Fish intake is associated with a reduced progression of coronary artery atherosclerosis in postmenopausal women with coronary artery disease.

BACKGROUND: Higher intakes of fish and n-3 fatty acids are associated with a reduced risk of cardiovascular events and mortality. However, limited data exist on the effect of fish intake on actual measures of progression of coronary artery atherosclerosis. OBJECTIVE: The aim was to examine the association between fish intake and the progression of coronary artery atherosclerosis in women with coronary artery disease. DESIGN: This was a prospective cohort study of postmenopausal women (n = 229) participating in the Estrogen Replacement and Atherosclerosis trial. Usual fish intake was estimated at baseline with a food-frequency questionnaire. Quantitative coronary angiography was performed at baseline and after 3.2 +/- 0.6 (x +/- SD) y to evaluate changes in the mean minimum coronary artery diameter, the mean percentage of stenosis, and the development of new coronary lesions. RESULTS: Compared with lower fish intakes, consumption of > or =2 servings of fish or > or =1 serving of tuna or dark fish per week was associated with smaller increases in the percentage of stenosis (4.54 +/- 1.37% compared with -0.06 +/- 1.59% and 5.12 +/- 1.48% compared with 0.35 +/- 1.47%, respectively; P < 0.05 for both) in diabetic women after adjustments for age, cardiovascular disease risk factors, and dietary intakes of fatty acids, cholesterol, fiber, and alcohol. These associations were not significant in nondiabetic women. Higher fish consumption was also associated with smaller decreases in minimum coronary artery diameter and fewer new lesions. CONCLUSIONS: Consumption of fish is associated with a significantly reduced progression of coronary artery atherosclerosis in women with coronary artery disease.

The clinical study on the adjunctive effects of aqueous extract from Coptis root for the treatment of chronic periodontitis.

PURPOSE: To make a therapeutic membrane with aqueous extract from coptis root and explore its adjunctive effects for treating chronic periodontitis. METHODS: Drug membrane from coptis root aqueous extract was developed; 4 teeth in 30 patients with moderate to advanced periodontitis were randomly divided into four groups: coptis root membrane, iodine glycerin, single drug membrane and blank control group. All parameters including plaque index(PI), probing depth(PD), attachment loss(AL) and bleeding on probing(BOP) were measured at baseline, 4 and 7 weeks after treatment. Analysis of variance and chi-square test were carried out for analysis. RESULTS: In all four groups, there were significant differences of PD, AL, BOP between baseline and 4,7 weeks after treatment(P<0.05), the treatment effect of coptis root membrane was significantly superior to that of other three groups(P<0.05). Moreover, all the parameters improved continuously. CONCLUSION: Use of coptis root membrane as an adjunctive method after scaling can significantly improve the treatment effect of periodontitis.