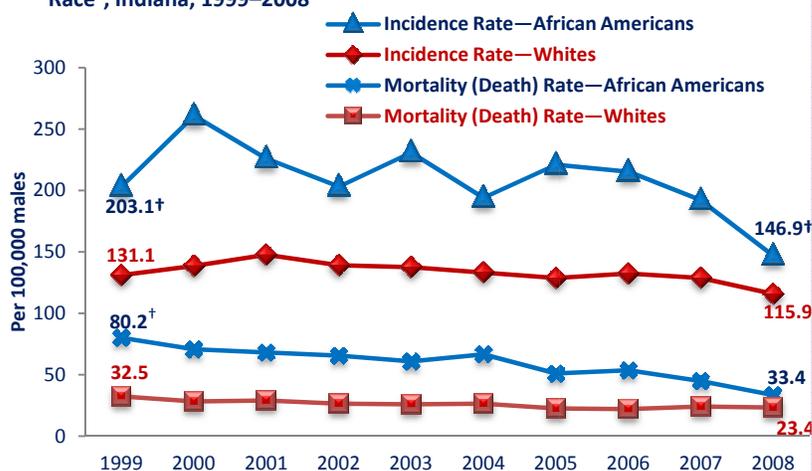


**PROSTATE CANCER** is an uncontrolled growth and spread of cells in the prostate, an exocrine gland in the male reproductive system. Excluding all types of skin cancer, prostate cancer is the most commonly diagnosed cancer and the second leading cause of cancer death among Hoosier men. During 2008, there were approximately 3,815 new cases of prostate cancer and 606 deaths as a result of prostate cancer. The incidence rate for black males is significantly higher than for white males (146.9 and 115.9 cases per 100,000).

Figure 1. Prostate Cancer Incidence and Mortality (Death) Rates by Race\*, Indiana, 1999–2008



\*Age-adjusted

†Significantly elevated ( $P < .05$ ) compared to white males

Source: Indiana State Cancer Registry

**PROSTATE** cancer risk increases with age, rising rapidly after age 50, with two out of three new diagnoses occurring among men over age 65. In addition, African American men are more likely to develop prostate cancer than any other racial or ethnic group, and they are more than twice as likely to die of the disease than white men.

Figure 2. Probability of Developing Prostate Cancer Over Selected Age Intervals by Race\* — United States, 2004-2006

Age	White	African American
30 to 39	0.01 (1 in 12,288)	0.02 (1 in 4,379)
40 to 49	0.27 (1 in 375)	0.6 (1 in 168)
50 to 59	2.14 (1 in 47)	3.78 (1 in 26)
60 to 69	6.23 (1 in 16)	9.75 (1 in 10)
70 to 79	8.02 (1 in 12)	11.17 (1 in 9)
<b>Lifetime risk</b>	<b>15.39 (1 in 6)</b>	<b>18.32 (1 in 5)</b>

\*For people free of cancer at beginning of age interval. Percentages and "1 in" numbers might not be equivalent because of rounding.

Source: DevCan: Probability of Developing or Dying of Cancer Software, Version 6.4.1. Statistical Research and Applications Branch, National Cancer Institute, 2009.

srab.cancer.gov/devcan (Adapted from the ACS's *Facts and Figures 2010*)

## Who Gets Prostate Cancer Most Often?

- ❑ Older men. The chance of developing prostate cancer rises rapidly after age 50, with two out of three new diagnoses occurring among men over age 65. Prostate cancer incidence rates increase among men until about age 70 and decline thereafter.
- ❑ African American men. African American men are more likely to develop prostate cancer (one in five lifetime incidence) than any other racial or ethnic group and they are more than twice as likely to die from the disease as white men. However, in Indiana, this disparity between African American and white men appears to be decreasing.
- ❑ Men with a family history of prostate cancer. Men with one first-degree relative (a father or brother) with a history of prostate cancer are two to three times more likely to develop the disease; those with more than one affected first-degree relative are three to five times more likely to be diagnosed with prostate cancer.

## Common Signs and Symptoms of Prostate Cancer

It is important to note that some men have no symptoms at all, and that many symptoms also occur frequently as a result of non-cancerous conditions, such as prostate enlargement or infection, and none of these symptoms are specific for prostate cancer. Symptoms of prostate cancer can include:

- ❑ Difficulty starting urination
- ❑ Weak or interrupted flow of urine
- ❑ Frequent urination, especially at night
- ❑ Difficulty emptying the bladder completely
- ❑ Pain or burning during urination
- ❑ Blood in the urine or semen
- ❑ Painful ejaculation
- ❑ Pain in the back, hips or pelvis that doesn't go away



## Early Detection

- ❑ Not all medical experts agree that screening for prostate cancer will save lives. The controversy focuses on cost of screening, the age groups to be screened, and treatments after diagnosis. Not all forms of prostate cancer need treatment.
- ❑ Potential benefits of prostate cancer screening include early detection and possible increased effectiveness of cancer treatment.
- ❑ Potential risks of prostate cancer screening can include false-positive tests results, overtreatment, and treatment that might lead to serious side effects such as impotence and incontinence.
- ❑ Given the potential risks linked to prostate cancer screening, it is vital for men to talk with their health care provider to become informed decision makers. Each man should:
  - Understand his risk of prostate cancer
  - Understand the risks, benefits, and alternatives to screening
  - Participate in the decision to be screened or not at a level he desires
  - Make a decision consistent with his preferences and values

## TAKE ACTION: Steps you can take to help prevent prostate cancer

- ❑ Eat at least five servings of fruits and vegetables each day
- ❑ Limit intake of red meats (especially processed meats such as hot dogs, bologna, and lunch meat)
- ❑ Avoid excessive consumption of dairy products (>3 servings per day) and calcium (>1,500 mg per day)
- ❑ Include recommended levels of lycopene (antioxidants that help prevent damage to DNA which are found in tomatoes, pink grapefruit and watermelon) and vitamin E in diet
- ❑ Meet recommended levels of physical activity (visit [www.cdc.gov/physicalactivity/everyone/guidelines/index.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html))

## GET INVOLVED: Join the Indiana Cancer Consortium (ICC)

- ❑ The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ❑ ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.
- ❑ Become a member at [www.indianacancer.org](http://www.indianacancer.org).

## Community resources

- ❑ For a prostate cancer toolkit with resources and information, visit <http://indianacancer.org/prostate-cancer-toolkit/>.
- ❑ To learn more about the prostate cancer burden in Indiana, refer to the [Indiana Cancer Facts and Figures 2012](http://www.indianacancer.org) report at [www.indianacancer.org](http://www.indianacancer.org).
- ❑ For prostate cancer support and resources, including survivor stories and videos, visit the [Prostate Cancer Foundation](http://www.PFC.org) at [www.PFC.org](http://www.PFC.org).

## References

1. 1. Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; *Indiana Cancer Facts and Figures 2012*. March, 2012. Available at <http://indianacancer.org/resources-for-indiana-cancer-consortium-members/indianacancerfactsandfigures2012/>. Updated cancer statistics are available online from the Indiana State Cancer Registry Statistics Report Generator at <http://www.in.gov/isdh/24360.htm>.