

Lifestyle factors and subsequent ischemic heart disease risk after hematopoietic cell transplantation

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(Survey administered July 2010 – June 2011)

This research examined the connection between lifestyle factors and cardiovascular risk conditions and their impact on ischemic heart disease and overall mortality in survivors of hematopoietic cell transplants (HCT). The study included 2,360 HCT survivors surveyed between 2010 and 2011, with a follow-up until 2016. Results showed that 162 participants (6.9%) reported ischemic heart disease at the baseline survey. Among those without ischemic heart disease initially, 4.3% developed it within five years. Lifestyle factors such as obesity, dyslipidemia, diabetes, and physical inactivity at baseline were linked to a higher risk of subsequent ischemic heart disease, while greater physical activity and fruit/vegetable intake were associated with lower overall mortality.

A significant association was found between adverse lifestyle factors and cardiovascular risk conditions, with subsequent ischemic heart disease and overall mortality in HCT survivors. The study highlights a dose-response relationship, indicating that the more adverse factors present, the higher the risk. Even within five years of follow-up, the results suggest that interventions targeting lifestyle improvements and cardiovascular risk management, even if only small improvements, could positively impact the health outcomes of this high-risk population.