

Active rheumatoid arthritis: effect of dietary supplementation with omega-3 oils.

A controlled double-blind trial Artritis reumatóidea activa: efecto de la suplementación dietética con aceites omega 3. Estudio doble ciego controlado.

Astorga,

Cubillos,

Masson,

Silva,

We evaluated the effect of dietary supplementation with eicosapentaenoic acid in 8 patients with active rheumatoid arthritis. An appropriate placebo was given in a randomized double blind fashion to 8 control subjects. After 12 weeks of therapy a significant improvement in prehensile function was detected in patients receiving active treatment, other clinical parameters remaining unchanged. No significant side effects were detected. A larger trial may help define a possible therapeutic role for omega-3 fatty acids in patients with rheumatoid arthritis.