

Omega-3s could lower risk of dry eye syndrome

18/10/2005 - **Consuming omega-3 fatty acids may reduce the risk of dry eye syndrome, suggests a new study.**

Writing in this month's issue of the *American Journal of Clinical Nutrition* (vol 82, no 4, pp887-893), researchers from the Brigham and Women's Hospital in Boston and colleagues note that dry [eye](#) syndrome is a prevalent condition but information on risk or protective factors is lacking.

They analysed data gathered from participants in the Women's Health Study who were aged 45–84 years old. Fatty acid intake was assessed in a food-frequency questionnaire.

After adjustment for demographic factors, hormone therapy, and total fat intake, those in the highest quintile of [omega-3](#) fatty acid intake were 17 per cent less likely to develop the syndrome.

They also found that a higher ratio of omega-6 to omega-3 consumption was associated with a significantly increased risk of the syndrome.

In addition, consumption of tuna - a [fish](#) rich in omega-3 fatty acids - was inversely associated with the condition.

The team says their findings are consistent with anecdotal clinical observations and postulated biological mechanisms.