

Fish-Oil Supplementation and Cardiovascular Events in Patients

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Introduction

Clinical Findings and Cardiovascular Outcomes

The results highlight the notetaking findings from the PISCES trial conducted by Dr. Charmaine E. Lok, who studied the impact of fish-oil supplementation on cardiovascular diseases among the haemodialysis patients. Between November 28, 2013, and July 22, 2019, 1,228 participants were under randomized case-study, with 610 assigned to the fish-oil group and 618 to the placebo group [1]. Over a follow-up period of 3.5 years, results showed a noticeable lower rate of serious cardiovascular diseases in the fish-oil group (0.31 vs. 0.61 per 1000 patient days), providing a hazard ratio of 0.57 (95% CI, 0.47 to 0.70; $P < 0.001$) [2].

Further analysis and research revealed that the fish-oil group also experienced lower rates of cardiac death (hazard ratio 0.55), myocardial infarction (0.56), and fatal and nonfatal strokes (0.37) [3]. Importantly, both groups of patients followed the treatment plan closely, and the rates of side effects were similar in both groups. This shows that the intervention, or the treatment used, is completely safe. These findings suggest that fish-oil supplementation can be an effective and well-tolerated intervention for reducing cardiovascular risk among haemodialysis patients [4]. The implementation of this case-study has significant clinical approach for treating various cardiovascular diseases in populations.

Clinical Implications and Future Directions

Given that cardiovascular disease is the leading cause of mortality in haemodialysis patients, the evidence supporting fish-oil supplementation is convincing [5]. I encourage the nephrology community to consider adding this simple and effective treatment to their clinical guidelines. Future studies and upcoming secondary research in this field can determine the optimal dose and assess whether combining fish-oil with other cardiovascular diseases could further benefit these high-risk patients.

Keywords: Cardiology, Experimental Cardiology, PISCES, Myocardial Infarction, Fish-oil supplementation

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