

PLACE/INSTITUTION:	Department of Clinical Pharmacology and Epidemiology, Consorzio Mario Negri Sud, Santa Maria Imbaro, Chieti, Italy
TARGET SAMPLE:	11 323 male patients with a recent myocardial infarction

Supplementation with omega-3 fatty acids reduces risk of death from cardiovascular disease

SUMMARY

Population studies indicate that people who eat fatty fish (rich in omega-3 fatty acids) have less cardiovascular disease and fewer deaths related to cardiovascular disease than those who do not eat fatty fish. The aim of the GISSI study was to test the effect of omega-3 fatty acids on cardiovascular events (such as heart attack and stroke) and death in patients with existing cardiovascular disease. 11 323 patients who had recently had a heart attack were given either a vitamin E supplement, 1g/day omega-3 fatty acids, both or a placebo for at least 12 months.. It was found omega-3 fatty acid supplementation resulted in a 30% reduction in the risk of death from cardiovascular disease and in a 44% reduction in the risk of sudden heart attack death compared to the placebo group.

CONCLUSION

Long-term treatment with at least 1g omega-3 fatty acids per day is effective in reducing the risk of death from cardiovascular disease and sudden heart attack in people with existing cardiovascular disease.

REFERENCE:

Treatment with n-3 polyunsaturated fatty acids after myocardial infarction: results of GISSI-Prevenzione Trial. R. Marchioli on behalf of the GISSI-Prevenzione Investigators. *European Heart Journal Supplements*,. 2001 3(suppl D): D85-D97