

Cardiovascular Risk Factor Control Among Survivors of Hodgkin Lymphoma Treated With Mediastinal Radiation

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INTRODUCTION

- Survivors of Hodgkin lymphoma (HL) treated with mediastinal radiation face substantially elevated long-term cardiovascular risk from radiation-associated vascular injury.¹
- Despite this heightened risk, contemporary trends in cardiovascular risk factor control in this population remain poorly characterized.

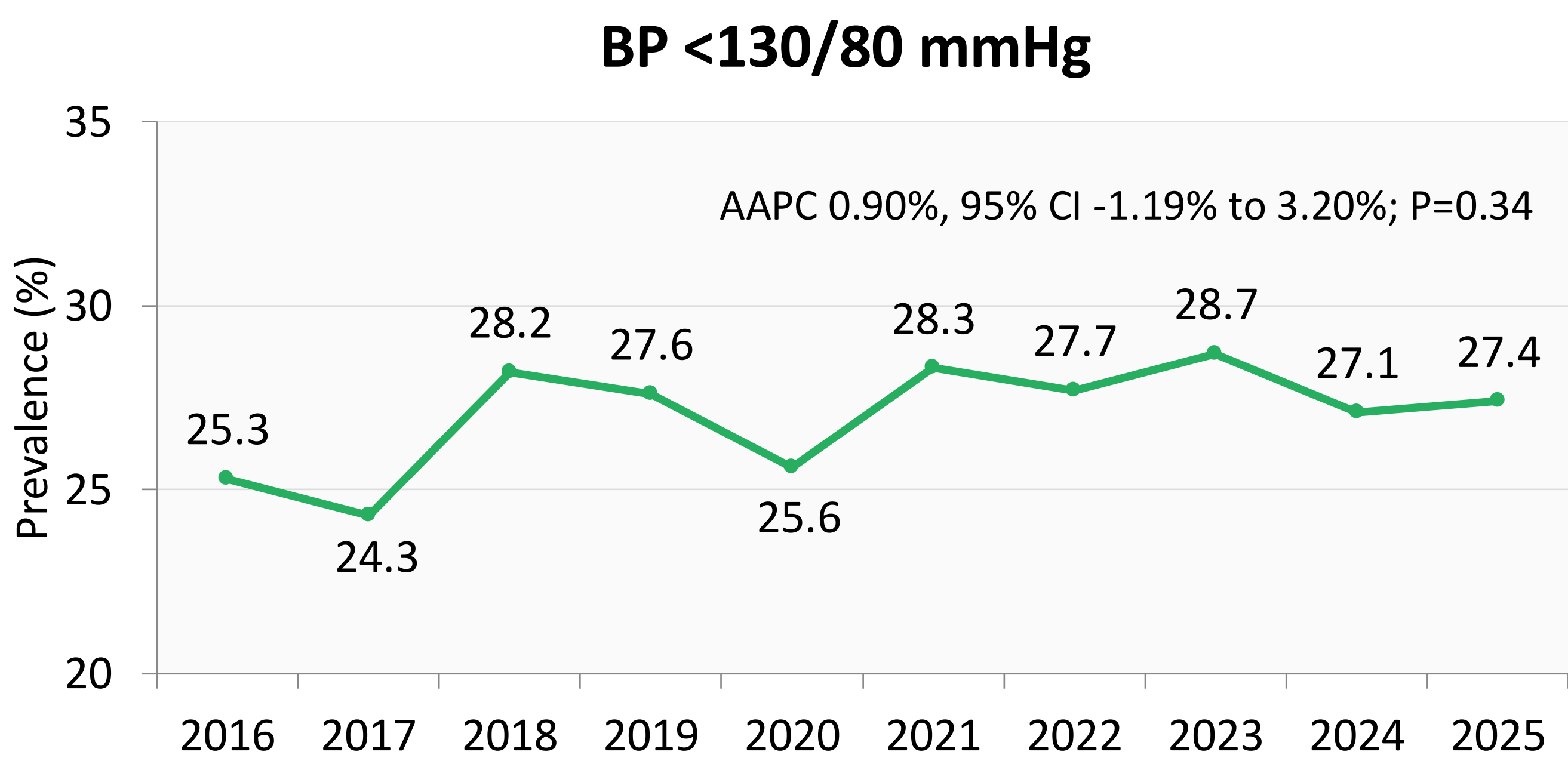
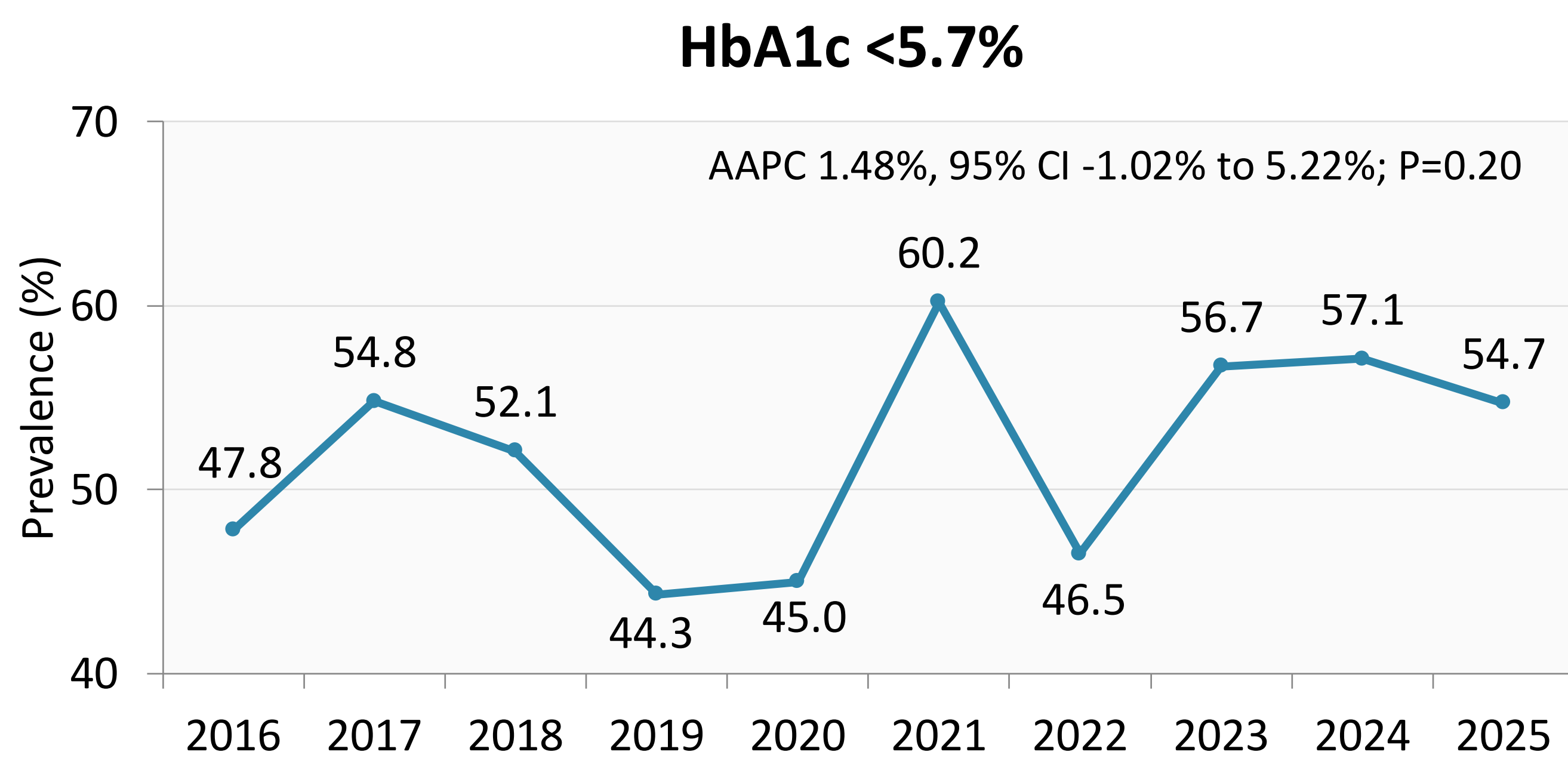
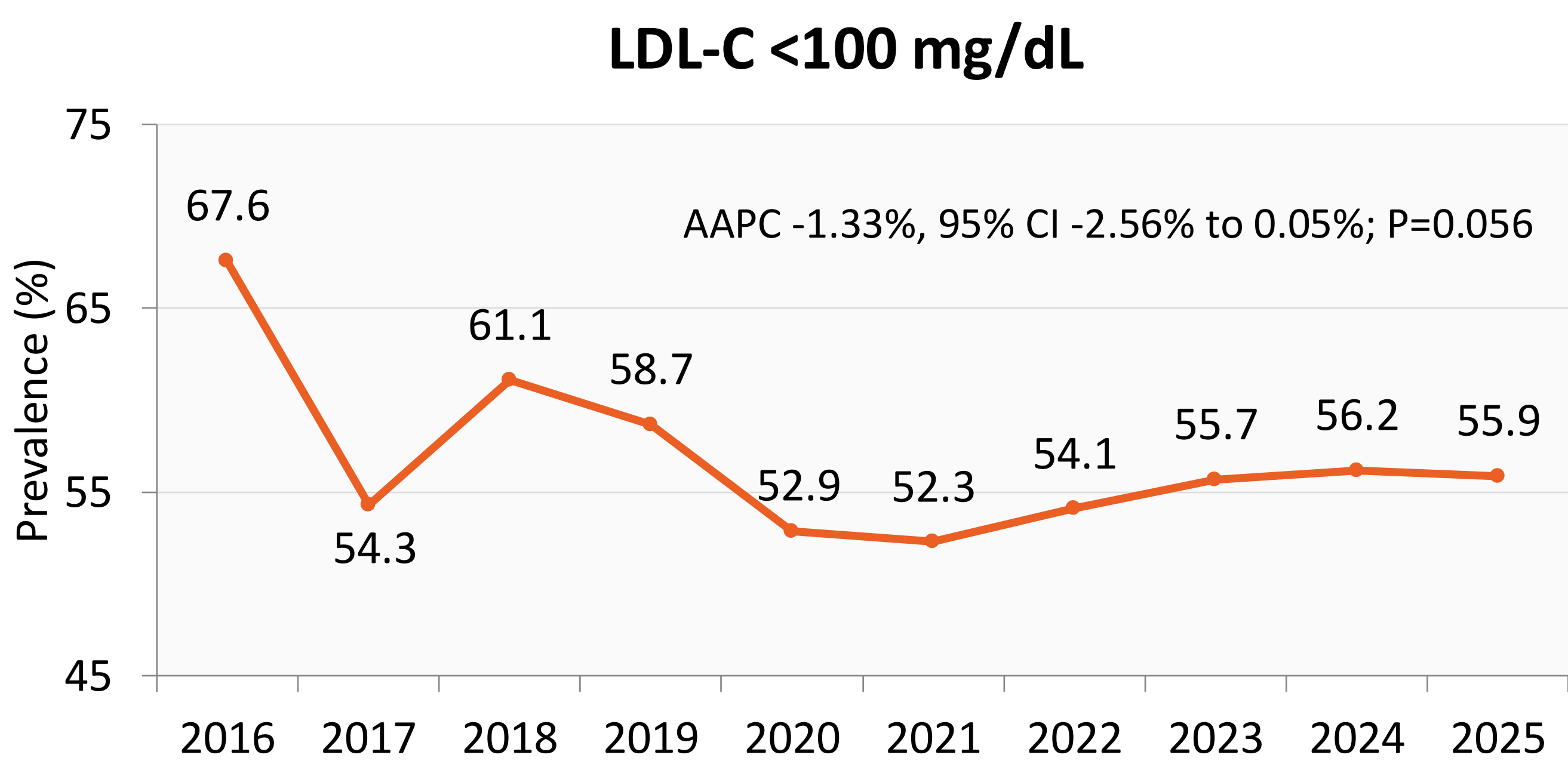
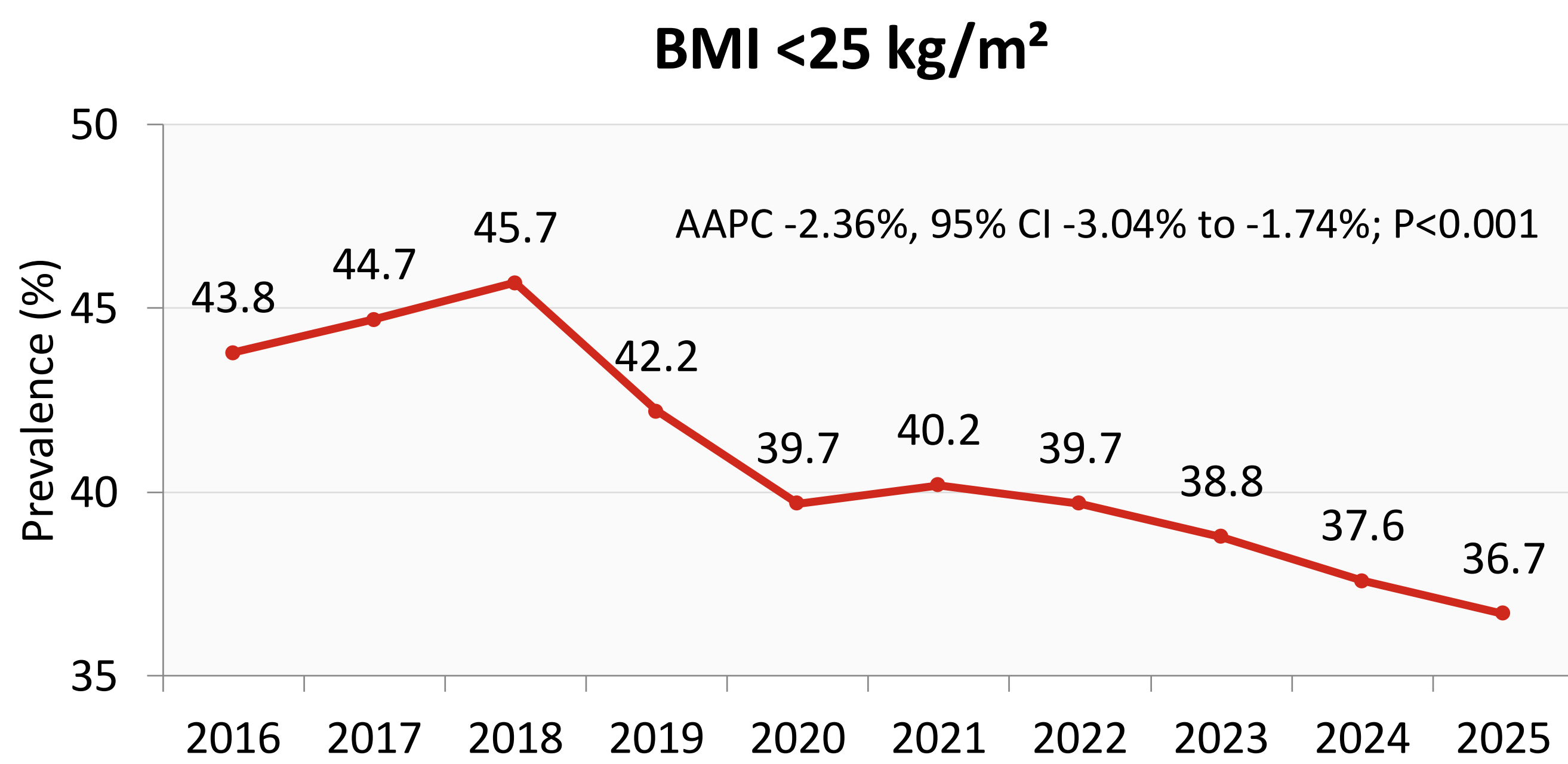
AIM

- To evaluate temporal trends in CVRF control among survivors of HL treated with mediastinal radiation over the past decade (2016–2025).

METHODS

- Design: Serial cross-sectional study
- Setting: 65 health systems within the TriNetX US Collaborative Network
- Patients: Adults receiving mediastinal radiation for HL between 2016–2025; n=1,096 (mean age 43.2 yrs, 51% male, 77.4% White).
- Outcomes: Annual prevalences of favorable cardiovascular risk factor measures, defined as BMI <25 kg/m², low-density lipoprotein cholesterol (LDL-C) <100 mg/dL, hemoglobin A1c <5.7%, and blood pressure <130/80 mmHg.
- Analysis: Temporal trends were evaluated using JoinPoint regression to estimate average annual percent changes (AAPC).

RESULTS



CONCLUSIONS

- Among survivors of HL with prior mediastinal radiation, cardiovascular risk factor control was poor across all measured domains.
- Weight management and lipid control worsened over the past decade, while glycemic and blood pressure control improved only modestly.
- These findings highlight important opportunities for cardiovascular risk reduction in a population at heightened risk of premature cardiovascular disease and underscore the need for proactive cardiometabolic care within HL survivorship frameworks.

REFERENCES

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