Higher Omega-3 Fatty Acid Levels Correlated with Reduced Telomere Shortening Rate

Researchers at the University of California reveal in a recent issue of the Journal of the American Medical Association that heart disease patients who have higher levels of omega-3 fatty acids experience a lower rate of reduction in telomere length over time.* Telomeres, which are protective DNA sequences at the ends of chromosomes, shorten with the age of the cell, and their length is a marker of biological aging.

The investigation enrolled 608 men and women recruited from the Heart and Soul Study. Patients whose levels of EPA and DHA were among the top 25% of participants had the slowest rate of telomere shortening over the 5-year follow-up period, while those whose levels were lowest had rates that were the fastest.

“These findings raise the possibility that omega-3 fatty acids may protect against cellular aging in patients with coronary heart disease,” the authors conclude.

Editor’s note: Daily fish oil capsules are a convenient and safe way to ensure optimal omega-3 fatty acid intake.

—Dayna Dye

Reference


Calcium and Vitamin D Supplementation Reduces Fracture Risk Regardless of Age, Gender