

Dietary Fatty Acids, Hemostasis, and CVD Risk

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Abstract: Hemostasis involves a complex, delicately balanced system of factors, which normally form and degrade blood clots. Emerging evidence indicates that some hemostasis factors are associated with increased risk for cardiovascular disease (CVD). Accumulating evidence also suggests a relationship between dietary fatty acids and these emerging hemostatic CVD risk factors, although much of this evidence is incomplete or conflicting. This article provides an overview of hemostasis and affects different dietary fatty acids have on hemostatic systems.