

Stor undersøgelse finder at transfedtsyrer er forbundet med en øget risiko for endometriose, mens Omega-3 rige fødevarer er forbundet med en lavere risiko.

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Ny forskning, publiceret i Human Reproduction, viser at kvinder, hvis kost er rig på fødevarer, der indeholder Omega-3 olier er mindre tilbøjelige til at udvikle endometriose. Til sammenligning har dem, hvis kost er stærkt belastet med transfedtsyrer en øget risiko for at udvikle sygdommen, udtaler adjunkt Stacey Missmer.

Harvard Medical School Undersøgelsen - er den hidtidig største undersøgelse af sammenhængen mellem kost og risiko for endometriose. Den er den første prospektive undersøgelse der identificerer modificerbare risikofaktor for udviklingen af endometriose. De fandt, at det ikke var det samlede fedtindhold i kosten der var afgørende men i stedet typen af fedt [1]. Dr. Stacey Missmer udtaler: "Kvinder med det højeste forbrug af omega-3 fedtsyrer havde 0,78 gange større risiko for endometriose i forhold til dem, der havde det laveste forbrug.

Omvendt havde kvinderne med det højeste forbrug af transfedtsyrer 1,44 gange større risiko for at blive diagnosticeret med endometriose i forhold til dem, der havde det laveste forbrug. Dette giver yderligere beviser for, at en sund kost ikke nødvendigvis er fedtfattig men snarere er lav i usundt fedt og højere i sunde fedtstoffer".

Undersøgelse omfattede næsten 120.000 amerikanske sygeplejersker, der var i alderen 25-42 år, og som ikke var blevet diagnosticeret (hverken klinisk eller kirurgisk) med endometriose ved starten af forsøget. Efterforskerne indsamlede detaljerede oplysninger om kvindernes kost i løbet af 12 år og identificeret de personer, der var og ikke var diagnosticeret med endometriose. Baseret på resultater fra dyrestudier og viden om hvordan fedtsyrer påvirker prostaglandin produktionen og inflammation, blev det antaget, at sunde fedtstoffer kendt som Omega-3 fedtsyrer (det fedt der er i fede fisk som laks og makrel samt i olivenolie) skulle være mere udbredt i kosten til kvinder, der forblev fri for endometriose.

Omvendt blev det antaget, at kvinder med indtog mest af den usunde form for fedt - transfedtsyrer (hydrogenerede olier, der findes i mange stegte og forarbejdede fødevarer) - ville have en større risiko for at blive diagnosticeret med endometriose. Det er faktisk, hvad der blev observeret.

Forfatterne understreger, at dette er den første store, prospektive undersøgelse af forholdet mellem fedt i kosten, og at disse organisationer skal have kopieret i flere populationer.

"Forhåbentlig er dette et tegn på, at storstilede undersøgelser af risikofaktorer for endometriose er muligt og vil bidrage til at forstå denne gådefulde sygdom. Tidligere epidemiologiske undersøgelser har været medvirkende til at identificere livsstilsfaktorer, som

forebygger hjerte-kar-sygdomme og flere former af kræft. Det er rimeligt at antage, at sådanne modificerbare faktorer venter på at blive identificeret for reproduktiv sundhed inklusiv endometriose. Desuden kan det næste skridt være at undersøge om kost ændringer, der reducerer mængden af transfedt og øger Omega-3 olier kan lindre symptomerne hos kvinder, der allerede har endometriose ”, siger Missmer.

Undersøgelsen er finansieret af det amerikanske National Institutes of Health.

Large study finds trans fats are linked to an increased risk of endometriosis and that Omega-3 rich foods are linked to a lower risk

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New research, published today in *Human Reproduction*, suggests that women whose diets are rich in foods containing Omega-3 oils might be less likely to develop endometriosis, whilst those whose diets are heavily laden with trans fats might be more like to develop the disease.



Lead author, Assistant Professor
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The study - which is the largest to have investigated the link between diet and endometriosis risk and the first prospective study to identify a modifiable risk factor for the condition - found that while the total amount of fat in the diet did not matter, the type of fat did [1].

Says Dr Stacey Missmer: "Women with the highest consumption of omega-3 fatty acids had 0.78 times the risk of endometriosis diagnosis compared to those who had the lowest consumption.

Women with the highest consumption of trans fats had 1.44 times the risk of endometriosis diagnosis compared to those who had the lowest consumption.

This provides more evidence that a healthy diet is not necessarily low in fat overall but rather is low in unhealthy fats and higher in healthy fats".

This study included nearly 120,000 US nurses who were aged 25-42 and who had not been diagnosed (neither clinically nor surgically) with endometriosis at the start of the study.

The investigators collected detailed information about their diets over 12 years and identified those who were and were not diagnosed with endometriosis. Based upon animal studies and the investigators' understanding of the influence that fatty acids have on prostaglandin production and inflammatory responses, it was hypothesised that healthy fats known as Omega-3 fatty acids (the fats in fatty fish such as salmon and mackerel and in olive oil) would be more prevalent in the diets of women who remained free of endometriosis.

Conversely, it was hypothesised that the women with diets highest in the most unhealthy form of fat - trans fats (which are hydrogenated oils found in many fried and processed foods) -- would have a greater risk of being diagnosed with endometriosis. This is indeed what was observed.

The authors stress that this is the first large, prospective study of the relation between fat in the diet and that these associations need to be replicated in additional populations.

"Hopefully this is evidence that large scale study of risk factors for endometriosis is possible and critical to understanding this enigmatic disease. Epidemiologic studies have been instrumental in identifying lifestyle factors that are now well substantiated recommendations from doctors to patients to prevent cardiovascular disease and several types of cancer. It is reasonable to believe that such modifiable factors are waiting to be identified for reproductive health as well", says Missmer, who added that "a next step could be to investigate whether dietary intervention that reduces trans fats and increases Omega-3 oils can alleviate symptoms in women who already have endometriosis".

The study has been funded by the US National Institutes of Health.

REFERENCES:

1. Missmer SA, Chavarro JE, Malspeis S, Bertone-Johnson ER, Hornstein MD, Spiegelman D, Barbieri RL, Willet WC, Hankinson SE. A prospective study of dietary fat consumption and endometriosis risk. *Hum Reprod* 2010 Epub