

The aim of the study was to evaluate the efficacy of hypolipidemic action of ω 3 -polyunsaturated fatty acids in patients suffering from coronary heart disease (CHD) with postinfarction cardiosclerosis (PICS) and atherosclerotic lesions of carotid arteries up to 40%.

Methods. The study included 90 participants with CHD, PICS, atherosclerotic stenosis 1.0 mmol/l were achieved in 17.5% of patients with type IV HL and in 21.3% — with type IIB HL. According to the SF-36 questionnaire, 57.2% of those studied showed positive changes in physical health after being treated with ω 3 -PUFA.

Conclusion. As a result of the study, it was found that ω 3 -PUFAs have a hypolipidemic effect in patients with CHD (PICS, dyslipidemia and carotid atherosclerosis) and improve the quality of life of the patients.