



Relationship of Omega-3 Fatty Acids Consumption and Heart Failure

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Abstract

Heart failure (HF) incidence is increasing continuously worldwide and is affected by various risk factors such as coronary artery disease, diabetes, obesity and hypertension. Dietary recommendations for patients with HF has generally focused on sodium restriction, however different dietary approaches are considered in these patients who have a high risk of malnutrition due to the diuretic drugs they use.

Omega-3 fatty acids obtained from the aquatic organisms are important regulators of cardiovascular health. There are different opinions on giving/consuming omega 3 fatty acids (and supplements) to improve the symptoms of heart failure. In this study, we review the effects of omega 3 fatty acids, which is associated with low cardiovascular disease risk, on HF while try to understand if it could ameliorate or exacerbate HF.

Keywords: Heart failure, Diet, Nutrition, Omega-3 fatty acids