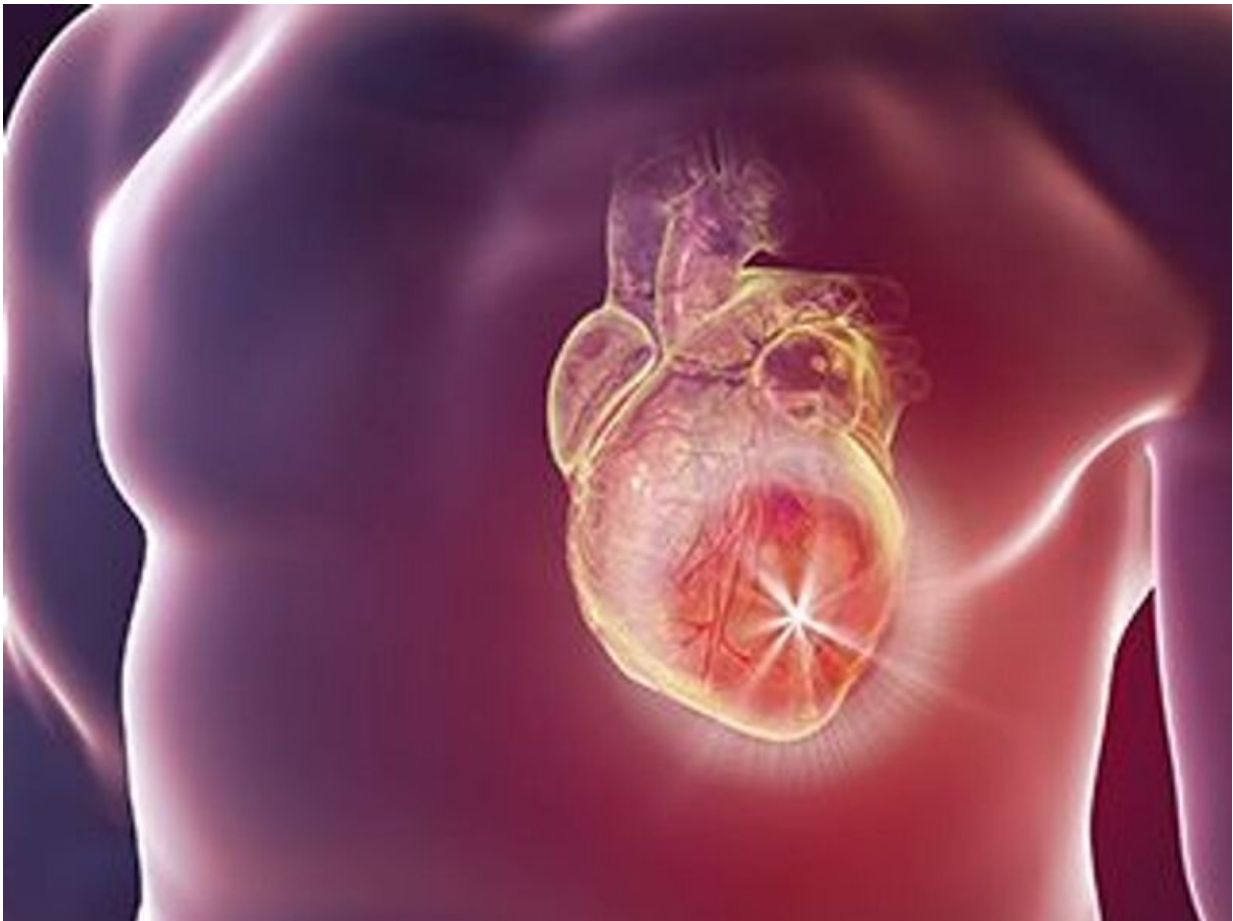


# Predicted heart age higher among cancer survivors

January 8 2021

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The excess heart age is more than five years higher among cancer

survivors, according to research published in the Jan. 8 issue of the U.S. Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*.

Lia C. Scott, Ph.D., from the CDC in Atlanta, and colleagues estimated predicted heart age (estimated from the 10-year risk for [cardiovascular disease](#) predicted by age, sex, diabetes status, smoking status, [systolic blood pressure](#), hypertension treatment status, and body mass index), excess heart age (difference between predicted heart age and actual age), and racial/ethnic and sociodemographic disparities in predicted heart age among U.S. cancer survivors aged 30 to 74 years.

A total of 22,759 male and 46,294 female cancer survivors were included, with a mean age of 48.7 and 48.3 years, respectively. The researchers found that among cancer survivors, the predicted heart age and excess heart age were 57.2 and 8.5 years, respectively, for men, and 54.8 and 6.5 years, respectively, for women, with variation noted by age, race/ethnicity, education, and income.

"By determining and communicating predicted heart age of cancer survivors at a personal level, cancer care teams can provide education to prevent long-term cardiovascular complications and improve quality of life and heart outcomes for [cancer survivors](#)," the authors write.

**More information:** [Abstract/Full Text](#)

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