

n-3 fatty acids cut nonesterified fatty acid, T2DM link

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(HealthDay)—Nonesterified fatty acids (NEFAs) are associated with type 2 diabetes, and the association is modified by n-3 FA levels, according to a study published online Jan. 8 in *Diabetes Care*.

Brian T. Steffen, Ph.D., from the University of Minnesota in Minneapolis, and colleagues examined whether [serum levels](#) of NEFAs relate to the risk of incident [type 2 diabetes](#), and whether plasma n-3 FAs modify this correlation. The authors measured NEFAs in fasting serum in 5,697 participants of the Multi-Ethnic Study of Atherosclerosis, and determined phospholipid n-3 FAs eicosapentaenoic and docosahexaenoic acids in plasma.

The researchers identified higher diabetes incidence across successive NEFA quartiles over a mean 11.4-year study period ($P_{\text{trend interaction}} =$

0.03). A higher risk of type 2 diabetes was seen across quartiles of NEFAs ($P_{\text{trend}} < 0.001$) among individuals with lower n-3 levels (

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