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### Perinatal - Postnatal Transition: Epigenetics

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Epigenetics is the science that studies the changes that are not reflected in the DNA sequence but are inherited. It is thought that the changes that begin in the womb not only affect infant health but also play a role in many health problems throughout adulthood in the later stages of life. Today, although scientists have mapped the human gene, they have not yet fully elucidated the epigenetic mechanism. However; It is widely accepted that epigenetic modifications occur during cell development in the early embryonic period. Epigenetic changes are associated with many important reproductive outcomes during pregnancy, including early pregnancy loss, intrauterine growth restriction, congenital syndromes, preterm birth, and preeclampsia. In adulthood, type 2 diabetes is associated with health outcomes such as insulin resistance, inflammation, obesity, and cardiovascular diseases. Also, these effects can be passed on to the next generations by changes in the reproductive habits of the offspring. The placenta and its numerous functions, which play an important role in the perinatal-postnatal epigenetic transition, are at the center of successful reproductive outcomes. Therefore, it can be affected by the environment encountered during pregnancy. This altered programming may result from epigenetic changes related to environmental exposures. Birth is called part of the process from the past to the future. It is stated that past experiences affect what will happen in the future, so many negativities in the past make the birth act a traumatic experience. For this reason, maternal nutrition and control of environmental factors in the perinatal period are very important, as well as exposure to traumatic events during pregnancy and childbirth is of great importance for future generations. Due to the epigenetic transmission of such great importance on the human generation, pregnancies and births should be experienced as a positive experience, and the health system, policies and institutional arrangements, and studies should be carried out to prevent traumatic births. Ensuring that all women have a healthy pregnancy, birth, and postpartum period, completing this process with a sense of satisfaction, evaluating women who are thought to be at risk in terms of traumatic birth experience during pregnancy, supporting them for a positive birth experience during the labor process, and evaluating the development of depression in the postpartum period frequent monitoring and support should be provided when necessary.

#### Biography

Esra SABANCI BARANSEL has a research assistant in midwifery from Inonu University. She is working as a fulltime research assistant at midwifery department in Inönü University Faculty of Health Sciences.

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