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Study on the Use of omega-3 Fatty Acids as a Therapeutic Supplement in Treatment of Psoriasis

G Márquez Balbás¹, M Sánchez Regaña, P Umbert Millet

Affiliations

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Abstract

Previous studies have suggested a benefit for patients with plaque psoriasis when omega-3 fatty acids are added to topical treatment. This study evaluated the efficacy of a nutritional complement rich in omega-3 fatty acids in patients with mild or moderate plaque psoriasis. Thirty patients were recruited, 15 of whom were given topical treatment with tacalcitol, forming the control group. The remaining 15 patients were given topical tacalcitol and 2 capsules of Oravex(®) daily. Three visits, the baseline, intermediate (week 4), and final (week 8), were held over an 8-week period. The main efficacy endpoints were the Psoriasis Area and Severity Index (PASI), Nail Psoriasis Severity Index (NAPSI) and Dermatological Life Quality Index (DLQI). A clear and significant improvement was observed in all the efficacy endpoints in both groups between the baseline visit and the end visit. This improvement was significantly greater in the group treated additionally with Oravex(®) than in the control group. Supplementary treatment with omega-3 fatty acids complements topical treatment in psoriasis, and makes a significant contribution to reducing PASI and NAPSI and improving DLQI; and to reducing scalp lesion and pruritus, erythema, scaling, and infiltration of the treated areas.

Keywords: metabolic syndrome; omega-3 fatty acids; psoriasis; tacalcitol; vitamin D derivatives.

Figures

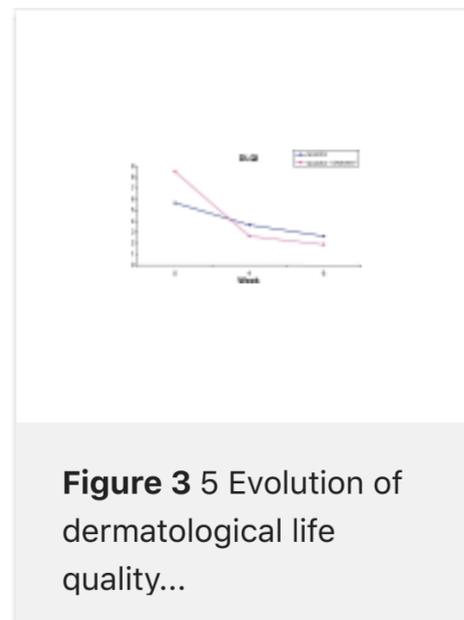
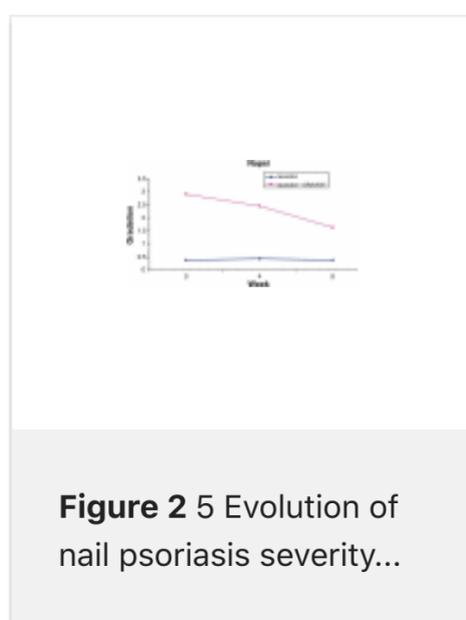
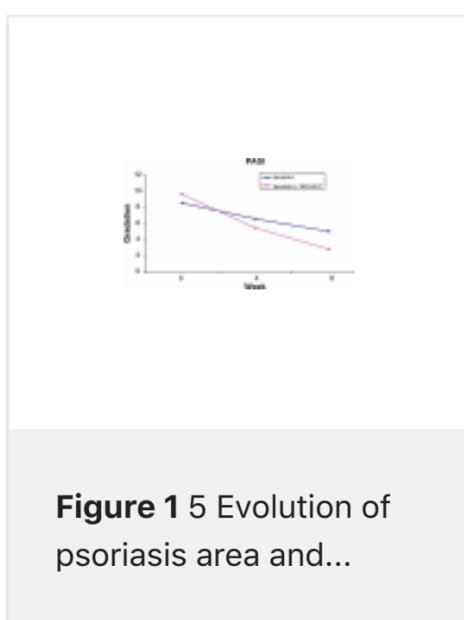




Figure 4 5 Patient 1:
reduction in erythema...



Figure 5 5 Patient 2:
reduction in
desquamation...

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