

PROSTATE CANCER – Delaware 2012-2016

Risk Factors

- Diet high in red meat, high fat dairy
- Obesity
- Tobacco and heavy alcohol use
- Age (risk increases sharply after age 50)
- Race/ethnicity (African Americans- higher risk; Hispanics – lower risk)
- Nationality (higher risk for North American/Northwestern European)
- Family history, inherited DNA changes, gene mutations
- Higher levels of testosterone
- Infection and inflammation of prostate gland

Early Detection

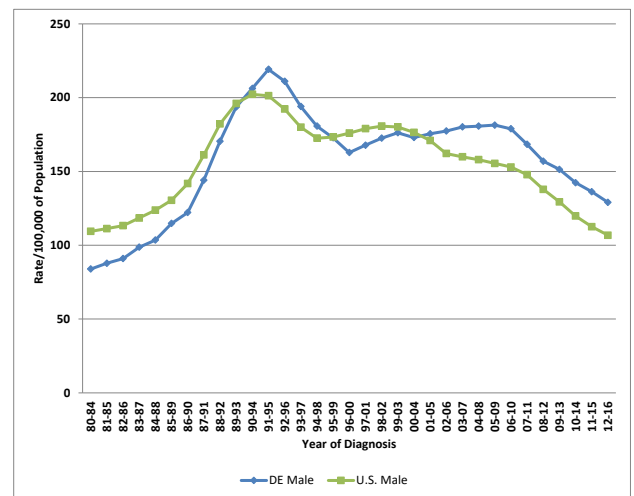
- An informed decision from physician whether to get screened as there are no mass screening efforts in Delaware
- High risk (African-American men) individuals should be screened at 40 and older
- Average risk individuals may be screened starting at age 50 (using informed decision making process with physician)
- Screening via prostate specific antigen (PSA) test with or without a digital rectal exam (DRE)

Delaware Prostate Cancer Facts

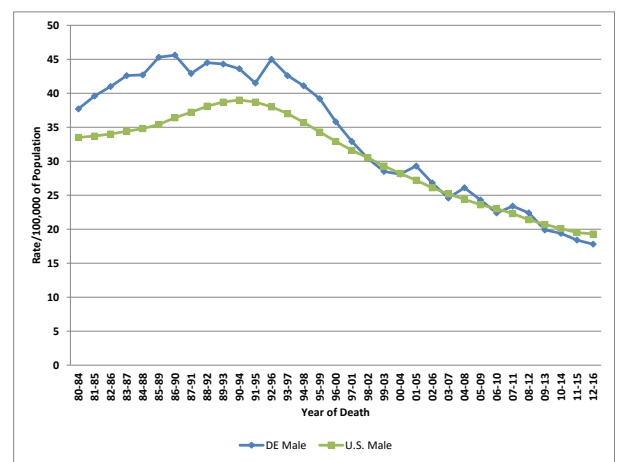
- In 2018, 38% of Delaware males 40 and older had a PSA in the past 2 years compared to 33% nationally
- It is the most common cancer diagnosed in men
- 26% of new cancer cases in men, 8% of all cancer deaths in men
- 69% of new cases are in non-Hispanic Caucasian men, 71% of deaths are in non-Hispanic Caucasian men

	Incidence	Mortality
National Rank	3 rd	46 th
Age Adjusted Rates [^]		
DE	129.1 (124.9, 133.4)	17.8 (16.1, 19.7)
US	106.8 (106.4, 107.3)	19.3 (19.2, 19.4)
DE – NH Caucasian	113.2 (108.8, 117.8)	15.3 (13.6, 17.2)
US – NH Caucasian	103.0 (102.5, 103.5)	18.1 (18.0, 18.2)
DE – NH African American	214.4 (200.5, 228.9)	33.8 (27.3, 41.3)
US – NH African American	175.3 (173.4, 177.1)	39.8 (39.3, 40.3)
DE – Hispanic	120.9 (97.1, 148.1)	---
US – Hispanic	86.6 (85.4, 87.7)	15.9 (15.6, 16.3)
DE – Male	N/A	N/A
US – Male	N/A	N/A
DE – Female	N/A	N/A
US – Female	N/A	N/A
Stage of Diagnosis		
Local	76%	---
Regional	9%	---
Distant	7%	---
Unknown	8%	---
Age at Diagnosis [*]		
0-39 Years	---	---
40-64 Years	210.4	6.9
65-74 Years	717.2	48.7
75-84 Years	563.5	146.8
85 Years and Older	387.5	409.6

Five-Year Age-Adjusted Prostate Cancer Incidence Rates, US and Delaware 1980-2016



Five-Year Age-Adjusted Prostate Cancer Mortality Rates, US and Delaware 1980-2016



NH – Non-Hispanic

[^]Age-Adjusted Rates/100,000 of Population (rates based on < 25 cases or deaths are not shown)

^{*}Age-Specific Rates/100,000 of Population (rates based on < 25 cases or deaths are not shown)

Data Sources

Delaware (Incidence): Department of Health and Social Services, Division of Public Health, Delaware Cancer Registry, 2019; (Mortality): Delaware Health Statistics Center, 2019

US (Incidence): Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018 sub; (Mortality): National Center for Health Statistics; SEER*Stat Database: Mortality-All COD, released December 2019

Screening: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2015.