

# Caring for children born small for gestational age

Editor in chief Siegfried Zabransky

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### **Preface**

During the last few years, many scientific articles related to several aspects of children born small for gestational age (SGA) or exposed to intrauterine growth restriction (IUGR) have been published by endocrinologists and other medical experts.

**The intention of this book is to summarize the most important topics about SGA/IUGR from a practical point of view.**

The **target audience for this book** is gynecologists, obstetricians, midwives, neonatologists, pediatricians, endocrinologists, neurologists,

psychiatrists, and nutritionists, as well as general practitioners and family practice physicians.

The estimated frequency of children born SGA and/or IUGR varies from 3%–10% of all live births. Being born SGA and exposure to IUGR are contributors to the morbidity and mortality of newborns, particularly in underdeveloped areas of Asia and Africa where undernutrition and malnutrition are the frequent causes of disturbances to fetal growth. In so-called 'developed countries' with relatively higher living standards, avoidable causes of fetal growth restriction, such as alcohol consumption and smoking, can prevent normal fetal development.

Depending on when growth disturbances begin and the causes, there are numerous acute consequences and long-term effects of being born SGA. Initially, gynecologists, obstetricians, and neonatologists are involved but, later in childhood and during puberty, pediatricians, (especially pediatric endocrinologists and neurologists) may also have a role in providing patient care. In adulthood, metabolic syndrome and cardiovascular diseases are considered the most serious long-term effects and require continued medical care. Thus, despite being a condition that may begin before birth, it can be a lifelong condition that requires medical care across several specialities.

**This book summarizes normal fetal development and interferences of fetal growth, as well as acute and long-term consequences. Prevention and pre-natal and post-natal care are described and considerations for future research are also discussed.**

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## **Author biography**

**Professor Dr. Med. Siegfried Zabransky** studied human medicine at the University Erlangen-Nuernberg/Bavaria and University Innsbruck/Austria and received his PhD (Dr Med) from the University of Erlangen.

He underwent his clinical training at the Hospital Eichstätt/Bavaria and at the children's hospital at the University of Erlangen-Nuernberg in surgery, gynecology, internal medicine, pediatrics.

Professor Zabransky was house officer at the University of Erlangen-Nuernberg, the Institute of Nuclear Medicine Free University Berlin and the children's hospital at the University Free University, Kaiserin Auguste Victoria Haus, where he became an assistant professor.

Professor Zabransky served as assistant medical director and head of section of pediatric endocrinology and diabetology at the University of Saarland in Homburg until 2002, where he provided support to approximately 50 doctoral candidates.

He was also head of the screening laboratory and poison control center of Saarland. His research interests include work done in hormones at the University of Goettingen (under Professor Dr.A.von zur Mühlen) and University of Munich (under Professor Scriba), and in the children's hospital of the University of Pittsburgh (in the research laboratory of Professor Foley).

Additional research interests include newborn screening for endocrine and metabolic diseases, thyroid diseases in children, growth (inter alia growth study with evaluation of new growth charts for children; functional tests), puberty, and other general topics of pediatric endocrinology. He has over 100 publications, including 5 books.

He is currently Head of Institute for Pediatric Endocrinology and Preventive Medicine (IPEP), Head of Medizinischer - Verlag Siegfried Zabransky, and works as a consultant.

From 2003, he has organized the annual proceedings of interdisciplinary SGA workshops and serves as editor-in-chief ([www.sga-syndrom.de](http://www.sga-syndrom.de)).

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