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Nota di contenuto	Intro -- FISH CONSUMPTION AND HEALTH -- FOOD AND BEVERAGECONSUMPTION AND HEALTH -- FISH CONSUMPTION AND HEALTH -- Contents -- Preface -- Fish Consumption and Health -- Abstract -- Introduction -- 1. All Cause Mortality -- 2. Cardiovascular Disease -- 2.1. Coronary Heart Disease Mortality -- 2.2. Acute Coronary Syndromes -- 2.3. Cardiac Arrhythmias - Sudden Cardiac Death -- 2.4. Stroke -- 2.5. Pathophysiological Mechanisms -- 2.6. Inverse Results -- 3. Cancer -- 3.1. Colorectal Cancer -- 3.2. Breast Cancer -- 3.3. Endometrial Cancer -- 3.4. Prostate Cancer -- 3.5. Lung Cancer -- 3.6. Renal Cell Carcinoma -- 4. Rheumatoid Arthritis -- 5. Pulmonary Function -- 5.1. Asthma -- 6. Neurodevelopment -- 7. Neuropsychiatric Disorders -- 7.1. Alzheimer's Disease -- 7.2. Depression -- 7.3. Postpartum Depression -- 8. Fish Contaminants -- 8.1. Mercury -- 8.2. Polychlorinated Biphenyls -- Dietary Guidelines -- Guidelines for Women ofChildbearing Age and Children -- Conclusion -- References -- How to Obtain the Health BenefitsAssociated with Eating Fish fromother Sources -- Abstract -- Introduction -- Health Benefits of Fish -- Alternative Sources for theHealth Benefits of Eating Fish -- Summary and Conclusion -- Disclosure -- References -- Differences in Understandingof the Risks and Benefits of FishConsumption in Three Coastal Estuariesin New York and New Jersey -- Abstract -- Introduction -- Methods -- Results -- Discussion --

Locational Differences in Information Base -- Conclusions --  
 Acknowledgments -- References -- Fish Consumption: A Paradox of  
 Good Health -- Abstract -- 1. World Fish Production and Consumption  
 -- 2. Benefits of Fish Consumption -- 3. Fish Contamination by  
 Chemicals and Effect of Consumption -- 4. Aquaculture and  
 Aquaculture Production -- 5. Safe Fish Production in Controlled  
 Environment -- Conclusion -- Acknowledgment -- References.  
 References -- Protein-Energy Wasting, Chronic Inflammation and  
 PUFAS: Metabolic and Cardiovascular Risk in ESRD -- Abstract --  
 Introduction -- Methods -- Results -- Discussion -- Conclusion --  
 References -- Omega-3 Dietary Supplements and the Risk of  
 Cardiovascular Events: A Systematic Review -- Abstract -- Methods --  
 Results -- Discussion -- References -- Fish Consumption and Cancer:  
 Summary of Evidence -- Abstract -- Background: -- Recent Evidence  
 on the Dangers of Fish Consumption -- Bioaccumulation and  
 Biomagnification of Toxins in Fish Tissues -- USFDA Guidelines and  
 Recommendations -- Fish Consumption: Geographic Variation -- Fish  
 Oil Supplements -- Methods -- Results -- Breast Cancer -- Colorectal  
 Cancer -- Prostate Cancer -- Gastric Cancer -- Lung Cancer --  
 Esophageal Cancer -- Conclusion -- References -- Federal and State  
 Advisories on Mercury in Seafood: An Assessment of Women's  
 Fish Consumption Behaviors and Advisory Awareness -- Abstract --  
 Introduction -- Fish Consumption: Risks and Benefits -- A Review of  
 Relevant Literature -- An Estimation of Advisory Compliance --  
 Conclusion -- References -- Emerging Health Risk Due to Shellfish  
 Consumption? -- Abstract -- PSP (Paralytic Shellfish Poisoning) -- ASP  
 (Amnesic Shellfish Poisoning) -- NSP (Neurotoxic Shellfish Poisoning)  
 -- DSP (Diarrhetic Shellfish Poisoning) -- References -- Role of  
 Parenteral Fish Oil Lipid Emulsions in Pediatric Nutrition: Benefits and  
 Concerns -- Abstract -- Introduction -- Soy Bean Oil and PNALD --  
 Fish Oil as an Alternative Lipid Source -- Clinical Experience with Fish  
 Oil Based Lipid Emulsions -- Additional Benefits of Fish Oil --  
 Conclusion -- References -- Do Specific Immunoglobulin E Levels Have  
 any Role in the Diagnosis of Corn Allergy in Children? -- Background  
 -- Patients and Methods -- References -- Index.

## Sommario/riassunto

This book presents current research on the benefits as well as the risks  
 of fish consumption. The health benefits discussed include the  
 reduction of cardiovascular disease, the decreased risk of various  
 malignancies, specifically, colorectal, breast, prostate and lung cancers.  
 Public perceptions of both the benefits and risks of self-caught fish by  
 people in the coastal estuaries of New York and New Jersey are also  
 presented. Contaminants that accumulate in the tissue of the fish and  
 the associated risks are examined as well. This book presents new  
 emerging health problems being linked to shellfish consumption. New  
 studies are included on fish consumption in reproductive-aged women  
 as related to foetal health. Finally, since there is a reduced availability  
 of fish in an ever increasing world population, the possibility that the  
 health benefits of eating fish can be obtained by largely vegetable  
 sources is discussed.