



Effective Health Care

Cetyl Myristoleate (CMO) for Treatment of Arthritis Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Cetyl myristoleate (CMO) for treatment of arthritis does not fit within the domain of the Effective Health Care Program because there is insufficient available research to conduct a systematic review. No further activity will be undertaken on this topic.

Topic Description

Nominator: Individual

Nomination Summary: The nominator asks whether cetyl myristoleate (CMO) is effective for treating symptoms of rheumatoid arthritis, osteoarthritis, and psoriatic arthritis. The nominator also questions whether CMO has been studied for use in other inflammatory conditions.

Key Questions from Nominator: None

Considerations

- Cetyl myristoleate (CMO) is an unsaturated fatty acid that is claimed to be beneficial for osteoarthritis and can be bought in the form of dietary supplements and creams in US drug stores and online. However, CMO is not FDA approved for the treatment of arthritis and there is very limited scientific evidence regarding efficacy. Therefore this topic does not meet criteria for EHC Program development. For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.