



Chronicle of Indiana Cancer Control

September 26, 2023

Spotlight

Prostate Cancer

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 men in the United States and Indiana. In Indiana in 2019, there were 4,084 new cases of invasive prostate cancer diagnosed and 643 deaths [See Table 1].

In 2019, the incidence rate for African-American males was significantly higher when compared to white males (146.6 and 85.3 cases per 100,000). The mortality rate was also significantly higher for African-American males compared to white males (30.9 and 13.7 cases per 100,000) for the same year [Table 1].¹

Table 1. Burden of Invasive Prostate Cancer—Indiana, 2015-2019*

| | Average number of cases per year (2015–2019) | Rate per 100,000 males (2015–2019) | Number of cases (2019) | Rate per 100,000 males (2019) |
|--------------------------|---|---------------------------------------|---------------------------|----------------------------------|
| Indiana Incidence | 4,002 | 92.0 | 4,084 | 90.0 |
| Indiana Deaths | 612 | 14.7 | 643 | 14.6 |

*Age-adjusted to the US 2000 Standard Population.

Source: Indiana State Cancer Registry

¹ [Prostate cancer fact sheet](#)

Early Detection

The United States Preventive Services Task Force (USPSTF) no longer recommends that men receive the prostate-specific antigen (PSA)-based screening for prostate cancer. The USPSTF and American Cancer Society now recommend that men have a conversation with their health care provider about their personal health and lifestyle, risk for prostate cancer, personal beliefs and preferences for health care, as well as the benefits and harms of PSA screening and any treatment that may result prior to making an informed decision about getting a PSA.

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, over-diagnosis and over-treatment that could lead to impotence and incontinence.



Facts and Resources

- Prostate cancer is the second most common cancer in American men.
- An estimated three million men are living with prostate cancer in the U.S.
- The incidence of prostate cancer has nearly doubled over the past twenty years.
- The average age of diagnosis is 66; There are typically no symptoms in the early stages.
- It is recommended to begin getting screened through the ages of 40-55.²

² <https://indianacancer.org/publication/august-immunization-awareness-month/>

What's new in prostate cancer research?

- Prostate cancer is being researched in many ways. Whether it's diving into genetics, prevention, or other ways of early detection, science never stops with new discoveries. Visit the [American Cancer Society's](#) page to learn about advancements being made!

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

