

## 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 [Figure 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)
<b>Indiana Incidence</b>	4,002	92.0	4,084	90.0
<b>Indiana Deaths</b>	612	14.7	643	14.6

\*Age-adjusted to the US 2000 Standard Population.

Source: Indiana State Cancer Registry

## Fast Facts

- The chance of developing prostate cancer rises rapidly after age 50, with six out of ten new diagnoses occurring among males over age 65. The average age of men at diagnosis is 66, and it is rare in men under 40.<sup>2</sup>
- African-American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world.<sup>1</sup>
- Men with a first degree relative (a father or brother) with a history of prostate cancer are two to three times more likely to develop the disease. The risk increases if more family members are diagnosed with prostate cancer.<sup>2</sup>

## Common Signs and Symptoms of Prostate Cancer<sup>2</sup>

- 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

- The United States Preventive Services Task Force (USPSTF) no longer recommends that men receive the prostate-specific antigen (PSA) – based screening for prostate cancer. Currently, the USPSTF and the American Cancer Society 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 might lead to impotence and incontinence.
- Each man should:
  - Understand his risk of prostate cancer
  - Understand the risks, benefits and alternatives to screening
  - Participate in the discussion to be screened or not at a level he desires
  - Make a decision consistent with his preferences and values

## 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).

## References

1. American Cancer Society. Cancer Facts and Figures 2022. Atlanta: American Cancer Society, 2022. Available online at <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2022/index>.
2. Indiana Cancer Facts and Figures Sixth Edition. Available online at <https://indianacancer.org/publication/indiana-cancer-facts-and-figures-sixth-edition/>.

For additional information on prostate cancer:  
[in.gov/health](http://in.gov/health)

