

# Study shows people with a high omega-3 DHA level in their blood are at 49% lower risk of Alzheimer's

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New research published today in *Nutrients* shows that people with a higher blood DHA level are 49% less likely to develop Alzheimer's

disease vs. those with lower levels, according to the Fatty Acid Research Institute (FARI). The study, led by Aleix Sala-Vila, Ph.D., suggested that providing extra dietary omega-3 DHA, especially for those carrying the ApoE4 gene (which approximately doubles an individual's susceptibility to develop AD) might slow the development of the disease. Such a cost-effective, low-risk dietary intervention like this could potentially save billions in health care costs.

In this prospective observational study conducted within the Framingham Offspring Cohort—including 1,490 dementia-free participants aged  $\geq 65$  years old—researchers examined the association of red blood cell (RBC) docosahexaenoic acid (DHA) with incident Alzheimer's Disease (AD), while also testing for an interaction with APOE- $\epsilon 4$  carriership.

Risk for incident AD in the highest RBC DHA quintile (Q5,  $>6.1\%$ ) was 49% lower compared with the lowest quintile (Q1,

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