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[Antiarrhythmia effects of omega-3 fatty acids. A review]

[De Caterina R, Madonna R](#)

Ital Heart J Suppl 2002; 3:297-308.

Abstract

Omega-3 polyunsaturated fatty acids have been effective in reducing cardiovascular mortality in the recent GISSI-Prevenzione study. In a post-hoc analysis of this study an important observation has been the reduction of sudden cardiac death. The hypothesis that a protection from sudden death occurs because of antiarrhythmic effects of omega-3 fatty acids is supported by studies on cellular and animal models. A few intervention studies before the GISSI-Prevenzione and several retrospective analyses of epidemiological studies, in which nutritional variables connected with the intake of omega-3 fatty acids had been recorded, also support such a hypothesis. This review critically summarizes this type of evidence and indicates current research directions for its further validation.

MeSH

Arrhythmia; Clinical Trials; Death, Sudden, Cardiac; Fatty Acids, Omega-3; Forecasting; Humans; Membrane Potentials; Prospective Studies

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