**Eating oily fish may help you fight bowel cancer more effectively**

* **AFP, Paris**

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Bowel cancer patients can significantly boost their survival chances by including in their diet large quantities of foods rich in omega 3 fatty acids such as oily fish (tuna, salmon), revealed a study on Wednesday.

Analysis of data from more than 1,70,000 people in the United States revealed that among 1,659 who developed bowel cancer, there was a strong correlation between higher omega 3 intake and lower risk of death, it said.

“Compared with patients who consumed less than 0.1 grams of omega 3 fatty acids daily, those who consumed at least 0.3 grams daily after their diagnosis, had a 41% lower risk of dying from their disease,” said a statement on the findings published in the British journal Gut.

“If the findings can be reproduced in other studies, patients with bowel cancer might benefit from boosting their oily fish intake to help prolong their survival.”

Further research was needed to prove the link was not coincidental, and that omega 3 actively lowered death risk, said the team.

Yet, the findings “provide the first line of population-based evidence for the potentially positive impact of oily fish omega 3 fatty acids on bowel cancer survival”.

Omega 3s play a crucial role in growth and healthy brain function, but cannot be manufactured by the human body.

They are ingested through so-called “fatty” fish and other seafoods, some plants, and certain nut oils.