

Optimizing oral iron supplementation and effects of varying iron status, obesity and pregnancy on plasma hepcidin and iron absorption

Project: 520

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At the International Congress of Nutrition in Buenos Aires, Argentina, in October 2017 I had the chance to present two of my PhD projects, one as an oral presentation and one as a poster. In my oral presentation I presented some preliminary results from our ongoing study entitled “maternal iron absorption and iron transfer to the fetus during pregnancy in normal-weight and overweight/obese women and the effects on infant iron status”. Iron requirements increase over the course of pregnancy. Our preliminary data suggest that overweight/obese pregnant women cannot increase iron absorption to the same extent as normal-weight pregnant women. We also collected samples from the newborns, but these samples still need to be analyzed.

In my poster presentation, I talked about “optimizing iron absorption from supplements: a comparison of single vs twice daily dosing and consecutive vs alternate day dosing”. Our results showed a significantly higher fractional iron absorption from supplements, when supplements were given on alternate days compared to consecutive days. These studies were published in *Lancet Haematology* in 2017, the paper has been cited widely and might lead to changes in the iron supplementation guidelines. I got a lot of interesting questions and good inputs after my talk. Because of the presentation, people recognized me later during the conference and started talking to me. This led to many good and interesting discussions.

Most of the presentations at the ICN were of very high-quality and topics ranged from the importance of different micronutrients to the importance of iron for brain development and immunity.

There were also many good and interesting posters. I met people working in similar fields, who I did not know before and I developed some new ideas for further projects after interesting discussions with them.

Overall, I listened to many interesting presentations. I learned a lot from this conference and I would definitely participate in the ICN again.

For all these great impressions, the networking and the chance to learn a lot, I would like to thank you again for the support.