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# Acute pancreatitis can be helped with virgin olive oil and fish fatty acids



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Olive oil for good health

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Acute pancreatitis is a very disturbing condition. The [National Digestive Diseases Information Clearinghouse \(NDDIC\)](#) has reported acute pancreatitis is inflammation of the pancreas which occurs suddenly and usually resolves in a few days with treatment. Every year about 210,000 people in the United States are admitted to the hospital with acute pancreatitis. Many people in Syracuse who have suffered from acute pancreatitis appreciate news on natural interventions to help prevent this annoying illness from occurring again.

Nutrition Horizon has reported "[Virgin Olive Oil & Fish Fatty Acids Help Prevent Acute Pancreatitis.](#)" It has been shown that oleic acid and hydroxytyrosol, which are present in a particularly high concentration in virgin olive oil– and n-3 polyunsaturated fatty acids, found in fish, affect the cellular mechanisms which are involved in the development of acute pancreatitis. Oleic acid and hydroxytyrosol can therefore be considered potential functional ingredients, since they may prevent or lessen the intensity of this disease.

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Researchers at the University of Granada Physiology

Department examined the role of the Mediterranean diet ingredients in the prevention and mitigation of cell damage. The University of Granada scientists have evaluated the role of antioxidants from a preventive approach, that is, via using an experimental model in mice in which cell damage is induced after pretreatment with these nutritional components.

María Belén López Millán, the author of this study, has said that "there is increasing evidence that there are oxidative-inflammatory processes involved in the origin of chronic diseases and that diet plays an important role in such processes. The antioxidant (phenolic compounds) and antiinflammatory (omega-3 fatty acids) effects of diet components (nutrients and bioactive compounds) prevent/mitigate the pathological incidence of oxidative-inflammatory processes".

**[Mandel News Service](#)**

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**By Harold Mandel**  
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After earning a medical degree (MD) Harold Mandel became interested in Natural Health Care when he discovered that orthodox medicine often does not...

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