



## Focused Research Topics

# Cardiovascular Disease: Prevention & Omega-3 Fatty Acids

Study Types	Research Articles
Animal Study	1
Review	1
Human Study	5
Meta Analysis	2

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Below you will find compelling research hard-referenced to peer-reviewed biomedical research sourced from the US National Library of Medicine. For more research on over 6000 validated topics, please visit <http://GreenMedInfo.com/research-dashboard>

## Associated Topics included in this Focused Research

**Cardiovascular Disease: Prevention**  
**Cardiovascular Diseases**

### View the Evidence

**9 Research Articles in Total**

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**A novel krill-oil derived preparation of omega-3 rich phospholipids had a positive impact on cardiovascular disease risk factors.**

**Pubmed Data** : Lipids Health Dis. 2017 Jan 17 ;16(1):11. Epub 2017 Jan 17. PMID: [28095913](#)

**Article Published Date** : Jan 16, 2017

**Authors** : Petter-Arnt Hals, Xiaoli Wang, Yong-Fu Xiao

**Study Type** : Animal Study

**Additional Links**

**Substances** : Krill : CK(141) : AC(33) , Omega-3 Fatty Acids : CK(4090) : AC(396)

**Diseases** : Cardiovascular Diseases : CK(7342) : AC(916) , Diabetes Mellitus: Type 2 : CK(3572) : AC(624) , Dyslipidemias : CK(391) : AC(75)

**Pharmacological Actions** : Cardioprotective : CK(1596) : AC(409)

**Additional Keywords** : Risk Reduction : CK(6417) : AC(686)

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**Many of the placebo-controlled trials of fish oil in chronic inflammatory diseases reveal significant benefit, including decreased disease activity and a lowered use of anti-inflammatory drugs.**

**Pubmed Data** : J Am Coll Nutr. 2002 Dec ;21(6):495-505. PMID: [12480795](#)

**Article Published Date** : Nov 30, 2002

**Authors** : Artemis P Simopoulos

**Study Type** : Review

**Additional Links**

**Substances** : DHA (Docosahexaenoic Acid) : CK(925) : AC(155) , EPA (Eicosapentaenoic Acid) : CK(877) : AC(119), Fish Oil : CK(723) : AC(113) , Omega-3 Fatty Acids : CK(4090) : AC(396)

**Diseases** : Asthma : CK(1157) : AC(190) , Cardiovascular Diseases : CK(7342) : AC(916) , Inflammation : CK(3240) : AC(882), Inflammatory Bowel Diseases : CK(1052) : AC(197) , Psoriasis : CK(372) : AC(66) , Rheumatoid Arthritis : CK(745) : AC(125)

**Pharmacological Actions** : Anti-Inflammatory Agents : CK(4861) : AC(1630)

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## There is an inverse relationship between plasma n-3 fatty acids and C-reactive protein in healthy individuals.

**Pubmed Data** : Eur J Clin Nutr. 2009 Sep;63(9):1154-6. Epub 2009 Apr 8. PMID: [19352379](#)

**Article Published Date** : Sep 01, 2009

**Authors** : M A Micallef, I A Munro, M L Garg

**Study Type** : Human Study

**Additional Links**

**Substances** : DHA (Docosahexaenoic Acid) : CK(925) : AC(155) , EPA (Eicosapentaenoic Acid) : CK(877) : AC(119), Omega-3 Fatty Acids : CK(4090) : AC(396)

**Diseases** : C-Reactive Protein : CK(1852) : AC(174), Cardiovascular Diseases : CK(7342) : AC(916) , Inflammation : CK(3240) : AC(882)

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## The combination of vitamin B-12 and fish oil has a synergistic effect on lowering plasma concentrations of homocysteine.

**Pubmed Data** : Asia Pac J Clin Nutr. 2015 ;24(3):403-11. PMID: [26420180](#)

**Article Published Date** : Dec 31, 2014

**Authors** : Tao Huang, Kelei Li, Sailimuhan Asimi, Qi Chen, Duo Li

**Study Type** : Human Study

**Additional Links**

**Substances** : Fish Oil : CK(723) : AC(113) , Omega-3 Fatty Acids : CK(4090) : AC(396) , Vitamin B-12 : CK(780) : AC(104)

**Diseases** : C-Reactive Protein : CK(1852) : AC(174), Cardiovascular Diseases : CK(7342) : AC(916) , Homocysteine: Elevated : CK(431) : AC(63)

**Additional Keywords** : Natural Substance Synergy : CK(540) : AC(249)

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## Consuming small quantities of fish is associated with a reduction in coronary heart disease.

