IUGR and Macrosomic Phenotypes
How They Develop and How They Change Over Time
Miami Neonatology 2016 – Annual International Conference

Learning Objectives
At the conclusion of this activity, participants should be better able to:

- Recognize long-term health problems for infants who are small for gestational age or large for gestational age
- Implement nutritional strategies into perinatal care to reduce long-term health risks

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Case Presentation
A 3-month-old infant presents for a wellness visit weighing 7.5 kg. He was delivered on his due date by elective cesarean at a weight of 4120 g. The mother, a 28-year-old woman who was moderately overweight before becoming pregnant, gained 30 lb during her pregnancy. She stopped breast-feeding after returning to work 2 months ago.

Discussion Items
Informed by the video content, reflect individually or discuss as a group the following questions related to this case and your clinical practice:

- What short-term health risks would you monitor for in this infant?
- What long-term health risks would you monitor for in this infant?
- Are there any interventions you would suggest?
- How does this mother's status as overweight but nondiabetic modify her infant's risk?

Suggested Readings and Resources