

# Role of Omega Fatty Acids in Atherosclerosis and Coronary Artery Disease

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## Abstract

Omega-3 long chain polyunsaturated fatty acids (PUFAs) have been popularized in recent years as beneficial nutrients with cardioprotective effects. Omega-3 PUFAs are so named because of a double bond between the 3rd and 4th carbon of the polycarbon chain.

## Keywords:

## Introduction

Omega-3 long chain polyunsaturated fatty acids (PUFAs) have been popularized in recent years as beneficial nutrients with cardioprotective effects. Omega-3 PUFAs are so named because of a double bond between the 3rd and 4th carbon of the polycarbon chain. Omega-3 PUFAs are found in fish oils and certain plant oils. They are essential for the body and cannot be synthesized by the body. Omega-3 PUFAs are found in fish oils and certain plant oils. They are essential for the body and cannot be synthesized by the body. Omega-3 PUFAs are found in fish oils and certain plant oils. They are essential for the body and cannot be synthesized by the body.

## Role in Atherosclerotic Disease

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## Conclusion

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