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CONTROL ID: 4526177

Topic: Obstetrics

Sub-Topic: 05. Fetal heart

Presentation Type: No Preference

## OBJECTIVES

Relationship between Mediterranean diet adherence and fetal cardiac structure/function.

## METHODS



## RESULTS

Higher Mediterranean diet adherence  
→ lower TEI index

### NO SIGNIFICANT ASSOCIATION



## KEY FINDINGS

- 99 women evaluated.
- Higher Mediterranean diet adherence was not associated with septal thickness.
- No significant association with ventricular sphericity.
- Lower TEI index in the high-adherence group.
- No significant difference in Simpson ejection fraction.
- No significant difference in stroke volume.
- No significant association in McGoon index.

## STUDY SNAPSHOT (n = 99)

Mean maternal age  
**30.87**  
± 5.65 years

Mean gestational age  
**25.37**  
± 1.51 weeks

Mean fetal weight percentile  
**37.95**  
± 25.1

N = **99**

## CONCLUSIONS

Greater maternal adherence to the Mediterranean diet is associated with improved fetal myocardial performance at mid-gestation, without detectable structural cardiac changes. Mid-pregnancy echocardiographic assessment may provide insight into early intrauterine cardiovascular adaptations related to maternal nutritional patterns.