

**THE BENEFICIAL EFFECTS OF  
OMEGA 3 FATTY ACIDS  
ON  
CARDIOVASCULAR DISEASE (CVD)  
&  
HYPERCHOLESTEROLEMIA**

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## ABSTRACT

*Introduction:* Omega 3 Fatty acid has been accepted to have beneficial effects on Cardiovascular Disease (CVD) and Hypercholesterolemia. In this literature review we are comparing the relevance and the statistical strength of both studies. *Methodology:* Structured review of 28 studies in various medical journals that is tabulated in an evidence table to be compared. Evidence table is use in this paper is based on the Guidelines for Evidence Table which is a product of AOTA's Evidence -Based Practice Project and the American Journal of Occupational Therapy Association Inc. There are 24 studies that show beneficial results compared to only four studies that doesn't show any beneficial effects. *Conclusion:* There is good evidence from epidemiological and clinical studies that omega-3 fatty acids have beneficial effects on the cardiovascular risk and reducing the hypercholesterolemia

*Key words:* omega 3 fatty acids, hypercholesterolemia, cardiovascular disease, beneficial.