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**From:** lissa.scott [lissa.scott@verizon.net]  
**Sent:** Sunday, March 30, 2008 8:26 PM  
**To:** 'extmagdrl@yahooogroups.com'  
**Subject:** DOE Topic #46: Aggression & Omega-3 Deficiency?

Hi All,

I'm catching up on reading this weekend and just saw a very interesting article in Cornell University's College of Veterinary Medicine health and behavior newsletter "Dog Watch." The article is in their Short Takes segment, and reports on a linkage between canine aggression and an Omega-3 fatty acid deficiency. I'm sharing this information as Dog Owner Topic #46: Aggression & Omega-3 Deficiency?

According to a study published in the March 2008 edition of the Journal of Veterinary Research Communications (summary here: <http://tinyurl.com/3xqknk>), veterinarians at Italy's University of Pavia found that there may be a biochemical or nutritional basis for aggression in dogs. Their research showed that compared to normal dogs, aggressive dogs had lower levels of omega-3 DHA, which is critical to brain cell membrane function. The aggressive dogs in this study also had higher omega6/omega-3 ratios which are associated with depression and aggression in humans. The study's results suggest that low Omega-3 fatty acids may affect behavior in dogs, resulting in a greater susceptibility to aggression.

Earlier studies on Omega-3's benefits to dogs have already shown that it promotes the release of the mood-mellowing brain chemical serotonin, helps arthritis, improves skin, coat, and joint health, vision, and heart function. The new Pavia research will prompt further studies to identify linkages between canine diet and behavior.

There are several web sites that cite this study, and questions have already arisen on whether giving Omega-3 supplements to rescue dogs could help make them more adoptable, or may help dogs stay with their families by making them better companions. The jury is still out on these possibilities, nevertheless these would be great news for rescues and even greater news for dogs!

As always, thanks for educating yourself to benefit all dogs and their owners.

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MAGDRL events: <http://www.lissa.net/Joya/MAGDRL.htm>  
Bloat info: [http://www.lissa.net/Joya/Merlot\\_bloat.htm](http://www.lissa.net/Joya/Merlot_bloat.htm)  
Gastropexy info: <http://www.lissa.net/Joya/Lapro-Pexy.htm>  
*"A dog is the only thing on earth that loves you more than he loves himself." - Josh Billings*

