

5 Reasons to Recommend Omega-3s for Your Patients' Heart Health

Recent headlines have questioned the benefits of omega-3s, but here are five concrete ways EPA and DHA omega-3s help the heart.

1. REDUCTION IN CARDIAC DEATH RISK

Since 2004, every one of the 13 meta analyses on omega-3s and cardiac death have found statistically significant reductions (9-35%) in mortality.

2. DECREASE IN TRIGLYCERIDES

21 meta analyses demonstrate a 20-40% reduction in serum triglycerides.

3. REDUCTION IN BLOOD PRESSURE

Three meta analyses since 2004 found statistically significant reductions in systolic and diastolic blood pressure, a risk factor for coronary heart disease. This is as effective as lifestyle changes like increasing physical activity and restricting alcohol or sodium intake.

4. IMPROVEMENT OF CARDIAC RISK FACTORS

Omega-3s maintain healthy blood vessels, increase adiponectin and decrease heart rate.

5. POSITIVE IMPACT ON PUBLIC HEALTH

A new Global Burden of Disease report estimates low intakes of seafood omega-3s (rich source of EPA and DHA) caused 1.03 million deaths and 22.4 million disability-adjusted life years (DALYs) globally in 2013.



Getting a sufficient dose is important for many of these effects. The WHO and governments around the world recommend 250-500 mg of EPA and DHA per day. Higher intakes — above 1 gram — are supported for a range of cardiovascular benefits.

It is also important to note that FDA and the European Food Safety Authority (EFSA) have indicated an absence of safety concerns associated with intakes of EPA and DHA up to 3g/day and 5 g/day, respectively.

References:

Full list of references available at <http://alwayssomega3s.com/doctor-references>