

Rheumatoid arthritis: Summaries of the latest research concerning fish oils and rheumatoid arthritis.

www.oilofpisces.com

Denne databasen oppdateres stadig.

References: Kremer, Joel M., et al. Fish-oil fatty acid supplementation in active rheumatoid arthritis: A double-blinded, controlled, crossover study. *Annals of Internal Medicine*, Vol. 106, April 1987, pp. 497-503 Ariza-Ariza, R., et al. Omega-3 fatty acids in rheumatoid arthritis: an overview. **Seminars in Arthritis and Rheumatology**, Vol. 27, June 1998, pp. 366-70

Conclusion: Many studies show that fish oil supplementation relieves arthritis. Lau, C.S., et al. Effects of fish oil supplementation on non-steroidal anti-inflammatory drug requirement in patients with mild rheumatoid arthritis: a double-blind placebo controlled study. **British Journal of Rheumatology**, Vol. 32, November 1993, pp. 982-89

Conclusion: Some arthritis patients were able to reduce their NSAID use by supplementing with fish oils. Skoldstam, L., et al. Effect of six months of fish oil supplementation in stable rheumatoid arthritis: a double-blind, controlled study. **Scandinavian Journal of Rheumatology**, Vol. 21 (4), 1992, pp. 178-85

Conclusion: Fish oil supplementation can reduce need for NSAIDs in rheumatoid arthritis patients. Neilsen, G.L., et al. The effects of dietary supplementation with n-3 polyunsaturated fatty acids in patients with rheumatoid arthritis: a randomized, double blind trial. **Eur J Clin Invest**, Vol. 22, October 1992, pp. 687-91

Conclusion: Fish oil supplementation reduced morning stiffness and joint tenderness in rheumatoid arthritis patients. Kremer, J.M., et al. Dietary fish oil and olive oil supplementation in patients with rheumatoid arthritis: clinical and immunologic effects. **Arthritis and Rheumatism**, Vol. 33, June 1990, pp. 810-20

Conclusion: Fish oil supplementation reduced joint tenderness and swelling in rheumatoid arthritis patients. van der Tempel, H., et al. Effects of fish oil supplementation in rheumatoid arthritis. **Annals of the Rheumatic Diseases**, Vol. 49, February 1990, pp. 76-80

Conclusion: Fish oil supplementation alleviates rheumatoid arthritis symptoms.

Kremer, J.M., et al. Fish-oil fatty acid supplementation in active rheumatoid arthritis: a double-blind, controlled, crossover study. **Annals of Internal Medicine**, Vol. 106, April 1987, pp. 497-503

Conclusion: Fish oil supplementation relieves fatigue in rheumatoid arthritis patients.

Cleland, L.G., et al. Clinical and biochemical effects of dietary fish oil supplements in rheumatoid arthritis. **Journal of Rheumatology**, Vol. 15, October 1988, pp. 1471-75

Conclusion: Fish oil supplementation reduced joint tenderness and improved grip strength in rheumatoid arthritis patients.

Belch, J.J., et al. Effects of altering dietary essential fatty acids on requirements for non-steroidal anti-inflammatory drugs in patients with rheumatoid arthritis: a double-blind, placebo-controlled study. **Annals of the Rheumatic Diseases**, Vol. 47, February 1988, pp. 96-104

Conclusion: Some arthritis patients are able to reduce their NSAID use by supplementing with fish oils.

Kremer, J.M., et al. Effects of manipulation of dietary fatty acids on clinical manifestations of rheumatoid arthritis. **Lancet**, No. 8422, January 26, 1985, pp. 184-87

Conclusion: Fish oil supplementation reduced joint tenderness and morning stiffness in rheumatoid arthritis patients.

Other references: Hahn, Andreas, Strohle, Alexander, und Wolters, Maike Ernährung- Physiologische Grundlagen und ernahrungsassoziierte Erkrankungen Wissenschaftlichen Verlagsgesellschaft mbH 2005)