The benefits of long chain polyunsaturated omega-3 fatty acids (n-3 PUFA) from fish or administered as supplements remain controversial regarding prostate cancer (PCa). Based on the currently available evidence, no clear benefit of n-3 PUFA intake to generally reduce PCa incidence has been found. On the other hand, n-3 PUFAs have a clear influence on the development of already existing PCa. The intake of n-3 PUFAs considerably reduces the risk of metastasis and PCa-related mortality.

PMID: 25297488 [PubMed - in process]