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HYPERTENSION AMONG CANCER SURVIVORS IN CAMEROON: PREVALENCE AND ASSOCIATED FACTORS IN A SUB-SAHARAN AFRICAN POPULATION

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Background: Hypertension prevalence among cancer patients is high. However, there is paucity of data on the burden of hypertension among cancer survivors in Cameroon where both conditions are highly prevalent. Objective: We aimed to determine the prevalence of hypertension its associated factors among cancer survivors. Methods: A hospital-based cross-sectional study was carried out from January to April 2025. Hypertension was defined as an average of two BP measurements with readings ?140/90 mmHg, a previous diagnosis of hypertension, or current use of antihypertensive medication. Logistic regression analysis was performed to identify factors associated with hypertension.

Results: Out of the 425 patients with cancer, 150(35.3%) (95% CI: 31.1–39.5) were diagnosed with hypertension. Of these, 83 (55.3%) were newly diagnosed while 67 (44.6%) had a previous diagnosis of hypertension. Among the 67 previously diagnosed hypertensive cancer patients, 61(91%) were on anti-hypertensive treatment. Factors associated with hypertension included age 51-66 years (AOR?=?4.85, 95% CI:1.47–16.07), age ?67 years (AOR?=?10.73, 95% CI: 3.09–37.29), married (AOR=2.62, 95% CI: 1.45-4.72, p = 0.001), lung cancer (AOR?=?4.68, 95% CI: 1.07–20.48), dyslipidaemia (AOR?=?3.06, 95% CI: 1.49–6.26) and dermatologic cancers (AOR = 5.36, 95% CI: 1.06-26.94, p = 0.042).

Conclusion: Hypertension is highly prevalent among Cameroon cancer survivors. It is crucial to perform routine screening in cancer patients with accurate in and out of office blood pressure monitoring.

Keywords: Hypertension, cancer survivors, Cameroon