

# Clinical trials of omega-3 Fatty acids

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## 1 post myocardial infarction

Trial	Treatments	Patients	Trials design and methods
<b>omega-3 Fatty acids vs control</b>			
<b>OMEGA , 2009</b> [NCT00251134] n=1940/1911 follow-up: 1 year	omega-3 fatty acids 1g daily (and standard medical therapy) versus standard medical therapy alone	Patients within 3-14 days after a non-ST-elevation myocardial infarction (NSTEMI) or ST-elevation myocardial infarction (STEMI)	Parallel groups open Germany

More details and results :

- omega-3 fatty acids for post myocardial infarction in all type of patients at <http://www.trialresultscenter.org/go-Q283>

## References

### OMEGA, 2009:

Senges Randomized Trial of Omega-3 Fatty Acids on Top of Modern Therapy After Acute Myocardial Infarction: The OMEGA Trial ACC.09/i2, Orlando, FL, March 2009 [0]

Rauch B, Schiele R, Schneider S, Diller F, Victor N, Gohlke H, Gottwik M, Steinbeck G, Del Castillo U, Sack R, Worth H, Katus H, Spitzer W, Sabin G, Seneges J OMEGA, a randomized, placebo-controlled trial to test the effect of highly purified omega-3 fatty acids on top of modern guideline-adjusted therapy after myocardial infarction. Circulation 2010;122:2152-9 [21060071] [10.1161/CIRCULATIONAHA.110.948562](https://doi.org/10.1161/CIRCULATIONAHA.110.948562)

## 2 cardiovascular prevention

Trial	Treatments	Patients	Trials design and methods
<b>omega-3 Fatty acids vs control</b>			
<b>OMEGA , 2009</b> [NCT00251134] n=1940/1911 follow-up: 1 year	omega-3 fatty acids 1g daily (and standard medical therapy) versus standard medical therapy alone	Patients within 3-14 days after a non-ST-elevation myocardial infarction (NSTEMI) or ST-elevation myocardial infarction (STEMI)	Parallel groups open Germany
<b>omega-3 fatty acids vs placebo</b>			

continued...

<b>Trial</b>	<b>Treatments</b>	<b>Patients</b>	<b>Trials design and methods</b>
<b>ALPHA OMEGA (EPA DHA) , 2010</b> [NCT00127452] n=2404/2433 follow-up: 40 months	400 mg per day supplement of the fish oil fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) via enriched margarines versus placebo	men and women with a history of myocardial infarction	Factorial plan double-blind the Netherlands
<b>Risk and Prevention Study , 2013</b> [NCT00317707.] n=6244/6269 follow-up: 5 year (median)	n-3 fatty acids (1 g daily) versus placebo (olive oil)	men and women with multiple cardiovascular risk factors or atherosclerotic vascular disease but not myocardial infarction	double-blind
<b>GISSI HF fatty acid , 2008</b> [NCT00336336.] n=3494/3481 follow-up: 3.9y median (IQR 3-4.4)	n-3 polyunsaturated fatty acids (PUFA) 1 g daily versus placebo	Patients with NYHA classes II to IV heart failure, whatever the cause and the LVEF and already receiving optimized recommended therapy with no clear indication or contraindication to cholesterol-lowering therapy	double blind Italy
<b>n3-PUFA-HF ongoing</b> [NCT00149409] n=NA follow-up:	Omega-3-Polyunsaturated Fatty-Acids (EPH/DHA 1:1.2) versus placebo	Patients With Severe Chronic Heart Failure	Parallel groups double blind

More details and results :

- omega-3 fatty acids for cardiovascular prevention in all type of patients at <http://www.trialresultscenter.org/go-Q121>
- omega-3 fatty acids for cardiovascular prevention in patients at high risk at <http://www.trialresultscenter.org/go-Q123>

## References

### OMEGA, 2009:

Senges Randomized Trial of Omega-3 Fatty Acids on Top of Modern Therapy After Acute Myocardial Infarction: The OMEGA Trial ACC.09/i2, Orlando, FL, March 2009 [0]

Rauch B, Schiele R, Schneider S, Diller F, Victor N, Gohlke H, Gottwik M, Steinbeck G, Del Castillo U, Sack R, Worth H, Katus H, Spitzer W, Sabin G, Senges J OMEGA, a randomized, placebo-controlled trial to test the effect of highly purified omega-3 fatty acids on top of modern guideline-adjusted therapy after myocardial infarction. *Circulation* 2010;122:2152-9 [21060071] [10.1161/CIRCULATIONAHA.110.948562](https://doi.org/10.1161/CIRCULATIONAHA.110.948562)

### ALPHA OMEGA (EPA DHA), 2010:

Kromhout D, Giltay EJ, Geleijnse JM n-3 Fatty Acids and Cardiovascular Events after Myocardial Infarction. *N Engl J Med* 2010 Nov 18;363:2015-2026 [20929341] [10.1056/NEJMoa1003603](https://doi.org/10.1056/NEJMoa1003603)

**Risk and Prevention Study, 2013:**

Roncaglioni MC, Tombesi M, Avanzini F, Barlera S, Caimi V, Longoni P, Marzona I, Milani V, Silletta MG, Tognoni G, Marchioli R n-3 fatty acids in patients with multiple cardiovascular risk factors. N Engl J Med 2013 May 9;368:1800-8 [23656645] [10.1056/NEJMoa1205409](https://doi.org/10.1056/NEJMoa1205409)

Efficacy of n-3 polyunsaturated fatty acids and feasibility of optimizing preventive strategies in patients at high cardiovascular risk: rationale, design and baseline characteristics of the Rischio and Prevenzione study, a large randomised trial in general practice. Trials 2010;11:68 [20509875]

**GISSI HF fatty acid, 2008:****n3-PUFA-HF, :**

ongoing trial NCT00149409