

# Eating fish cuts risk of rheumatoid arthritis in women

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Regular consumption of dietary long-chain n-3 polyunsaturated fatty acids in fish is associated with reduced risk of rheumatoid arthritis in women, according to research published online Aug. 12 in the *Annals of the Rheumatic Diseases*.

(HealthDay)—Regular consumption of dietary long-chain n-3 polyunsaturated fatty acids (PUFAs) in fish is associated with reduced risk of rheumatoid arthritis (RA) in women, according to research published online Aug. 12 in the *Annals of the Rheumatic Diseases*.

Daniela Di Giuseppe, of the Karolinska Institutet in Stockholm, and colleagues prospectively studied the association between dietary long-chain n-3 PUFAs and the incidence of RA in middle-aged and older women from the Swedish Mammography Cohort. Diet was assessed using a self-administered food-frequency questionnaire in 1987 and 1997.

The researchers identified 205 cases of RA during follow-up averaging

7.5 years among 32,232 women born in 1914 to 1948. Women consuming more than 0.21 g/day of dietary long-chain n-3 PUFAs had a 35 percent lower risk of developing RA than women consuming less. Long-term, regular intake of more than 0.21 g/day correlated with a 52 percent decrease in risk of RA. Compared with those who ate less, women who ate at least one weekly serving of fish on a routine, long-term basis had a 29 percent decrease in risk of RA.

"Long-term consistently high intake in both 1987 and 1997 of >0.21 g/day (corresponding to at least one serving per week of [fatty fish](#) [e.g., salmon] or four servings per week of lean fish [e.g., cod]) was associated with a 52 percent decrease in risk of RA," the authors write.

**More information:** [Abstract](#)  
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