

What effect does Omega 3 have on older people?

Omega 3 supplements are used by many elderly people because of their excellent health effects.

If you look at it, there are many older people taking Omega 3 supplements. What is the **effect of omega 3** ? Are Omega 3 medicines really good for the elderly? TipsMake.com's article will help you clarify these issues.

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The effects of omega 3 for the elderly

What is Omega 3?

Omega 3 is an essential unsaturated fatty acid for health. The human body cannot synthesize or produce Omega 3 on its own, but must rely on supplies from outside food. There are three most common types of Omega 3 currently: α -Linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega 3 is found in many kinds of fish, walnuts, flaxseed, soybeans, .



The effect of Omega 3 on the health of the elderly

1. Prevention of cardiovascular diseases

Stroke, heart attack are the world's highest fatal diseases. For many years, people have found that people who eat a lot of fish, which are high in omega 3 for their bodies, have a lower risk of having a stroke and heart attack than normal people. Omega 3 works to prevent heart disease by:

1. Reduce 15-30% of Triglycerides in the body (Triglycerides - a type of fat that can cause cardiovascular disease, blood fat if the content is too high)
2. Blood pressure stable
3. Increased HDL - Cholesterol (HDL - Cholesterol is a good cholesterol for health)
4. Prevent the formation of harmful heart clots
5. Prevent plaque
6. Reduce inflammation



Omega 3 helps prevent cardiovascular diseases

2. Prevention of fatty liver disease

Fatty liver is a fairly common disease today, often in the elderly, who drink a lot of alcohol. People with fatty liver disease should supplement their body with Omega 3 to reduce the rate of fat in the liver while reducing inflammation.

3. Improve sleep

The majority of elderly people now have trouble sleeping, poor sleep quality, affecting health. One of the causes of this condition is a deficiency of DHA (Omega 3). When DHA is lacking, adults often suffer from sleep apnea, which prevents the brain from providing enough oxygen and melatonin, thereby causing insomnia and sleeplessness.

4. Support prevention and treatment of osteoarthritis diseases

Two forms of Omega 3, EPA and DHA, have been shown to reduce muscle stiffness and joint pain. Not only that, Omega 3 also enhances the effectiveness of anti-inflammatory drugs.

5. Improve neurological disorders

People with low levels of Omega 3 in the body are at high risk of neurological diseases such as mental disorders, frequent mood disorders, schizophrenia, bipolar disorder.

6. Prevention and treatment of Alzheimer's disease

Alzheimer's is one of the most common diseases in the elderly. When suffering from this disease, the elderly will show signs of amnesia, confusion, or stray, leaving furniture in place. At the end, the more severe the disease changes and leads to death. Omega 3 (DHA form) is thought to be able to protect brain cells, meninges as well as neurological links, thereby improving memory, concentration, prevention and support for Alzheimer's treatment. effective.



Omega 3 is good for Alzheimer's patients

7. Reduce the risk of diabetes

An increase in the level of Omega 3 may help reduce the signs of autoimmune, help the body's glucose and insulin reach equilibrium. Thus Omega 3 is highly valued in preventing and treating diabetes.

8. Helps strong bones

Elderly people are at high risk of suffering from bone diseases. According to health experts, the elderly can improve bone health and prevent osteoporosis by taking adequate Omega 3 for the body. The effect of Omega 3 in this case is to protect against joint damage.

9. Prevention of cancer

Just like cardiovascular and stroke, cancer is one of the 'most dangerous killers in the world'. Some studies show that taking fish oil regularly (fish oil is a product containing EPA and DHA) can reduce the risk of bowel cancer by 55%. In addition, Omega 3 is also effective in preventing prostate cancer in men and breast cancer in women.

10. Help bright eyes

Omega 3 has a brightening effect, improves vision in the elderly. Because DHA - a form of Omega 3 is a component of hammock wear. Adequate supplementation of Omega 3 for the body also helps the elderly to prevent eye diseases such as macular degeneration, dry eyes, night blindness, anti-free radicals, retina protection, etc.



Omega 3 helps brighten eyes

Should elderly people take tablets of Omega 3?

The effects of the Omega 3 above are enough to show how important it is to us, to the elderly. Today, Omega 3 is prepared in many different forms such as fish oil, Omega 3, . Besides a nutritious menu, the elderly should use more drugs to take Omega 3 for the following reasons:

1. The demand for Omega 3 in the elderly is huge
2. Low nutrient absorption: Even if you eat a lot of Omega 3 foods every day, it is unlikely that the elderly body will be able to absorb the necessary amount due to impaired digestive system function.
3. Omega 3 is effective in providing nutrients quickly and promptly to compensate for daily nutritional gaps.

Hopefully after this article, you already know what Omega 3 works for the elderly. Visit META.vn to find the best Omega 3 medicines.

>>> **More references:**

1. [Drink Omega 3 properly how to be effective](#)
2. [New findings: Omega-3 supplements can improve children's reading ability](#)

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