ALPHA OMEGA (EPA DHA) 2010

NCT00127452

1 Treatments

**Studied treatment** 400 mg per day supplement of the fish oil fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) via enriched margarines

**Control treatment** placebo

**Concomittant treatments** -

**Age (yr)** 69 y

**Male (%)** 78%

**LDL-cholesterol (mmol/L)** 260

2 Patients

**Patients** men and women with a history of myocardial infarction

**Inclusion criteria** men and women aged 60-80 years; clinically diagnosed myocardial infarction up to 10 years before

**Exclusion criteria** daily consumption of less than 10 g of margarine, use of n-3 fatty-acid supplements, unintended weight loss of more than 5 kg in the previous year, and a diagnosis of cancer with an estimated life expectancy of less than 1 year

**global risk of bias** -

**BMI** 27.8

**cardiovascular history (%)** 100%

**diabetes (%)** 21%

**Total cholesterol (mmol/L)** 4.75

**Blood pressure SBP/DBP (mmHg)** 142/NA

**Statin at baseline (%)** -

**Statin at baseline (%)** -

**Level of risk for CVD** -
3 Methods

Blinding double-blind

Design Factorial plan

Centers 32

Geographical area the Netherlands

Sizes 2404/2433

4 Results

<table>
<thead>
<tr>
<th>Endpoint</th>
<th>T1</th>
<th>T0</th>
<th>d</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>cardiovascular death</td>
<td>80/2404</td>
<td>82/2433</td>
<td>0.99</td>
<td>[0.72; 1.35]</td>
</tr>
<tr>
<td>sudden cardiac death</td>
<td>-/2404</td>
<td>-/2433</td>
<td>NA</td>
<td>-</td>
</tr>
<tr>
<td>MI</td>
<td>-/2404</td>
<td>-/2433</td>
<td>NA</td>
<td>-</td>
</tr>
<tr>
<td>coronary events</td>
<td>-/2404</td>
<td>-/2433</td>
<td>0.95</td>
<td>[0.68; 1.32]</td>
</tr>
<tr>
<td>coronary death</td>
<td>67/2404</td>
<td>71/2433</td>
<td>0.96</td>
<td>[0.68; 1.34]</td>
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<tr>
<td>stroke (fatal non fatal)</td>
<td>-/2404</td>
<td>-/2433</td>
<td>NA</td>
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<tr>
<td>all cause death</td>
<td>186/2404</td>
<td>184/2433</td>
<td>1.01</td>
<td>[0.82; 1.24]</td>
</tr>
<tr>
<td>cardiovascular events</td>
<td>336/2404</td>
<td>335/2433</td>
<td>1.01</td>
<td>[0.87; 1.17]</td>
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<tr>
<td>cancer (new or death)</td>
<td>-/2404</td>
<td>-/2433</td>
<td>NA</td>
<td>-</td>
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</table>

5 References