

## What is 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 from 2018-2022, there were approximately 23,736 new cases of invasive prostate cancer diagnosed and 3,412 deaths [Table 1].

**Table 1. Prostate Cancer Incidence and Mortality (Death) Rates Trends by Race Indiana 2018-2022\***

	Incidence Rate	Mortality Rate
All Males	114.3	18.0
White NH Male	110.1*	17.5
Black NH Male	194.1*	31.6*
Hispanic Male	73.5*	9.7*

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

Source: Indiana State Cancer Registry

## Screening

For screening recommendations please visit the [United States Prevented Task Force](#).<sup>3</sup>

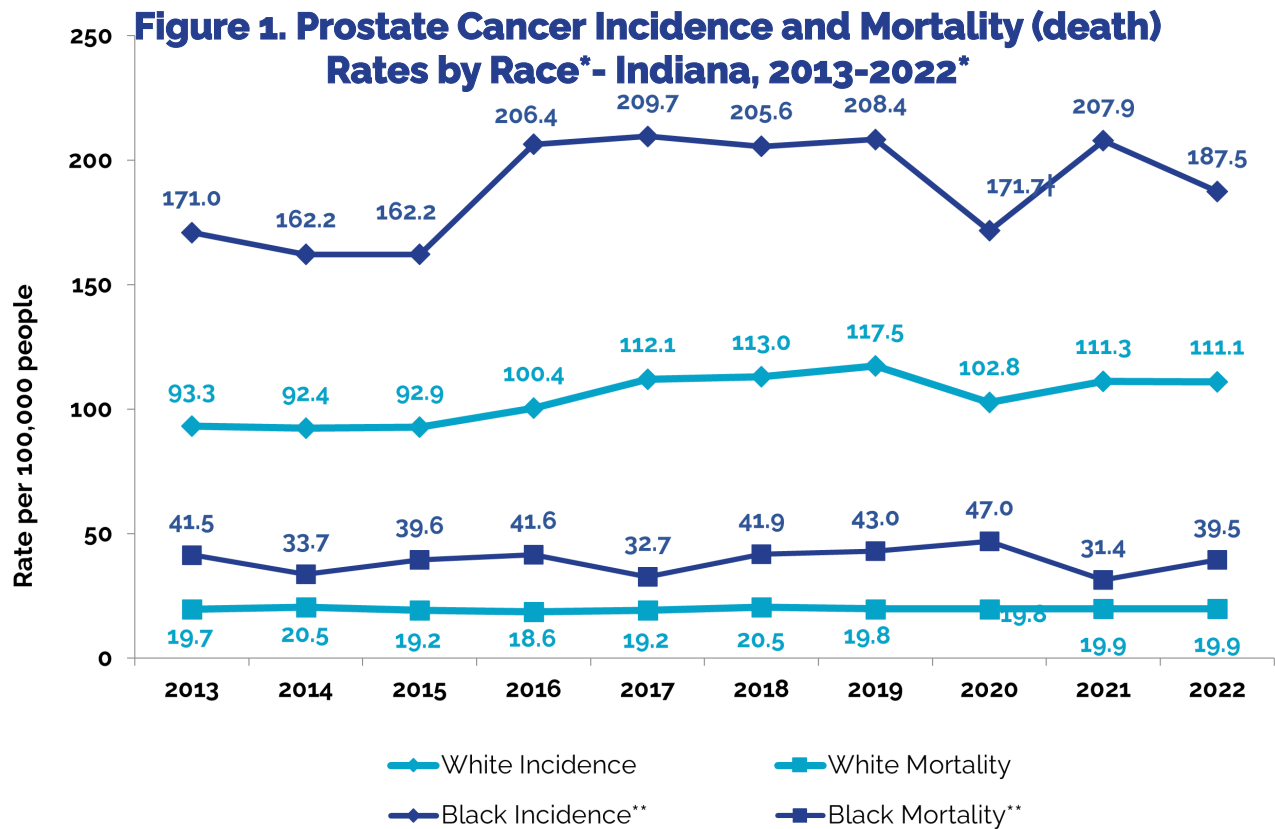
If you are concerned that you may be at increased risk for prostate cancer talk to your doctor about possible screening.

## Prevention

- Get to and stay at a healthy weight.
- Be physically active.
- Follow a healthy eating pattern, which includes a variety of colorful fruits and vegetables and whole grains, and avoids or limits red and processed meats, sugar-sweetened beverages, and highly processed foods.<sup>1</sup>

## Differences in Health Outcomes

Black men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world. 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>1</sup> From 2018–2022, the incidence rate for Black males was significantly higher when compared to white males (194.1 and 110.1 cases per 100,000). The mortality rate was also significantly higher for Black males compared to white males (31.6 and 17.5 cases per 100,000) for the same years [Figure 1].



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

## References

1. <https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/2025-cancer-facts-figures.html>
2. American Cancer Society. *Cancer Facts & Figures 2026*. Atlanta: American Cancer Society; 2026. [Key Statistics for Prostate Cancer | Prostate Cancer Facts | American Cancer Society](#)
3. United States Preventative Services Task Force. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/prostate-cancer-screening>
4. Indiana State Cancer Registry