

Fish oil in pregnancy reduces asthma r

By: Biodun Oyeleye December 30, 2016



For women in the third trimester of pregnancy, supplementation with n-3 longchain polyunsaturated fatty acids results in a reduction in the risk of persistent wheeze and asthma in offspring.

These are the findings of a study published in the 'New England Journal of Medicine'. Supplementation with n-3 LCPUFAs has been proposed to improve outcome in infants, particularly neurodevelopmental outcomes.

Fatty sea fish, algae and select freshwater fish contain preformed n-3 LCPUFA.

In the study, Hans Bisgaard, M.D., from Herlev and Gentofte Hospital in Hellerup, Denmark and colleagues conducted a randomised controlled trial from 2002 to 2005, starting at 24 weeks of gestation to 2.4g n-3 LCPUFAs or placebo.

Their children formed the Copenhagen Prospective Studies on Asthma in Childhood 2010 cohort.

For the first three years of the children's lives, neither the investigators nor the participants were aware of the group assignment.

Six hundred and ninety-five (695) children were included in the trial and 95.5 per cent completed the study.

The researchers found that the risk of persistent wheeze or asthma was 16.9 and 23.7 per cent respectively, corresponding to a relative reduction of 30.7 per cent.

Children of women whose blood levels of eicosapentaenoic acid and docosahexaenoic acid were in the highest quartile at randomisation had the strongest effect (17.5 versus 34.1 per cent).

"Supplementation with n-3 LCPUFA in the third trimester of pregnancy reduced the absolute risk of lower respiratory tract infections of the offspring by approximately seven percentage points.

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