



Opinion

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# How to Balance High Popularity Low Empirical Evidence of Omega 3s?



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## Opinion

Widespread popularity of Omega 3 alternative medicine supplements has been reflected in usage patterns. It is estimated the some 7.8% of Adults (approximately 18.8 million) and 1.1% Children and Adolescents aged 4-17 years (approximately 270,000) use Omega 3 supplements [1] for the reduction of mental health needs (Clark, Blad, Stussman, Barnes, Naline, 2002). Further, epidemiological data has suggested that the consumption of diets rich in omega 3 fatty acids which are long-chain polyunsaturated fatty acids such as eicosapentaenoic acids and docosahexaenoic acid have been identified in some studies to decrease risk of Major Depressive Disorder, Postpartum Depression, and Bipolar Disorder [2]. The American Heart Association has identified Omega 3 fatty acids consumption reduces risk for arrhythmia, thrombosis and atherosclerotic plaque. Thus, the popularity of the Omega 3 has influenced widespread use.

Investigations of Omega 3 have focused on the determination of optimal dosage patterns. There are considerable viewpoints providing ranges of dosages for both adults and for children/adolescents. Additionally, a few studies have evaluated Omega 3 in terms of its compositions, dosing, pharmacodynamics use as a treatment. Across each area of study, variable results have been reported [3,4]. The National Center for Complimentary and Integrative Health (2012) has suggested research plans for the investigations of Omega 3. With this, however, is the circumstance of discounting of the worth of Omega 3 for any purpose-a general bias for all types of alternative medicine supplements whether it

is in the most popular rating as Omega 3 are or Melatonin in the second most popular position of usage.

It seems that a rational course of action would be to monitor the results from studies in Omega 3 as well as usage patterns. Physicians, Nutritionists and health care professionals that can recommend Omega 3s will do so with the individuals' health concerns in mind. It may be helpful to hasten the research agenda to accommodate a safer context from which the popular use is occurring. This could be achieved by maintaining a

mindfulness to the optimal dose for adults and for children/adolescents with an integration of ratings to better monitor this usage. Thus, a hastening to conduct further research studies and the integration of the monitoring of behaviors once a regime of omega 3 is started. The hope is that this will help forge a balance between the popularity/usage to minimize any potential risk to individuals and to emphasize empirically validated benefits of Omega 3 use.

## References

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