


Cardiorespiratory Fitness and All-Cause Mortality in Cancer Survivors

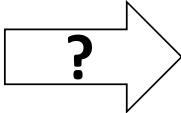
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Introduction

There is little evidence on cardiorespiratory fitness and mortality in cancer survivors.







In Cancer Survivors

Study Aim

- **To determine the associations between fitness and all-cause mortality in cancer survivors.**

Methods

- **Setting**
 - Aerobics Center Longitudinal Study (ACLS)
 - Mostly college graduates, Caucasians, executive/professional occupations
- **Population**
 - 2,891 adults aged ≥20 years (mean age, 53) with a cancer diagnosis at baseline
 - Medical exams during 1987-2003

Methods

Baseline

1987 ~ 2003

Dec. 2003

↑

Fitness Test

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Mortality follow-up (7 years)

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- 2,891 men and women
- No cardiovascular disease
- ≥ 85% of age-predicted maximal heart rate on the treadmill test

National Death Index

89 total deaths

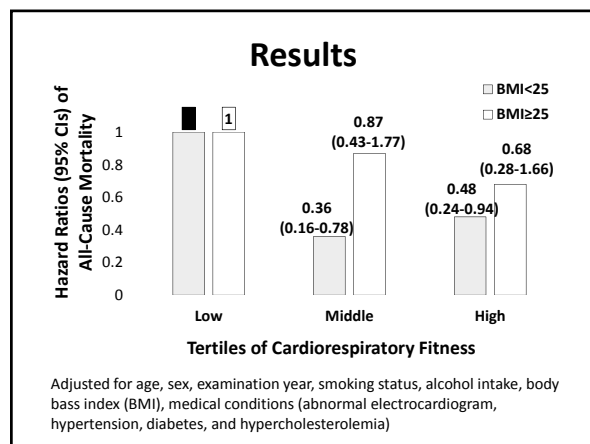
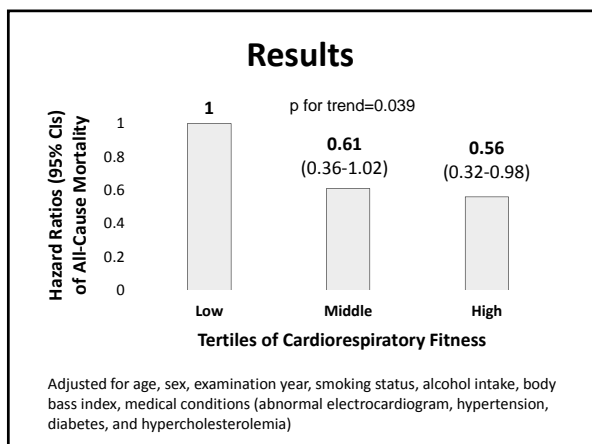
- 45 by cancer
- 25 by CVD
- 19 by other causes

Methods

- CRF in METs estimated based on the final treadmill speed and grade (modified Balke protocol).
- Tertiles (thirds) of age- and sex-specific treadmill time

CRF Category	Mean Maximal METs
Lower Third	8.7 METs
Middle Third	10.7 METs
High Third	13.1 METs

MET: metabolic equivalent



- ### Conclusions
- Moderate to high cardiorespiratory fitness is important for longevity in cancer survivals.
 - Cancer survivals should keep their fitness levels by participating in regular aerobic physical activity.

Thank you!