

Link Between Colorectal Cancer and Cardiovascular Disease

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June 16, 2023 By [Colon Cancer Foundation](#)

Welcome back to our ongoing series exploring the intricate relationship between colorectal cancer (CRC) and various health conditions. Our previous post uncovered the association between [CRC and diabetes mellitus](#). Today, we embark on a new journey as we unravel the intriguing connection between cardiovascular disease and CRC. Through uncovering the latest research, we aim to shed light on shared risk factors and significant findings that emphasize the importance of addressing both these conditions.

Shared Risk Factors Identified

A [meta-analysis of 84 studies](#) involving over 52 million participants has unveiled a clear association between cardiovascular disease and CRC. The analysis confirmed that individuals harboring risk factors for cardiovascular diseases, such as obesity, high body-mass index, diabetes, and smoking, face an increased likelihood of developing CRC. These shared risk factors act as crucial indicators of potential health complications.

Intriguingly, the same study revealed a compelling insight: individuals who are obese and exhibit at least one metabolic abnormality, such as hyperglycemia, dyslipidemia, or hypertension, face a 31% higher risk of being diagnosed with CRC. This underscores the significance of managing weight and addressing metabolic health concerns as part of a comprehensive approach to reducing the risk of developing both cardiovascular disease and CRC.

A [study conducted in Taiwan](#) involving a substantial cohort of over 94,000 patients delved into the relationship between cardiovascular disease and CRC prognosis. The findings demonstrated that individuals diagnosed with CRC are more prone to developing cardiovascular disease, particularly coronary heart disease, within the first three years following their CRC diagnosis. This highlights the need for comprehensive health management strategies encompassing cancer treatment and cardiovascular health for CRC patients.

Uninsured and the Risk of CRC, Cardiovascular Disease

In a noteworthy [cohort study](#) published in June 2022, researchers examined over 197,000 cases of CRC from the SEER database to study the prognosis of CRC patients. They assessed mortality trends due to cardiovascular disease and identified risk factors to develop a predictive model for cardiovascular disease outcomes in this population. The study unveiled a significant risk factor: lack of insurance coverage. It was found that CRC patients without insurance faced a higher likelihood of cardiovascular death than those with health coverage. These findings emphasize the need for further exploration of the link between social determinants of health and health outcomes.

As we conclude our exploration of the connection between cardiovascular disease and CRC, it becomes increasingly evident that these two conditions share risk factors and impact each other's prognosis. This knowledge encourages a holistic approach to

healthcare that prioritizes overall well-being and seeks to achieve optimal health outcomes for individuals facing these conditions. By addressing common risk factors, focusing on metabolic health, and implementing comprehensive healthcare strategies, we can strive to minimize the impact of both cardiovascular disease and CRC.

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