



Health News

Health Videos

Forum

Advertise

Contact



Personalization
login | register

Search

powered by


Follow us on:



☒ News Archive [\[link\]](#)

☐ Web

☐ Wikipedia

☐ Medical Dictionary [\[link\]](#)

| | | |
|-------------------------------|--------------|---------------|
| Neurology / Neuroscience News | Useful Links | Video Library |
|-------------------------------|--------------|---------------|

Association Between Consumption Of Certain Fish During Pregnancy And Poorer Cognitive Performance

Main Category: [Neurology / Neuroscience](#)
Also Included In: [Pregnancy / Obstetrics](#); [Pediatrics / Children's Health](#); [Nutrition / Diet](#)
Article Date: 14 Nov 2009 - 0:00 PST

 [email to a friend](#)  [printer friendly](#)  [view / write opinions](#)  [rate article](#)

Children who eat fish more than 3 times per week show a worse performance in the general cognitive, executive and perceptual-manipulative areas. Those with higher levels of exposure to mercury show a generalised delay in cognitive, memory and verbal areas. Mercury is a contaminant found especially in oily fish and canned fish and to a lesser extent in white fish.

This conclusion emerges from research conducted at the University of Granada, which warns of the need to assess children's health risk according to fish consumption, distinguishing between varieties or species they consume, especially in those areas where fish is part of the staple diet of the population.

The work entitled "Children's exposure to environmental contaminants in Granada and potential effects on health" was carried out by Carmen Freire Warden, from the Department of Radiology and Physical Medicine of the UGR, and led by professors Nicolás Olea and Marieta Fernández Serrano Cabrera.

For this study, scientists analyzed the exposure to environmental contaminants through water, air and diet, in a sample of 220 children in the geographic health care area of San Cecilio University Hospital in Granada. This study has described for the first time the extent of childhood exposure to environmental pollutants of special concern, such as trihalomethanes, NO2, polycyclic aromatic hydrocarbons and mercury. Following the hypotheses posed, this research assessed the combination of exposure to air pollution, on the one hand, and mercury, on the other, with child neurodevelopment at 4 years of age.

Mercury concentrations

Thus, total mercury concentrations found in the hair of 4 year-old-children from Granada were between 0.04 and 6.67 g / g. Concentrations were higher than those found in other paediatric populations with a lower consumption of fish, but lower than levels found in high consuming areas.

Important factors in this exposure were the place of residence, maternal age, passive exposure to tobacco smoke and consumption of oily fish. The results suggest that fish consumption is the main source of exposure to mercury in the sample population studied.

The work carried out at the University of Granada also suggests that in Granada, children's health risk from exposure to trihalomethanes via drinking water can be considered to be significantly lower than in other areas of the country, and that air pollutant NO2 concentrations (measured in the external environment of the study area) were also lower than those described in other Spanish cities. Traffic of motor vehicles is the main source of emission of these pollutants in the study area.

Moreover, the research also revealed that there is a direct relationship between children's passive exposure to tobacco smoke and the use of gas stoves inside houses, and the presence of 1-hydroxypyrene, an indicator of exposure to damaging health air pollutants.

Researchers warn that although environmental exposure levels found in children are low enough not to cause any obvious concern, they could have an impact on child development in the long-term, only appearing as symptoms many years after first exposure. Consequently, they explain, "whatever the extent of involvement of environmental exposures in the etiology of the disease, the simple fact of acting very early in life opens the door to a transcendental field in public health: the possibility of

Ads by Google

50 Hotels in Granada
Book your hotel in Granada online. Find your hotel on a city map!
www.Booking.com/Granada

Current Article Ratings:

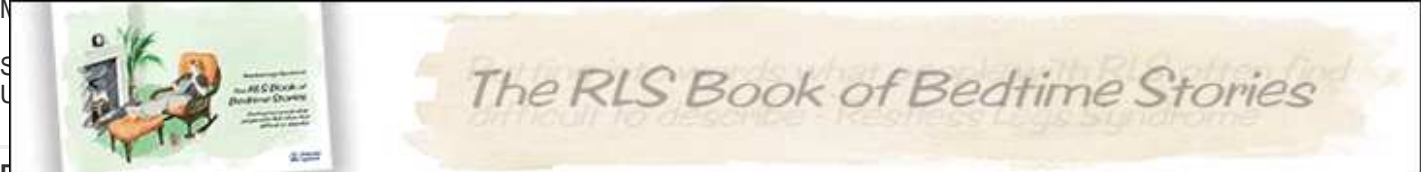
Patient / Public: Not yet rated
Health Professional:  5 (1 votes)
Article Opinions: [0 posts](#)

Find other articles on: "[University of Granada](#)"

applying early prevention measures to minimize problems."

