

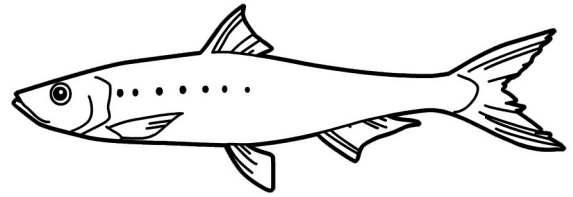
Dlana inhlanzi, uphile isikhathi eside

Igama:

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Ukuzijwayeza ukudla inhlanzi egcwele amafutha e-Omega 3 kungenza impilo yakho ithi ukuba yinde. Lokhu kuvezwa ucwaningo olusha.

Ucwaningo olwenziwa kubantu abadala abangaphezulu kwezi-2,600 labo abanezinga eliphezulu lamafutha e-Omega 3 atholakala kusalimoni, imakhareli, iheringi, osayidinsi kanye neshuna baphila isikhathi esithe xaxa ngeminyaka emibili uma kuqhathaniswa nalabo abanezinga eliphansi lalamafutha egazini labo.

"Lolu akulona ucwaningo lwemikhiqizo yokusekela impilo equkethe amafutha enhlanzi, ucwaningo lwamazinga amafutha e-Omega 3 egazini okuhlobene nendlela umuntu adla ngayo; kusho umcwaningi uDkt. Dariush Mozaffarian, usolwazi wezezifo e-Harvard School of Public Health esendaweni yase-Boston.

Ucwaningo lwashicilelwa ngo-1 Ephreli kwijenali ebizwa ngokuthi nge-Annals of Internal Medicine, aluvezi ukuthi isiqinisekiso sokuthi ukudla inhlanzi kwenza umuntu aphile isikhathi eside, kodwa luveza ukuthi kungase kube khona ukuxhumana kulokhu.

"Izinga lamafutha e-Omega 3 egazini kuhlobene nezinga eliphansi lobungozi bokufa, ikakhulukazi ukufa okuhlobene nokushaywa inhliziyo" kuchaza u-Mozaffarian.

U-Mozaffarian wathola ukuthi abantu abanezinga eliphezulu lamafutha e-Omega 3 banciphisa amathuba abo obungozi bokufa kwanoma iluphi uhlobo ngamaphesenti angama-27 uma kuqhathaniswa nalabo bamazinga aphantsi. Kanti baba namazinga aphantsi ngamaphesenti angama-35 okufa ngenxa yesifo senhliziyo.

Inhlanzi iqukethe amaphrotheni kanye namafutha enza inhliziyo iphile kahle kanti nezinye izifundo zocwaningo ziveza ukuthi izidlo ezidle ngokuba nenhlanzi zehlisa ubungozi bokufa okuhlobene nokushaywa inhliziyo. Kodwa umthelela wezinye izinto ekufeni awucacile kusho u-Mozaffarian.

Esikhundleni sokulandela imibiko yababambiqhaza njengabanye abacwani, ithimba lika-Mozaffarian lazilinganisela lona izinga lamafutha ohlobo lwe-omega 3. Ekuqaleni kocwaningo, abacwani bahlaziya amasampula egazi, bahlola imizimba babuza nangesikompilo. Abakho ababambiqhaza, iningi labo lalineminyaka engu-74 ubudala, ababesebenzisa okokusekela impilo okuqukethe i-Omega 3.

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Ekulandelweni kwaseminyakeni eyi-16, kwashona abantu abayi=1, 625, abangama-570 ngenxa yezifo ezihlobene nenhliziyo. Ucwango lwathola ukuthi ukuba phezulu kwezinga le-Omega 3 kwakunciphisa amathuba oshona.

U-Alice Lichtenstein, ongumqondisi kanye nososayenzi osegogodile e-Cardiovascular Nutrition Laboratory ese-Tufts University endaweni yase-Boston, wagcizelela ukuthi yize noma kunokuhlobana, akuchazi ukuthi kunokuxhumana okuqondile.

Ukubuyezwa okuncane kwenziwe ngu: Kathleen Doheny

Imibuzo:

Yimuphi umlayezo walendaba?

Yingani amafutha ohlobo lwe-Omega 3 ekulungele?

Lwalungani empeleni ucwango?

Ucwango lwaveza ukuthini?
