

Evaluation of the effect of omega-3 supplementation on serum lipid in patients with chronic hemodialysis

Introduction:

Considering the important of effects resulting from chronic hemodialysis in patients having renal insufficiency of which cardio-vascular effect is the most important, this study has been done to examine the complementary effects of omega lipid on lipid profile serum and systemic inflammation index in these patients.

Materials and methods:

Patients in this study include two groups (interval and control). They have been chosen from among the patient called on hemodialysis unit of BUALI hospital. The interval group received one omega capsule daily and the control group received a placebo capsule one a day for three months. At the end, the results of lipidic profile tests (including TG, LDL and HDL) and systemic inflammation index (CRP) compared before and after receiving the medicine.

Results:

In this study in interval group having omega max despite decrease in TG and increase in HDL after three months there were no meaningful changes. In group receiving placebo only increase of HDL was meaningful and despite decrease in TG after receiving placebo these changes were meaningless.

The results of this study showed that omega MAX had no meaningful changes in lipidic profile of patients who were being hemodialysed.

Key words: renal insufficiency, hemodialysis, omega MAX, lipid profile serum