

# Influence of Methylmercury on Fetal Growth and Development

Poster 32

## Introduction

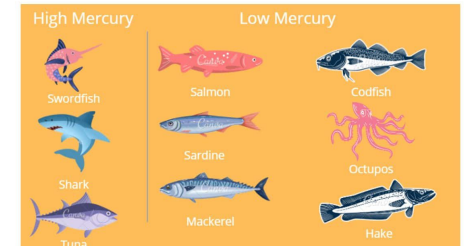
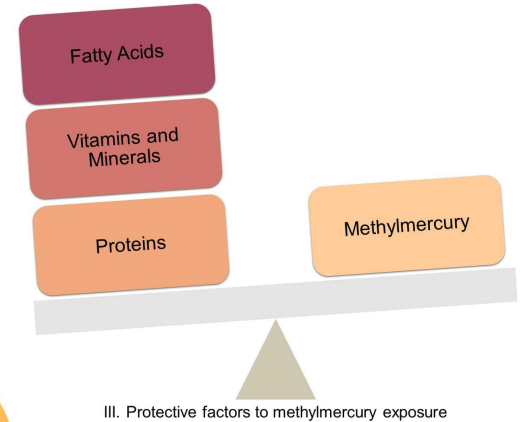
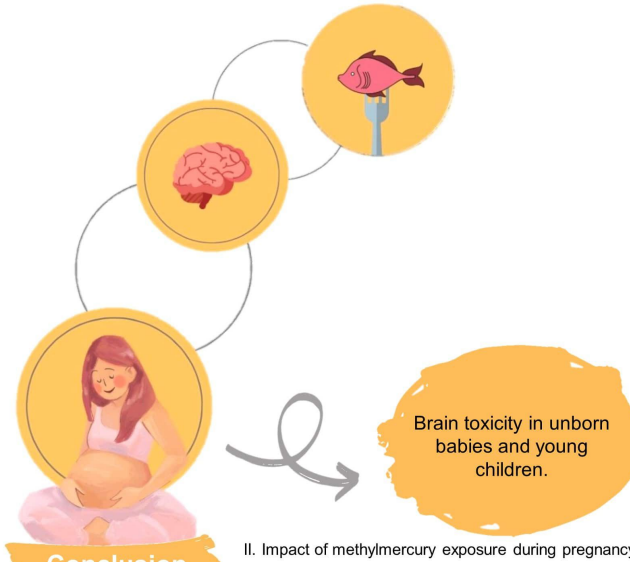
Pregnancy is a period of great susceptibility of exposure to environmental contaminants, such as heavy metals, including methylmercury, since it can cross the placental and blood-brain barrier, impairing fetal growth and development [1-7].



1. Only metal liquid at room temperature. High volatility.
2. High mobility through the environment. Biotransformation in methylmercury by bacteria and absorption by animal tissue.
3. Bioaccumulation along the food chain.

## Results

Studies demonstrate a correlation between fish consumption and the levels of methylmercury in the body and associate these levels with cognitive deficits in children whose mothers were excessively exposed to this element [8-11]. However, fish is also an important source of several essential nutrients, proteins, vitamins, minerals and fatty acids with a protective effect on exposure to mercury [3,5,12].



## Conclusion

- Inform pregnant women about the impact of mercury and primary sources [1,5,12,13];
- Raise awareness for the consumption of fish:
  - Benefits for maternal and fetal health;
  - Risks of contamination.

## Aim

Understanding mercury metabolism and its impact on the health of pregnant women and fetal development. Identify foods with a higher risk of methylmercury contamination and propose healthier options.

## Methodologies

### Keywords

"prenatal Mercury exposure"  
"nutrition"  
"Mercury pregnancy"  
"methylmercury toxicity"

### Scientific Databases



2016-2021

42 papers selected



31 articles analysed

## References

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