

R2 Project Update

Subjects who have more than two risk factors for cardiovascular disease, as determined in research study R1, are eligible for the R2 intervention study. The primary goal of the R2 research study is to determine if an Omega 3 fatty acid supplementation can improve lipid (cholesterol) levels as well as reduce inflammation and body fat in people with spinal cord injury (SCI).

To date, we have 17 subjects who have completed the study [8 intervention group/9 control group]. For this sample, the averages of the intervention versus control group are: 36 versus 39 years for age, 10 versus 11 years for injury, 2.75 versus 2.3 for number of risk factors, and 24 versus 28 for BMI. Interim results show improvement in cholesterol, HDL and LDL in the intervention group.

In summary, we hope that the data collected for this project can provide newer, more relevant information on cardiometabolic risk reduction in people with SCI after a 3-month Omega-3 fatty acid supplementation. These findings can potentially decrease the need for lipid-lowering therapy and, more importantly, may contribute essential data to a new prevention tool for people with SCI to use to effectively manage cardiometabolic risk.