

Influence of conventional cardiovascular risk factors and lifestyle characteristics on cardiovascular disease after hematopoietic cell transplantation

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(Survey administered July 2010 – June 2011)

This study aimed to explore the impact of lifestyle factors (such as smoking, diet, and physical activity) on the cardiovascular health of patients who survived at least one year after hematopoietic cell transplantation (HCT). The researchers surveyed over 2,300 HCT survivors, gathering information on demographics, health history, and lifestyle choices. They compared these survivors with a general population sample. The results showed that, despite HCT survivors reporting healthier lifestyles than the general population, they still faced a higher prevalence of cardiovascular conditions like stroke, cardiomyopathy, dyslipidemia, and diabetes. Notably, survivors adhering to recommended lifestyle choices had a reduced risk of cardiovascular problems, emphasizing the importance of lifestyle interventions in this population.

When compared with the general population, HCT survivors had a lower risk of ischemic heart disease but a higher risk of other cardiovascular conditions. Rates of hypertension were similar. The study highlighted that interventions promoting healthier lifestyles and effective management of conditions like obesity, hypertension, dyslipidemia, and diabetes could significantly reduce the cardiovascular burden in this group. Despite the challenges, the study encouraged clinicians to use the cancer experience as a motivating factor for survivors to adopt and maintain healthier lifestyles, ultimately improving their long-term cardiovascular health.