

subsequent pregnancies might explain why.^[1]

(RE)VIEWS

In a study that aimed to assess the association of birth order with changes in metabolism in childhood, it has been found that the first-borns were taller and slimmer, with reduced insulin sensitivity (by 21%) and increased day-time blood pressure (+5 mm Hg) compared to later-borns.^[2]

First-born children having such risk factors may have to be screened with or followed for later development of diabetes and hypertension. However, the authors point that their finding may have serious public health implications for countries like China with a one child policy (and nearly half the population of India wherein two child norm is almost the order of the day).

“Is it a curse to be born first?” is the question posed by those who surfaced first.

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**First-born may be at
greater risk for diabetes
and hypertension**

NEWS

Researchers think better flow of nutrients to the womb in

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