

PROSTATE CANCER – Delaware 2010-2014

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

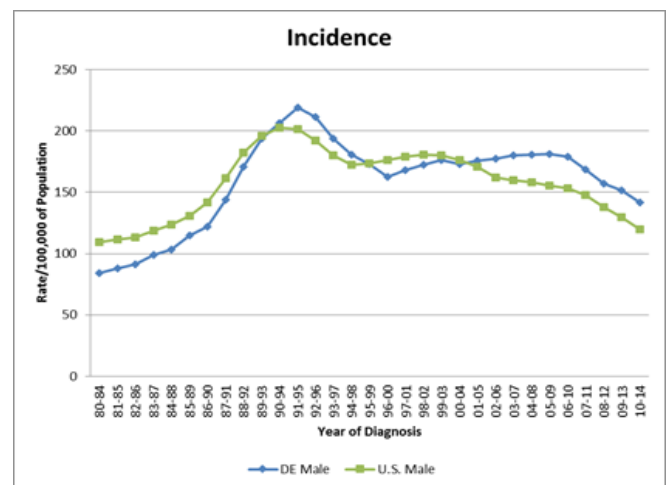
- An informed decision from physician whether to get screened as there are no mass screening efforts in Delaware
- High risk individuals should be screened starting at age 40
- Average risk individuals may be screened starting at age 50 (using informed decision making process)
- Screening via prostate specific antigen (PSA) test

Delaware Prostate Cancer Facts

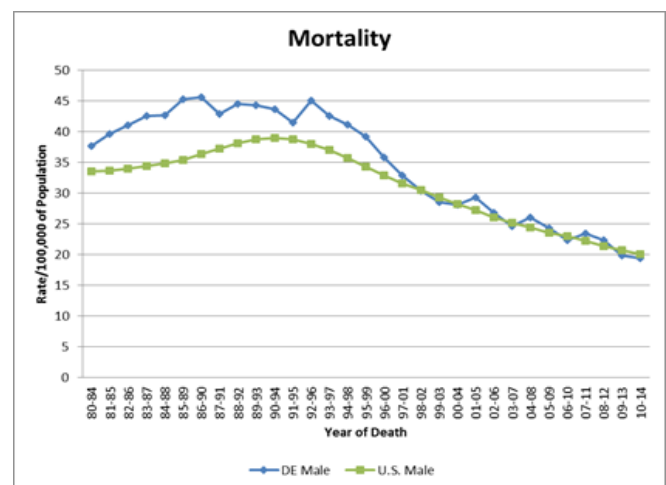
- In 2016, 45% of Delaware males 40 and older had a PSA in the past 2 years compared to 39% nationally
- It is the most common cancer diagnosed in men
- 27% of new cancer cases in men, 8% of all cancer deaths in men
- 72% of new cases are in non-Hispanic Caucasian men, 73% of deaths are in non-Hispanic Caucasian men

	Incidence	Mortality
National Rank	3 rd	42 nd
Age Adjusted Rates [^]		
DE	142.4 (137.8, 147.0)	19.4 (17.6, 21.4)
US	119.8 (119.4, 120.3)	20.1 (20.0, 20.2)
DE – NH Caucasian	129.1 (124.3, 134.1)	17.0 (15.1, 19.0)
US – NH Caucasian	116.0 (115.5, 116.6)	18.7 (18.6, 18.8)
DE – NH African American	217.9 (203.3, 233.3)	35.5 (28.6, 43.5)
US – NH African American	193.4 (191.3, 195.4)	42.9 (42.3, 43.5)
DE – Hispanic	139.1 (111.3, 171.0)	---
US – Hispanic	98.2 (96.9, 99.5)	16.6 (16.2, 17.0)
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	79%	---
Regional	9%	---
Distant	5%	---
Unknown	7%	---
Age at Diagnosis [*]		
0-39 Years	---	---
40-64 Years	187.9	6.4
65-74 Years	781.2	51.1
75-84 Years	591.4	159.5
85 Years and Older	454.3	445.8

Five-Year Age-Adjusted Prostate Cancer Incidence Rates, US and Delaware 1980-2014



Five-Year Age-Adjusted Prostate Cancer Mortality Rates, US and Delaware 1980-2014



Data Sources

Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2017

Delaware (Mortality): Delaware Health Statistics Center, 2017

US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2017

NH – Non-Hispanic

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

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