

Interaction between Fish Oil, Stoutness, and Cardio Metabolic Diabetes

Nazar Masbuchin*

Department of Cardiology and Vascular Medicine, Faculty of Medicine, Indonesia

Abstract

This study investigates the complex interplay between fish oil supplementation, obesity, and cardiometabolic diabetes. Recognizing the growing prevalence of obesity and its association with cardiometabolic disorders, the role of fish oil, rich in omega-3 fatty acids, is explored as a potential modulator of metabolic health. A randomized controlled trial was conducted involving participants with varying degrees of obesity and metabolic health. The intervention group received fish oil supplementation, while the control group received a placebo. Anthropometric measurements, metabolic

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may contribute to the amelioration of inflammation associated with obesity and cardiometabolic disorders. Fish oil supplementation was associated with improved insulin sensitivity, as indicated by a decrease in Homeostatic Model Assessment of Insulin Resistance (HOMA-IR) scores. This finding suggests a potential role for fish oil in addressing insulin resistance, a key feature of cardiometabolic diabetes. Subgroup analyses revealed differential responses based on