

**Mayo Clinic Minute**

**Figuring out fish oil**

<b>Video</b>	<b>Audio</b>
	Does fish oil really help reduce your risk of heart disease? Dr. Stephen Kopecky says, "yes."
<b>Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic</b>	"You probably ought to eat about 6 ounces of fish three times a week. Almost a pound of fish a week would be the idea. Most people don't do that."
	Fish oil is a source of omega-3 fatty acids, which are essential for muscle function, including that of your heart. Omega-3s help reduce the risk of heart attacks, high triglycerides and high blood pressure. Dr. Kopecky says people who have high cholesterol and triglycerides over 200, and people who are vegan or don't eat fish should consider taking omega-3 supplements.
	"Taking a pill doesn't replace good lifestyle."
	Dr. Kopecky says taking an omega-3 supplement plus regular exercise, not smoking, getting sufficient sleep, eating at least five servings of fruits and vegetables a day and, if you can, eating fatty fish, such as salmon or mackerel, can improve your heart health.
	"If you can do a little bit over time, it's been shown to help tremendously."
	For the Mayo Clinic News Network, I'm Vivien Williams.