

Supplements curb isotretinoin-associated triglyceride increase

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(HealthDay)—For patients with preexisting hypertriglyceridemia, ω -3 fatty acid (ω -3FA) supplementation stabilizes the expected increase in triglycerides during isotretinoin therapy, according to research published in the January issue of *JAMA Dermatology*.

Sheila Krishna, M.D., from the Virginia Commonwealth University in Richmond, and colleagues recruited 39 patients with acne who were treated with isotretinoin for a median of 5.87 months. Nineteen of the [participants](#) reported voluntary consistent intake of ω -3FA supplementation, and 20 participants reported no use of supplements. The authors conducted a [retrospective review](#) to examine changes in [triglyceride levels](#) during isotretinoin treatment.

The researchers found that for participants with preexisting elevated

triglyceride levels, those not using supplements had a greater increase in triglyceride levels during treatment than those patients using supplements. During treatment the mean increase was 49 percent in triglyceride levels for those not using supplements, compared with 13.91 percent for those using [supplements](#) ($P = 0.04$).

"Supplements of ω -3FA may be a useful adjunct to the management of lipid levels during isotretinoin therapy," the authors write. "A future prospective, randomized placebo-controlled trial using a standard dose and formulation of ω -3FA is required to confirm this hypothesis."

One author disclosed financial ties to the pharmaceutical and nutritional supplement industries.

More information: [Full Text \(subscription or payment may be required\)](#)

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