These research results were recently published in scientific journals such as *Environmental Research*, *Journal of Epidemiology and Community Health*, *Science of the Total Environment* and *Gaceta Sanitaria*.

Reference: Carmen Freire Warden, Department of Radiology and Physical



Please rate this article. (Hover over the stars then click to rate)

50 Hotels in Granada

Book your hotel in Granada online. Find your hotel on a city map!
www.Booking.com/Granada

International Health

Erasmus University Rotterdam 10 week Diploma Course
www.bmg.eur.nl/ihpe

Genetic Test for Diabetes

DNA Test to find out Family Risk of Diabetes. Easy to Use DNA Test Kit.
www.Pathway.com/Diabetes_Risk_Test

SHARE

- Neurology / Neuroscience headlines
- email to a friend
- printer friendly version
- weekly newsletter
- daily news alerts
- personalize your news
- rss feeds
- back to top

Help Us Improve

click here

Please tell us what you think about Medical News Today...



Swine Flu Updates

- Latest Swine Flu News
- What is Swine Flu?
- Map Of H1N1 Outbreaks
- Swine Flu - Top 20 FAQ
- Daily Email News Alerts

Stick with Medical News Today for the latest news updates on swine flu.

Latest News For Neurology / Neuroscience

Patient Receives World's First Delivery Of Intra-arterial Avastin Directly Into A Malignant Brain Tumor
18 Nov 2009

Antioxidant Found In Vegetables Has Implications For Treating Cystic Fibrosis
18 Nov 2009

Investigational Neurostimulation Device Aims To Reduce Stroke Damage
18 Nov 2009

[View more news...](#)

Most Popular Articles For Neurology

These are the most read articles from this news category for the last 6 months:



Cellphones Cause Brain Tumors, Says New Report By International EMF Collaborative
26 Aug 2009

A new report, "Cellphones and Brain Tumors: 15 Reasons for Concern, Science, Spin and the Truth Behind Interphone," was released today by a collaborative of international EMF activists...

What Is Dyspraxia? How Is Dyspraxia Treated?
29 May 2009

What Is Vertigo? What Causes Vertigo?
18 Aug 2009

US Swine Flu Death Toll Includes 36 Children, Report
04 Sep 2009

What Is Shingles? What Causes Shingles?
23 Jun 2009

You can become an English speaker within 10 days!

Click here for more information

10 Days!

Natively Academy

Ads by Google

Latest Videos for Neurology

Improving Health Care

News Category Menu

- Neurology / Neuroscience
- Categories A-B >
- Categories C-D >
- Categories E-G >
- Categories H-L >
- Categories M-O >
- Categories P-R >
- Categories S-Z >
- [View full category list](#)

News Options

- [Personalized Homepage](#)
- [Weekly Newsletters](#)
- [Daily News Alerts](#)

What Is...

- [Hemophilia](#)
- [Opioid Induced Constipation](#)
- [Pneumococcal Disease](#)
- [ADHD](#)
- [Anxiety](#)
- [Asthma](#)
- [Atrial Fibrillation](#)
- [Autism](#)
- [Cancer](#)
- [Diabetes](#)
- [Lung Cancer](#)
- [Lupus](#)
- [Medicare / Medicaid](#)
- [Obesity and BMI](#)
- [Pancreatic Cancer](#)
- [Stem Cells](#)
- [All 'What Is...' Articles](#)

Conditions Information

- [Abscess \(Dental\)](#)
- [Acid Reflux](#)
- [Acne](#)
- [ADHD](#)
- [Agoraphobia](#)
- [Alcoholism](#)
- [Alopecia Areata](#)
- [Alzheimer's Disease](#)
- [AMD / Macular Degeneratio](#)
- [Amnesia](#)

Health Professional Sites

- [Ophthalmology](#)
- [Urology](#)

Other Navigation Links

- [About Us](#)
- [News Licensing](#)
- [Free Website Feeds](#)
- [Free Tools & Content](#)
- [Tell a Friend](#)
- [Accessibility](#)
- [Help / FAQ](#)
- [Article Submission](#)
- [Links](#)
- [Contact Us](#)

Ads by Google

Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a health care professional. For more information, please read our [terms and conditions](#).

Contact Our News Editors

For any corrections of factual information, or to contact the editors please use our [feedback form](#).

Please send any medical news or health news press releases to:
pressrelease@medicalnewstoday.com

[Back to top](#)

[Back to front page](#)

[List of All Medical Articles](#)

[Privacy Policy](#)

[Terms and Conditions](#)

© 2009 [MediLexicon International Ltd](#)