

## **FISH OIL CAPSULES AND YOUR HEART**

### **♥WHAT IS FISH OIL?**

Omega-3 polyunsaturated fatty acids, the generic name for fish oil, are found in fish and may benefit some patients with heart disease. Capsules containing fish oil are available over-the-counter or by prescription.

Fish oil can lower the level of triglycerides, a form of cholesterol. A high level of triglycerides is associated with an increased risk of heart disease and other blood vessel diseases.

### **♥SHOULD YOU TAKE FISH OIL CAPSULES?**

You should discuss this with your physician. This is a decision that your physician and you should make together. The benefits and risks of taking fish oil capsules must be considered.

### **♥HOW SHOULD YOU TAKE FISH OIL?**

Take fish oil as directed on the product label or as prescribed by your physician.

Swallow the capsule whole. Consider keeping the capsules in the freezer and taking the capsules at bedtime – this may cut down potential side effects, such as burping and a fishy taste.

Be aware that fish oil may interact with other medications and supplements. Be sure to let your physician know that you are taking fish oil.

Watch for unusual bleeding. Fish oil can increase the risk of bleeding, especially at higher doses (three or more grams per day) or if you are already taking a medicine to thin the blood.

Stop taking fish oil and get medical help if you have signs of an allergic reaction such as rash, hives, shortness of breath, or swelling of your face, lips, tongue or throat.

Do not use fish oil if you are allergic to fish or soybeans.

We are pleased to answer your questions on this matter or discuss your condition with other health care professionals.

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