National Institute of Environmental Health Sciences

Dermatomyositis: Can Fish Oil Help?

Fatty Acid Supplementation Trial for Dermatomyositis (FAST for DM)

Do you suffer from Dermatomyositis? Join a new clinical trial to learn if fish oil supplements and a healthy diet can help. Fish oil is rich in omega-3 fatty acids, which researchers believe may decrease Dermatomyositis and increase muscle strength. Participation lasts for 9-12 months.

Who can participate?

- Adults 18-60 years old.
- Experiencing mild to moderately active Dermatomyositis or Juvenile Dermatomyositis.
- Ability to read English and access the internet for completing questionnaires and viewing diet coaching materials and videos.
- Residents of the United States.

What is required?

- Take 4 small fish oil softgel capsules or placebos twice a day.
- Participate in dietary education and coaching.
- Follow a generally healthy diet and periodically report foods eaten.
- Attend 5 in-person visits to the NIH Clinical Center, up to 6 days each. Participate in 2 telehealth visits between in-person visits.
- Provide blood, urine, and stool samples. Get MRIs and other imaging scans.
- Wear a watch-like device that will track your activity level and sleep patterns.

What is provided to participants?

- Compensation up to $800 after 5 visits over 9 months.
- Health care evaluations and testing, dietary coaching, and study medication are provided at no cost.
- Travel expenses are not reimbursed.

Who is running the study?

- This investigational study is being conducted by Lisa Rider, M.D., and Adam Schiffenbauer, M.D., at the Environmental Autoimmunity Group (EAG), National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health Clinical Center, 10 Center Drive, Building 10, Bethesda, Maryland.

For information about this clinical trial:

- Call 1-888-411-1222.
- Email: FASTDMSupport@nih.gov.
- Visit our website at www.joinastudy.niehs.nih.gov.
- Visit ClinicalTrials.gov at https://bit.ly/4neSQpK.