



## Cut Heart-Failure Risks: Eat Fatty Fish Once Weekly

Do you want to reduce your chance of having heart failure? A new study confirmed that eating the right amount of fatty fish each week could do just that.

Back in a 2002 statement, the American Heart Association recommended eating two servings of fish (particularly fatty fish, such as salmon and tuna) per week since epidemiological and clinical studies showed omega-3 fatty acids help to reduce the incidence of cardiovascular disease.

Other data supported their guidelines to include vegetable oils (soybean, canola, walnut, flaxseed, etc.) and food sources (such as walnuts and flaxseeds) which are high in linolenic acid for a healthy diet.

Now a new study released in April 2009 online at the European Heart Journal Access site—entitled *Fish consumption, marine omega-3 fatty acids, and incidence of heart failure: a population-based prospective study of middle-aged and elderly men*—further confirmed the omega-3 fatty acid/cardiac health link. Aimed at a broader age range, this latest research effort found that eating salmon or other fatty fish just once a week helped men lower their risk for heart failure.

“Our study reinforces the current recommendations for moderate consumption of fatty fish,” said lead author Emily Levitan, Sc.D., research fellow at the Cardiovascular Epidemiology Research Center of Beth Israel Deaconess Medical Center (BIDMC). The BIDMC is a patient-care, teaching and research affiliate of Harvard Medical School.

Per Dr. Levitan, “Previous research has demonstrated that fatty fish and omega-3 fatty acids help to combat risk factors for a range of heart-related conditions, such as lowering triglycerides [fats in the blood], reducing blood pressure, heart rate, and heart rate variability.”

Those collective factors, Levitan says, may explain the association between reduced heart failure risk and consuming the rich-in-omega-3 fatty-acid fish in their study.

**Overview: study methods & results.** Published on behalf of the European Society of Cardiology and headed by researchers from BIDMC, the prospective study encapsulated 39,367 middle-aged and older Swedish men (45 to 79 years old).

From January 1, 1998 to December 31, 2004, study investigators followed the men through Swedish inpatient and cause-of-death registers. Researchers used food-frequency questionnaires to track the men’s diets and proportional hazard models, adjusted for age and other covariates to determine hazard ratios.

Study participants were divided into five test groups: The first group ate little or no fatty fish, the middle group ate one serving per week and at the furthest end of the spectrum, the fifth group, consumed significant quantities, three or more servings per week, says Levitan.

- Men in the middle group eating fatty fish once a week demonstrated a 12% reduction in heart failure rate.

### Adding Omega-3s to Your Diet

Per this latest study, moderate intake of fatty fish and marine omega-3 fatty acids was associated with lower rates of heart failure.

Freshwater fish tends to have fewer omega-3s than fatty fish from the sea. Yet, some types of trout are rich in the essential fat.

Expand your meal options with these tasty—and healthy—essential fats. And remember, broiling, steaming or grilling your fish is best.

#### Top 12 Fatty Fish: Omega-3 Rich

Fish	Omega-3 content per 3.5 ounces/gram
Mackerel	2.6
Trout, lake	2.0
Herring	1.7
Tuna, blue fin	1.6
Salmon	1.5
Sardines, canned	1.5
Sturgeon, Atlantic	1.5
Tuna, albacore	1.5
Whitefish, lake	1.5
Anchovies	1.4
Bluefish	1.2
Bass	0.8

- Higher intake was not associated with additional benefit. Men in the next two groups up eating two, three or more servings per week had nearly the same heart failure risk as those who ate no fish at all.
- Comparing fish oil consumption, those in the middle group consuming 0.36 grams per day of omega-3 fatty acids showed a 33% reduced risk of heart failure—while those consuming greater quantities (0.46 to 0.71 grams daily) had a heart failure risk rate similar to men who consumed little or no fish oils.

According to Levitan, the U-turn—increased rates of heart failure in the higher-consumption group versus the reduced rates in the moderate consumption—may suggest that study participants who ate more fish and had a higher marine omega-3s fatty acid intake could be trying to improve their already poor health status.

**What's with omega-3s? A lot.** From aiding weight loss to promoting brain function, polyunsaturated fats have much to offer.

- Boosts weight loss by (1) upping eicosanoid production—which promotes the body's ability to burn, not store, fat—and (2) increasing satiety so you feel full and satisfied therefore less likely to overeat
- Reduces inflammation throughout the body
- Improves brain function and learning ability i.e. helping with ADHD
- Decreases triglycerides, blood pressure, blood clotting
- Serves as a protector, enhancing immune function
- Reduces risk of heart disease, specifically sudden cardiac death, per the Mayo Clinic

**Right nutrition for healthy aging.** At Cenegenics, we've long realized that a proactive approach is critical for a longer health span. Our synergistic, four-pronged program—low-glycemic nutrition, exercise, nutraceuticals and endocrine balancing—is about preventing or delaying age-related diseases so you enjoy a totally different level of aging . . . one your grandparents never had the privilege to experience.

## Heart Matters

Heart failure is a serious health condition, also known as congestive heart failure. When heart failure occurs, the pumping action of the heart is diminished leading to pooling of blood in the lungs and ultimately inadequate blood flow to all organs and tissues of the body. Simply stated, the body stops receiving the amount of blood it needs to function while the lungs are overloaded with fluid. According to the National Heart, Lung and Blood Institute, heart failure accounts for 300,000 deaths annually.

Causes of heart failure include coronary artery disease and high blood pressure.

### Know the symptoms:

- Weakness
- Fatigue
- Shortness of breath
- Rapid/irregular heartbeat
- Persistent coughing/wheezing
- Fluid retention especially in the legs

Reduce your risks. Consult with your doctor to determine the right amount of fatty fish consumption level is right for you.

## Flip Side: Arachidonic Acid

Per the Mayo Clinic, certain fish, such as tilapia and catfish, have low levels of omega-3 fatty acids and high levels of arachidonic acid, a type of omega-6 fatty acid found in red meat and egg yolks.

Consuming too much arachidonic acid ups heart disease risk by promoting inflammation, leading to arterial plaque buildup and coronary artery disease, a heart attack or stroke.

In sync with the latest findings, our low-glycemic nutritional plan uses a 40-30-30 approach, reflecting 40% quality carbohydrates, a higher-protein percentage of 30% and 30% healthy fats, including omega-3s, and omega-9s.

This smart-eating program is plant-based and centered on fresh, whole food as well as good carbs and healthy fats. Equally important, it is focused on metabolic balancing via food combinations and smaller, more frequent meals, making it the plan of choice for our highly regarded age management medicine program.

There's a reason why our 15,000 Cenegenics patients worldwide experience optimal health as the years march on—filled with youthful energy (physical and sexual), improved libido, lean muscle mass, reduced body fat, sharper thinking, improved cholesterol scores, stronger immune system, an ability to manage stress, enhanced sense of well-being and a more vibrant, higher-quality life.

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Discussions are always confidential and without obligation.**