

# Evaluating the Effects of Docosahexaenoic Acid and Arachidonic Acid on the Mental Development and Visual Acuity of Infants

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## ABSTRACT

The Docosahexaenoic acid (DHA) and Arachidonic acid (AA), which are n-3 and n-6 long chain polyunsaturated fatty acids in the human milk, are important to the development of the brain, retina, and central nervous system of premature infants as well as mature ones. The authors study the effects of DHA and AA from either the human milk or the formula milk on the cognitive development of infants. The Bayley Scale of Infant Development —II (BSID-II) is checked 18 months later. We also evaluate the visual development, serum lipid level, growth behavior, and Visual Evoked Potential Acuity. The results disclose the human milk rich of DHA and AA has better index of cognition development and VEP. The infants fed with human milk also have higher serum level of long chain polyunsaturated fatty acids, DHA and AA, than those fed with formula. Key word: Docosahexaenoic acid, Arachidonic acid, Bayley Scale

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