

Fish oil for the secondary prevention of cardiovascular events: a met analysis

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Coronary Heart Disease is currently the leading cause of morbidity and mortality worldwide. Two met analyses have already supported the effectiveness of fish oil on dyslipidemia. Several studies have been conducted to determine the efficacy of fish oil in reducing cardiovascular outcomes. This meta-analysis aims to determine the efficacy of fish oil in reducing cardiovascular events, specifically sudden cardiac death, fatal and non-fatal myocardial infarction, unstable angina pectoris, need for revascularization, restenosis rate after percutaneous transluminal coronary angiography (PTCA), combined major coronary events, and all-cause mortality. All randomized, controlled trials assessing the effects of fish oil supplementation as secondary prevention of cardiovascular events among adults are included in this study. There is no racial or gender preference. Studies on primary prevention were excluded. Diet-based strategies were excluded as well. The outcomes of the included studies are cardiovascular deaths, fatal or non fatal myocardial infarction, unstable angina, need for revascularization and restenosis. Thorough search of available online databases (Pub Med, Cochrane, Embase, Google, ClinicalTrials.gov) was done using the search terms fish oil [MeSH: fatty acids, omega 3, Docosahexaenoic acids, eicosapentaenoic acids] and myocardial ischemia [MeSH: acute coronary syndrome, angina pectoris, unstable angina, coronary disease, myocardial infarction, myocardial reperfusion injury, myocardial stunning]. The search was limited to all RCTs among adults done from Prevention of all cause mortality was also significant in the fish oil group (RR 0.79, CI: 0.69, 0.92, I²= 0%).

Biography

Andrés Vicente received his doctor in Biological Sciences from the University of Barcelona in 1990. During his postdoctoral training at Children's Hospital, Harvard University (1991-1994) and St. Elizabeth's Medical Center of Tufts University (1994-1995), conducted studies on the role of homeobox transcription factors and MEF2 in differentiation and cell proliferation. At this stage he began his interest in the research area cardiovascular. In 1995 was promoted to Assistant Professor of Medicine at Tufts University and began his career as an independent researcher. Since then Dr. Andrew and his group have studied the vascular remodeling during atherosclerosis and restenosis post-angioplasty. After obtaining a position as Research Associate at the Cardiovascular Research Council, Dr. Andres returned to Spain in 1999 to establish his research group at the Institute of Biomedicine of Valencia, where he worked as Research Professor. Since 2006 his group is a member of the Research Thematic Network.