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**The Importance of Omega-3 Fatty Acids in Cardiovascular System****Zeliha Selamoglu***Department of Medical Biology, Faculty of Medicine, Nigde Ömer Halisdemir University, 51240, Nigde, Turkey*

Heart failure, a common and serious public health problem accounting for substantial morbidity and mortality, is a systemic disease caused by the effect of complex neurohormonal, biochemical and inflammatory systems. Heart Failure prevalence is increasing because of ageing of the population. These marine n-3 polyunsaturated fatty acids (EPA and DHA), although found mainly in oily fish, are now found in commercially available supplements over the counter (as fish oils) or as concentrated pharmaceutical preparations. Fatty fish is the exclusive natural food source of EPA and DHA. The beneficial role of n-3 PUFAs on blood lipids, cardiac electrophysiology, endothelial function and blood pressure has been known. The use of supplements is on the rise due to the several health benefits attributed to them. In recent years, there has been much debate about the potential role of dietary supplementation with omega-3 fatty acids in the prevention of cardiovascular diseases.

**Biography**

Zeliha Selamoglu is a Professor in Medical Biology department of Nigde Ömer Halisdemir University, Turkey. She earned her PhD in Biology from Inonu University. She has published over 200 peerreviewed journal articles with over 3300 citations and many technical reports. She is a member of Society for Experimental Biology and Medicine: Associate Membership and European association for cancer research. She has served as Editorial Board member for many Journals.

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