

OBJECTIVE ACHIEVEMENTS AND BIOLOGICAL CONSEQUENCES

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Before 1970, artificial infant feeding in general was advised since our objective health criterium was depending on weight gain. Without taking into consideration developmental achievements, weight gain was the principal goal. In this sense cow's milk was recommended because of its relatively high iron and protein concentration compared to breast milk; without taking into consideration of bioavailability of iron and other nutrients. Later, we learned the consequences of infant and children's overweight on the pathogenesis of metabolic syndrome (obesity, arteriosclerosis, coronary heart disease, hypercholesterolemia, diabetes etc) and non alcoholic steohepatopathy of adolescent and early adulthood.

Until recently, oxygen was administered to newborn unnecessarily because of mild cyanosis related to high fetal hemoglobin concentration. Although, newborns' colors become pinkish at once by oxygen administration, we learned its toxicity for retina, lung, brain and other tissues most likely. Actually, mild extremity cyanosis related to high fetal hemoglobin ($\alpha 2 \delta 2$) in the newborn physiologically will turn to adult hemoglobin ($\alpha 2 \beta 2$) at the end of infancy. Although pinkish color of newborn by oxygen is objective finding, the consequences of its administration can not be tolerated.

Total parenteral nutrition was used more frequently before 2000, prior learning its complications and side

effects (such as cholestasis, fatty liver changes, lack of flagel response on enterocytes, importance of bacterial lipopolysaccharides on colon mucosa). Therefore enteral nutrition is advised as soon as it is possible, today.

A lot of unnecessary blood transfusions were given for correction of physiologic anemia (which is not affecting hemodinamy and respiratory function of the newborn) for a long time until ineffectiveness of them were documented with the exception of elevated hemoglobin level objectively.

Antitussives were used immensely in all patients with cough, without considering its cleaning function of bronchi. If cough is not disturbing the patient, medicine should be unnecessary. Actually, by administering saline to nostrils usually decreases coughing by cleaning extensive mucosal secretions in short period of time, generally.

Although the phrase of "primum non nocere" is frequently repeated in medical education, it seems that the importance of physiology is omitted in this sense. Despite we are learning physiology at subcellular level, more every day, it has been operating in our life since beginning of the life. Therefore we should be clever enough not to disturb physiology and/or try to correct it when it is disturbed.

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