

Predicted heart age higher among cancer survivors

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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.

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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

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