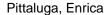
Benefits of supplemented preterm formulas on insulin sensitivity and body composition after discharge from the neonatal intensive care unit



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Objective: To evaluate body composition and fasting insulin level in preterm infants receiving preterm formulas (higher protein plus docosahexaenoic acid) for longer periods compared with a recent historical cohort receiving these formulas for shorter periods. Study design: A total of 95 infants fed preterm formula for 6 months or longer (postdischarge formula group) and 87 infants fed preterm formula only during their hospital stay (hospital formula group) were included in this arm of the study. Results: Bone mineral density, content, and lean mass were not different at 1 year and 2 years. However, in the postdischarge formula group, total fat mass (%) was lower by the second year (19.3% \pm 5.3% vs 21.7% \pm 4.2%; P <.01), trunk fat was lower by the first year (14.7% \pm 5.0% vs 16.9% \pm 4.9%; P <.005) and at the second year (14.1% \pm 5.7% vs 17.2% \pm 4.7%; P <.001), and fasting insulin was lower by the first year (13.2% \pm 7.1% vs 17.2% \pm 13.6% mIU/L; P =.06) and at the second year (13.6% \pm 6