

Accepted Manuscript

Differentiating the Biological effects of linoleic acid from arachidonic acid in health and disease

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PII: S0952-3278(18)30112-1
DOI: [10.1016/j.plefa.2018.05.004](https://doi.org/10.1016/j.plefa.2018.05.004)
Reference: YPLEF 1925



To appear in: *Prostaglandins, Leukotrienes and Essential Fatty Acids (PLEFA)*

Received date: 1 May 2018
Accepted date: 24 May 2018

Please cite this article as: Jessie Burns , M.T. Nakamura , David W.L. Ma , Differentiating the Biological effects of linoleic acid from arachidonic acid in health and disease, *Prostaglandins, Leukotrienes and Essential Fatty Acids (PLEFA)* (2018), doi: [10.1016/j.plefa.2018.05.004](https://doi.org/10.1016/j.plefa.2018.05.004)

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Highlights

- Dietary fatty acids are associated with the development of many chronic diseases, such as
- obesity, diabetes, cardiovascular disease, metabolic syndrome, and several cancers. This review
- focuses on the combined and individual roles of n-6 polyunsaturated fatty acids (PUFAs) linoleic
- acid and arachidonic acid as they relate to immune and inflammatory response, cardiovascular
- health, liver health, and cancer. This review importantly highlights gaps in our knowledge
- regarding the basic role of linoleic acid and arachidonic acid in health and need for further
- research in this area. The prevailing view that linoleic acid and arachidonic acid are proinflammatory
- may have been over simplified which is further complicated by their relationship
- with n-3 PUFA. We hope this review highlights important questions and directions for further
- research in the field of fatty acids

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