to maintain the health of both mother and baby. Recently, the role of the gut microbiota during pregnancy has received considerable attention in the scientific community. Throughout pregnancy, changes in the composition of the gut microbiota have been observed from the first trimester of pregnancy. The relationship between microbes in the intestines and the human host decays at birth. At birth, humans are sterile and from the first days of their lives, they are easily colonized by a pool of microorganisms from the mother (vaginal and fecal microbiota), breast milk and the environment around them. When examining the role of the microbiota in pregnancy, it is very important to consider the stage at which the basic interaction between the host and its microbes begins. It has been shown that the mode of vaginal or cesarean delivery also has an effect on the initial microbiota of the newborn, then the microbiota changes significantly as a result of the child's diet and the general environment during the first 2 years of life, until stabilization. Changes in the microbiota can affect pregnancy positively and negatively. During the prenatal period, pregnant women should be given training on topics such as nutrition style, safe sexual intercourse and coping with stress that will improve the microbiota positively.

Biography

Zeynep BAL has a research assistant in midwifery from Inonu University. She is working as a fulltime research assistant at midwifery department in İnönü University Faculty of Health Sciences.

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