



**Health Effects of Omega 3 Polyunsaturated Fatty Acids in Seafoods: 2nd International Conference, Washington, D.C., March 1990: Proceedings (World Review of Nutrition and Dietetics, Vol. 66)**

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Omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and doco-sahexaenoic acid (DHA) found in large amounts in the oils of fatty fish, have been the subject of intense investigation in recent years and their importance in human diets has now been confirmed. This volume provides up-to-date information on the role of omega-3 fatty acids in health and disease. Leading researchers review the metabolism of these acids and their relationship to omega-6 and omega-9 fatty acids in relation to the presence of omega-3 fatty acids in growth and development, membrane structure and function, and also in relation to cardiovascular disease, hypertension, diabetes, cancer, arthritis, psoriasis and other inflammatory and autoimmune diseases. In addition to the 37 reviews and research papers, preliminary data from clinical investigations, tissue cultures and animal models are provided in the appendix of the book, which consists of 86 poster abstracts.

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