Other Reviews - - Other Review

Impact of omega-3 supplementation on children and adolescents patients with cystic fibrosis: A systematic review and meta-analysis of randomized-controlled trials.

Code: PM37204224 **Year:** 2023 **Date:** **Author:** Sohouli MH

Study design (if review, criteria of inclusion for studies)

Systematic review

Participants

Randomized controlled studies (RCTs) on young patients with CF.

Interventions

Omega-3 supplementation.

Outcome measures

Levels of docosahexaenoic acid, eicosapentaenoic acid, arachidonic acid, C-receptive protein (CRP); forced expiratory volume 1, forced vital capacity, anthropometric parameters.

Main results

A meta-analysis of 12 the eligible studies was performed. Findings of the study showed that omega-3 supplementation significantly increased the levels of docosahexaenoic acid (weighted mean [WMD]: 2.06%, 95% confidence interval [CI]: 1.29, 2.82, pâ€‰

Authors' conclusions

The finding showed that in pediatric patients with CF, omega-3 supplementation showed benefits only in plasma fatty acid profile and serum CRP.

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See also

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Keywords

omega-3; Fish Oils; non pharmacological intervention - diet; Supplementation; essential fatty acids; Food;