### LEARNING OBJECTIVES

The learner will be able to describe demographic and cancer-related factor among cancer survivors.

The learner will be able to identify the differences in metabolic syndrome component by cancer type among cancer survivors.

The learner will be able to identify the differences in metabolic syndrome component by gender and age group among cancer survivors.

### EXPANDED CONTENT OUTLINE

1) Regarding the general characteristics of cancer survivors, 62.5% were female, the mean age was 57.7, 77.5% were urban residents, and 34.7% were elementary school graduates. As for economic status, 25.8% fell under the 2nd lowest quartile, and 44.4% were currently economically active. Among the cancer survivors, 7.4% were current smokers, 36.8% drank alcohol more than once a month, and 20.7% exercised regularly. Regarding cancer-related characteristics of cancer survivors, the mean age upon cancer diagnosis was 50.1, and 35.3% were currently undergoing treatment. In terms of the type of cancer diagnosed, gastric cancer accounted for 19.6%; thyroid cancer, 18.5%; cervical cancer, 13.8%; breast cancer, 12.4%; colorectal cancer, 10.3%; liver cancer, 2.77%; and lung cancer, 2.21%.

2) Based on the diagnostic criteria of the American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement, the prevalence of metabolic syndrome was 46.9% in cervical cancer, 43.9% in colorectal cancer, 38.6% in lung cancer, and 35.9% in breast cancer.

3) Regarding gender, the prevalence of metabolic syndrome in female cancer survivors was 38.3%, which was significantly higher than that in male cancer survivors (30.4%) (p = 0.022). In the components of metabolic syndrome, there were differences depending on gender in waist circumference, low HDL-cholesterol, and high blood sugar. The rates of waist circumference obesity and high blood sugar were higher in female cancer survivors, while the rate of low HDL-cholesterol was higher in male cancer survivors. In terms of age, the prevalence of metabolic syndrome was higher as age increased, and the difference was statistically significant (p<.001): 18.4% in the young adult group (20-39 years), 27.9% in the middle age group (40-59 years), and 46.1% in the old age group (60 years and older). In the components of metabolic syndrome, high triglyceride, low HDL-cholesterol, and high blood sugar differed depending on the age group; as age increased, the rates of high triglyceride, low HDL-cholesterol, and high blood sugar became higher.