ALPHA OMEGA (ALA) 2010

NCT00127452

1 Treatments

**Studied treatment**  margarine supplemented with plant-derived alpha-linolenic acid (with a targeted additional daily intake of 2 g of ALA)

**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  2409/2428

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>78/2409</td>
<td>84/2428</td>
<td>0,94</td>
<td>[0,68; 1,28]</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>NA</td>
<td>-</td>
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<tr>
<td>coronary death</td>
<td>66/2409</td>
<td>72/2428</td>
<td>0,92</td>
<td>[0,66; 1,30]</td>
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<td>stroke (fatal or non fatal)</td>
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<td>-/2433</td>
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<td>all cause death</td>
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<td>188/2433</td>
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<tr>
<td>cardiovascular events</td>
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<td>352/2433</td>
<td>0,92</td>
<td>[0,78; 1,08]</td>
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<tr>
<td>cancer (new or death)</td>
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<td>-/2433</td>
<td>NA</td>
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</table>

5 References