

# Omega-3 fatty acids not found to up risk of heart disease

February 1 2018

---



(HealthDay)—Supplementation with omega-3 fatty acids is not

associated with fatal or nonfatal coronary heart disease or major vascular events, according to a review published online Jan. 31 in *JAMA Cardiology*.

Theingi Aung, M.B.B.S., from the University of Oxford in the United Kingdom, and colleagues conducted a meta-analysis of all large trials assessing the correlation of omega-3 [fatty acid supplements](#) with the risk of fatal and nonfatal [coronary heart disease](#) and major vascular events. Study-level data were obtained from 10 large [randomized clinical trials](#) with a total of 77,917 high-risk individuals; the trials lasted a mean of 4.4 years.

The researchers found that there was no correlation for randomization to omega-3 fatty acid supplementation with coronary heart disease death (rate ratio, 0.93; 99 percent confidence interval, 0.83 to 1.03; P = 0.05), nonfatal myocardial infarction (rate ratio, 0.97; 99 percent confidence interval, 0.87 to 1.08; P = 0.43), or any coronary heart disease events (rate ratio, 0.96; 95 percent confidence interval, 0.9 to 1.01; P = 0.12). Randomization to omega-3 fatty acid supplementation also had no significant associations with major vascular events (rate ratio, 0.97; 95 percent confidence interval, 0.93 to 1.1; P = 0.1) overall or in any subgroups.

This meta-analysis "provides no support for current recommendations for the use of such supplements in people with a history of coronary heart disease," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract/Full Text](#)

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: Omega-3 fatty acids not found to up risk of heart disease (2018, February 1) retrieved 19 September 2024 from <https://medicalxpress.com/news/2018-02-omega-fatty-acids-heart-disease.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.