Exercise may lower mortality in adult survivors of childhood CA

June 13 2018

(HealthDay)—For adult survivors of childhood cancer, vigorous exercise

in early adulthood is associated with reduced risk of mortality, according to a study published online June 3 in *JAMA Oncology*.

Jessica M. Scott, Ph.D., from the Memorial Sloan Kettering Cancer Center in New York City, and colleagues conducted a multicenter cohort analysis among 15,450 adult cancer survivors diagnosed before age 21 years from pediatric tertiary hospitals. The correlation between vigorous exercise in metabolic equivalent task (MET)-hours per week and change in exercise and mortality was assessed.

The researchers identified 1,063 deaths during a median follow-up of 9.6 years. At 15 years, the cumulative incidence of all-cause mortality was 11.7, 8.6, 7.4, and 8 percent for those who exercised zero, three to six, nine to 12, and 15 to 21 MET-hours/week, respectively. After adjustment for chronic health conditions and treatment exposures, a significant inverse association was seen across quartiles of exercise and all-cause mortality (P = 0.02 for trend). Compared with maintenance of low exercise, increased exercise over an eight-year period was correlated with a reduction in all-cause mortality rate among a subset of 5,689 survivors (rate ratio, 0.6; P = 0.001).

"Vigorous exercise in early adulthood and increased exercise over eight years was associated with lower risk of mortality in adult survivors of childhood cancer," the authors write.

More information: Abstract/Full Text (subscription or payment may be required)

childhood-ca.html