

# Media Release



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## NEW STUDY ON OMEGA-3 AND PROSTATE CANCER RISK INCONCLUSIVE

The Complementary Healthcare Council of Australia (CHC) contests the recent US research reported in the *Journal of the National Cancer Institute* linking Omega-3 and prostate cancer as inconclusive and contradictory of a large pool of pre-existing, robust evidence that demonstrates the positive health benefits of fish oil. This case-cohort study examines associations between plasma phospholipid fatty acids and prostate cancer risk among participants in the Selenium and Vitamin E Cancer Prevention Trial.

CHC Executive Director, Dr Wendy Morrow highlighted that this study was *not* specifically designed to look at the exact relationship between omega-3 fatty acid intake and prostate cancer.

“While it is important that any recommendation for supplementation of complementary medicines take into account associated risk, the conclusions drawn from this study ignores the totality of scientific evidence that has been collected regarding the health benefits of omega-3 fatty acids”, said Dr Morrow.

“The recent research from the US was not designed to investigate the role of Omega-3 intake and prostate cancer, rather to test the effects of Selenium and Vitamin E on cancer prevention. Therefore, no firm conclusions can be drawn from this study as it does not demonstrate cause and effect”, Dr Morrow continued.

“The numerous benefits of omega 3 fatty acids are well-established for men and women in all stages of life and this new study does not change existing recommendations about the importance of this essential nutrient. Based on this, consumers should not be alarmed by these claims and should continue to take their fish oil supplements and include fish in their diet.

Consumers can hold confidence that the Australian complementary medicines industry leads the way in adhering to the gold benchmark standard for quality and safety of complementary medicines, recognised worldwide” Dr Morrow concluded.

The CHC encourages consumers who have any concerns about omega-3 fatty acids or other questions about prostate cancer, should contact their doctor or healthcare professional.

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