Benefits of Omega 3 fish oil in clinical practice

Objectives

1. To define the omega 3 class of fish oil differentiating DHA from EPA
2. To review the studies of omega 3s and improvement in lipid profile
3. To review the recent CVD outcome trials with omega 3

Questions

1. Which statement is true:
   A. Both EPA and DHA have shown CV benefit
   B. Only DHA has shown CV benefit
   C. Neither DHA or EPA has shown CV benefit
   D. Only EPA has shown CV benefit in the REDUCE-it *

2. The JELUS Trial
   A. was the first exclusive EPA trial
   B. was a predominant primary prevention trial *
   C. increased hs-CRP and PCSK9 activity
   D. resulted in adverse effects of weight gain

3. Which adverse event may be found with DHA and not in EPA fish oil.
   A. Elevated LFTs
   B. Increased LDL-C*
   C. Bleeding
   D. Fishy taste

4. Findings of the REDUCE-IT included which of the following:
   a. predominant primary prevention trial
   b. enrolled individuals with a baseline Tg levels above 500 mg/dl
   c. Impacted the effects of both EPA and DHA
   d. 25 percent relative risk reduction in primary endpoint composite *

5. EPA effects include:
   a. OTC products are controlled by the FDA
   b. neutral effect on stabilizing plaque
   c. inhibits platelet aggregation
   d. capsules contain saturated fat