

## Have Your Helped Your Heart Today?

FISH OILS AID IN HEART HEALTH- It's Electric!

Eating tuna, salmon or other oily fish appears to have a beneficial effect on the electrical system of the heart-- helping to prevent life-threatening heart rhythm disorders-- according to a new report. Omega-3 fatty acids have been linked to a wide-range of health benefits including preventing cardiovascular disease, assisting in the development of a baby during pregnancy and joint health, but the mechanisms responsible for this were unknown.

However, evidence from animal studies now suggests a direct effect from fish oil intake on the heart's electrical circuitry. As reported in the Journal of the American College of Cardiology Dr. Dariush Mozaffarian, of Harvard Medical School, Boston, and colleagues analyzed data from over five thousand adults enrolled in the Cardiovascular Health Study to seek the link between dietary intake of fish n-3 fatty acid and features seen on electrocardiograms.

People who ate five or more servings of tuna and/or other broiled or baked fish every week in the study were found to have lower heart rates (averaging 3.2 beats per minute less) than those who ate less than one portion per month. A higher resting heart rate, the researchers reportedly said, has been linked by other studies to an increased risk of sudden death, and so lowering the heart rate is a significant health benefit.