**Pubmed Data** : Am J Prev Med. 2005 Nov;29(4):335-46. PMID: [16242600](#)

**Article Published Date** : Nov 01, 2005

**Authors** : Ariane König, Colleen Bouzan, Joshua T Cohen, William E Connor, Penny M Kris-Etherton, George M Gray, Robert S Lawrence, David A Savitz, Steven M Teutsch

**Study Type** : Meta Analysis

**Additional Links**

**Substances** : Fish : CK(275) : AC(27), Omega-3 Fatty Acids : CK(4090) : AC(396)

**Diseases** : Cardiovascular Diseases : CK(7342) : AC(916), Coronary Artery Disease : CK(1488) : AC(157)

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## Omega-3 fatty acids supplementation may result in a modest reduction in mortality and restenosis.

**Pubmed Data** : BMC Cardiovasc Disord. 2010;10:24. Epub 2010 Jun 3. PMID: [20525225](#)

**Article Published Date** : Jan 01, 2010

**Authors** : Kristian B Filion, Fouad El Khoury, Michael Bielinski, Ian Schiller, Nandini Dendukuri, James M Brophy

**Study Type** : Meta Analysis

**Additional Links**

**Substances** : Fish Oil : CK(723) : AC(113), Omega-3 Fatty Acids : CK(4090) : AC(396)

**Diseases** : Cardiac Mortality : CK(947) : AC(86), Cardiovascular Diseases : CK(7342) : AC(916), Restenosis : CK(43) : AC(15)

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## Omega-3 in modest doses reduces cardiac deaths, and in high doses reduces nonfatal cardiovascular events. Red yeast rice reduces adverse cardiac events to a similar degree as the statins.

**Pubmed Data** : Chin Med J (Engl). 2008 Aug 20;121(16):1588-94. PMID: [18982874](#)

**Article Published Date** : Aug 20, 2008

**Authors** : Hean Teik Ong, Jin Seng Cheah

**Study Type** : Human Study

**Additional Links**

**Substances** : Omega-3 Fatty Acids : CK(4090) : AC(396), Red Yeast Rice : CK(145) : AC(26)

**Diseases** : Cardiac Mortality : CK(947) : AC(86), Cardiovascular Diseases : CK(7342) : AC(916)

**Additional Keywords** : Natural Substances Versus Drugs : CK(1698) : AC(302)

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**This study shows direct and indirect associations with lipid molecular species and clinical variables of interest in the evaluation of the metabolic syndrome after diets naturally rich in polyphenols.**

**Pubmed Data** : Mol Nutr Food Res. 2014 Sep ;58(9):1873-82. Epub 2014 Jun 24. PMID: [24961394](#)

**Article Published Date** : Aug 31, 2014

**Authors** : Isabel Bondia-Pons, Päivi Pöhö, Lutgarda Bozzetto, Claudia Vetrani, Lidia Patti, Anna-Marja Aura, Giovanni Annuzzi, Tuulia Hyötyläinen, Angela Albarosa Rivellese, Matej Orešič

**Study Type** : Human Study

**Additional Links**

**Substances** : [Omega-3 Fatty Acids](#) : CK(4090) : AC(396) , [Polyphenols](#) : CK(931) : AC(335)

**Diseases** : [Cardiovascular Diseases](#) : CK(7342) : AC(916) , [Metabolic Diseases](#) : CK(411) : AC(75) , [Obesity: Abdominal](#) : CK(458) : AC(66)

**Additional Keywords** : [Dietary Modification](#) : CK(315) : AC(47)

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## **Omega 3 fatty acids improve the cardiovascular risk profile of subjects with metabolic syndrome, including markers of inflammation and auto-immunity.**

**Pubmed Data** : Acta Cardiol. 2009 Jun;64(3):321-7. PMID: [19593941](#)

**Article Published Date** : Jun 01, 2009

**Authors** : Mahmoud Ebrahimi, Majid Ghayour-Mobarhan, Samaneh Rezaiean, Maryam Hoseini, Seyyed Mohamad Reza Parizade, Fatemeh Farhoudi, Syyed Javad Hosseinezhad, Shima Tavallaei, Amirhosein Vejdani, Mohsen Azimi-Nezhad, Mohamad Taghi Shakeri, Mina Akbari Rad, Naser Mobarra, Seyyed Mohammad Reza Kazemi-Bajestani, Gordon A A Ferns

**Study Type** : Human Study

**Additional Links**

**Substances** : [Omega-3 Fatty Acids](#) : CK(4090) : AC(396)

**Diseases** : [Autoimmune Diseases](#) : CK(6629) : AC(1128) , [Cardiovascular Diseases](#) : CK(7342) : AC(916) , [Metabolic Syndrome X](#) : CK(916) : AC(158)

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