
Introduction

The Italian Society for Experimental and Clinical Therapeutics holds a yearly national meeting. This year's meeting was held in Brescia at the beginning of March. One of the characteristics of the meeting is to address in a timely manner topics that are relevant to cardiovascular therapy. One of these topics, identified by the scientific committee, was the use of polyunsaturated fatty acids of the omega 3 series in cardiovascular diseases. The round table resulted in an in-depth discussion on the role of these fatty acids in medicine, as some data suggested that perhaps the currently accepted role for this therapy should be reassessed. This derives from some recent trials and a meta-analysis published from 2010 to 2012. The focus of the symposium held was to address this topic and to provide a new meta-analysis on clinical trials using omega 3 fatty acids as drugs, not as dietary supplements, at a defined dose. In addition, the data on the biochemical background and the effect on plasma

lipids and lipoproteins were reviewed and discussed. The results suggest that omega 3 fatty acids have the potential for providing a cardiovascular benefit to high risk patients in addition to a role in controlling plasma triglycerides in dyslipidaemias. In addition, the anti-inflammatory role of omega 3 remains to be fully elucidated and clinical mechanistic studies are urgently needed to substantiate these findings.

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Co-Chair of the meeting

Conflict of interest

ALC has acted as speaker for Sigma-Tau industries.