



Omega-3 polyunsaturated fatty acids and *FADS* genotype: is personalised prevention of asthma on the horizon?

Vanessa Garcia-Larsen 

Program in Human Nutrition, Dept of International Health, The Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA.

Corresponding author: Vanessa Garcia-Larsen (vgla@jhu.edu)



Shareable abstract (@ERSpublications)

Findings replicated in two cohort studies showed that in children with a common fatty acid desaturase (*FADS*) variant, a higher intake of omega-3 fatty acids EPA and DHA was associated with a lower risk of asthma incidence in adolescence <https://bit.ly/3fJT5b3>

Cite this article as: Garcia-Larsen V. Omega-3 polyunsaturated fatty acids and *FADS* genotype: is personalised prevention of asthma on the horizon? *Eur Respir J* 2021; 58: 2101386 [DOI: 10.1183/13993003.01386-2021].

This single-page version can be shared freely online.

Copyright ©The authors 2021. For reproduction rights and permissions contact permissions@ersnet.org

Received: 17 May 2021
Accepted: 22 May 2021

Asthma is the most common chronic illness diagnosed in children. Despite the relatively steady trends in incidence observed in developed countries over the past 10 years [1], asthma remains one of the most frequent causes of hospital admissions in children, representing a major societal and public health concern [2]. The extensive body of epidemiological evidence examining the causes of asthma shows that this is a complex multifactorial disorder, with a combination of genetic, environmental and lifestyle-related factors involved in its causal pathway.