

Study shows people with a high omega-3 DHA level in their blood are at 49% lower risk of Alzheimer's

June 9 2022



Credit: CC0 Public Domain

New research published today in *Nutrients* shows that people with a higher blood DHA level are 49% less likely to develop Alzheimer's

disease vs. those with lower levels, according to the Fatty Acid Research Institute (FARI). The study, led by Aleix Sala-Vila, Ph.D., suggested that providing extra dietary omega-3 DHA, especially for those carrying the ApoE4 gene (which approximately doubles an individual's susceptibility to develop AD) might slow the development of the disease. Such a cost-effective, low-risk dietary intervention like this could potentially save billions in health care costs.

In this prospective observational study conducted within the Framingham Offspring Cohort—including 1,490 dementia-free participants aged ≥ 65 years old—researchers examined the association of red blood cell (RBC) docosahexaenoic acid (DHA) with incident Alzheimer's Disease (AD), while also testing for an interaction with APOE- $\epsilon 4$ carriership.

Risk for incident AD in the highest RBC DHA quintile (Q5, $>6.1\%$) was 49% lower compared with the lowest quintile (Q1,

Citation: Study shows people with a high omega-3 DHA level in their blood are at 49% lower risk of Alzheimer's (2022, June 9) retrieved 2 April 2023 from <https://medicalxpress.com/news/2022-06-people-high-omega-dha-blood.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.
