

A recently published study on omega 3 fatty acids has generated negative headlines worldwide causing consumers to question the safety and health benefits of consuming fish and fish oil supplements. Many health professionals and nutrition experts have been quick to respond with refuting analyses and firm rebuttals.

Omega 3 Fatty Acids and Prostate Cancer Risk

A recent study published in the Journal of the National Cancer Institute states that eating fatty fish and taking fish oil supplements may significantly increase the risk of prostate cancer.

There are numerous reasons to be critical of the conclusions presented in this study. First it is important to note that this study was not specifically designed to examine the relationship between dietary omega-3 fatty acids and prostate cancer. The results of this single analysis contradict dozens of others (even some by the same researchers) among thousands of published papers on the benefits of consuming fish and fish oil. Many experts have also questioned the relevance or validity of several of the statistical methods used in these analyses. In addition; the researchers themselves understand that this type of study cannot prove cause and effect, and often times these types of studies tend to raise more questions than are answered.

For a better understanding of this study please see the links provided. We hope this information will help provide you with the knowledge to make an informed decision about consuming fatty fish and fish oil supplements.

Global Organization for EPA and DHA Omega-3s (2013). Omega-3s and Prostate Cancer Risk [Peer commentary on the paper "Plasma Phospholipid Fatty Acids and Prostate Cancer Risk in the SELECT Trial" by Brasky T.M. et al, 2013, JNCI, doi:10.1093/jnci/djt174.] <http://us1.campaign-archive1.com/?u=4ae075406cd789efec4e9ff09&id=6f3dc7a018&e=1515e32d26>

Council for Responsible Nutrition: CRN Says New Study On Omega-3 Conclusions Are Overblown. <http://crnusa.org/CRNPR13-Omega3071113.html>

Theodore M Brasky et al. Plasma Phospholipid Fatty Acids and Prostate Cancer Risk in the SELECT Trial. J Natl Cancer Inst 2013 : djt174v1-djt174.