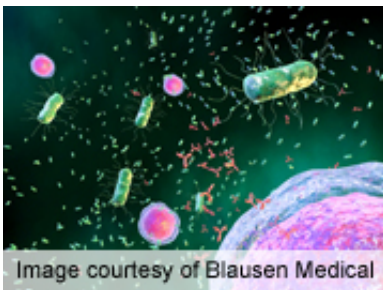


# Exercise cuts later CV risk in hodgkin's lymphoma survivors

October 16 2014

---



Exercise may lower the risk of treatment-related cardiovascular events in adult survivors of childhood Hodgkin's lymphoma, according to research published online Oct. 13 in the *Journal of Clinical Oncology*.

(HealthDay)—Exercise may lower the risk of treatment-related cardiovascular events in adult survivors of childhood Hodgkin's lymphoma, according to research published online Oct. 13 in the *Journal of Clinical Oncology*.

Lee W. Jones, Ph.D., of the Memorial Sloan Kettering Cancer Center in New York City, and colleagues used questionnaires to evaluate exercise behavior and occurrence of cardiovascular events in 1,187 adult survivors (median age, 31.2 years) of childhood Hodgkin's lymphoma.

The researchers found, over a median follow-up of 11.9 years (range, 1.7 years to 14.3 years), that the cumulative incidence of any

[cardiovascular event](#) at 10 years was higher among [cancer survivors](#) reporting zero metabolic equivalent (MET) hours/week<sup>-1</sup> of vigorous-intensity exercise (12.2 percent) than those reporting  $\geq 9$  MET hours/week<sup>-1</sup> (5.2 percent). Compared with cancer survivors reporting zero MET hours/week<sup>-1</sup>, the adjusted rate ratio for any cardiovascular event was 0.87 (95 percent confidence interval [CI], 0.56 to 1.34) for those reporting three to six MET hours/week<sup>-1</sup>, 0.45 (95 percent CI, 0.26 to 0.8) for those reporting 9 to 12 MET hours/week<sup>-1</sup>, and 0.47 (95 percent CI, 0.23 to 0.95) for those reporting 15 to 21 MET hours/week<sup>-1</sup>. Compared with cancer survivors who did not meet the guidelines for  $\geq 9$  MET hours/week<sup>-1</sup> of vigorous-intensity exercise, those who met the guidelines had a 51 percent reduction in the risk of any cardiovascular event.

"Vigorous exercise was associated with a lower risk of cardiovascular events in a dose-dependent manner independent of [cardiovascular risk](#) profile and treatment in survivors of Hodgkin lymphoma," the authors write.

Two authors disclosed financial ties to pharmaceutical and/or biomedical companies.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2014 [HealthDay](#). All rights reserved.

Citation: Exercise cuts later CV risk in hodgkin's lymphoma survivors (2014, October 16)  
retrieved 26 April 2024 from  
<https://medicalxpress.com/news/2014-10-cv-hodgkin-lymphoma-survivors.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private

study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.