



Fish oil can protect against breast cancer

The health benefits of omega-3 fatty acids for the prevention of some chronic diseases are well known. A US study shows that fish oil could also be important in the fight against breast cancer.

What influence do dietary supplements containing omega-3 fatty acids have on breast cancer risk?

This was the question asked by scientists at the Fred Hutchinson Cancer Research Center in Seattle.

Led by Emily White, researchers asked more than 35,000 women in writing as part of the Vitamins and Lifestyle Study (VITAL) whether, which and how many of these products they are taking. In addition, all subjects over 50 years old gave information about their state of health.

Good effect from fish oil, no adverse effects from products against discomfort due to the modification.



Rainer Sturm_pixelio.de

After six years, the data of the subjects were queried again. It turned out that 880 of them had now been diagnosed with breast cancer. The physicians analyzed these cases in connection with the statements about the intake of dietary supplements.

It was found that the women who regularly took highly concentrated omega-3 fatty acids had a 32 percent lower risk of breast cancer.

In particular, ductal breast cancer, which emanates from the cell layer on the inside of the milk ducts

and is one of the most common forms of breast cancer, was less frequent.

In addition, it was shown that the typical products against discomfort due to the modification did not play a role in the development of cancer.

"Don't draw causal conclusions"

This study is the first to show the link between omega-3 fatty acids and breast cancer prevention. However, high amounts of fish oil are needed to achieve this effect, says Emily White. However, the doctor warns: "Without confirmation from other studies, we should not draw conclusions about a causal link between omega-3 fatty acids and breast cancer prevention."

The study is published in the journal of the American Association for Cancer Research, "Cancer Epidemiology, Biomarkers & Prevention."