



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. There were approximately 3,345 new cases of prostate cancer diagnosed during 2010. And, there were 587 deaths as a result of prostate cancer during that same year. The incidence rate for black males is significantly higher than for white males (144.3 and 93.7 cases per 100,000). The mortality rate is also significantly higher for black men compared to white males (52.6 and 19.8 cases per 100,000).

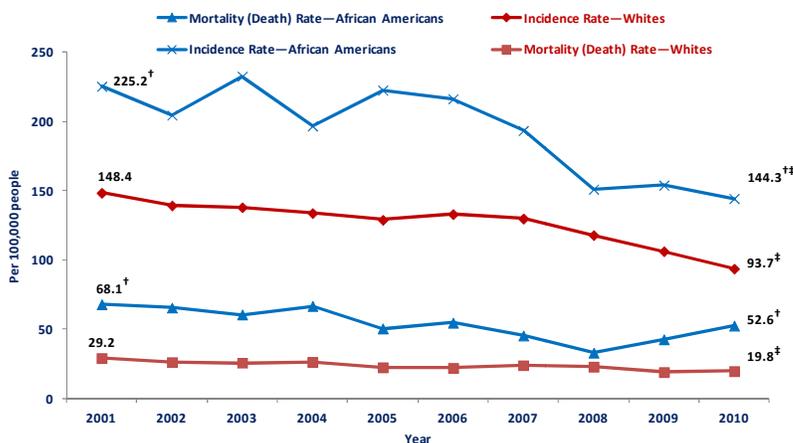
Table 1. Burden of Invasive Prostate Cancer—Indiana, 2006–2010*

	Average number of cases per year (2006–2010)	Rate per 100,000 males* (2006–2010)	Number of cases (2010)	Rate per 100,000 males* (2010)
Indiana Incidence	3,852	123.6	3,345	100.6
Indiana Deaths	584	23	587	22.1

*Age-adjusted
Source: Indiana State Cancer Registry

PROSTATE cancer incidence has declined significantly from 2001 to 2010 for both black and white males. For mortality, only white males saw a significant decline from 2001 to 2010. In 2010, the incidence rate for black males was significantly higher when compared to white males (144.3 and 93.7 cases per 100,000). The mortality rate was also significantly higher for black men compared to white males (52.6 and 19.8 cases per 100,000) for the same year.

Figure 1. Prostate Cancer Incidence and Mortality (Death) Rates by Race*, Indiana, 2001–2010



*Age-adjusted.
[†]Significantly elevated (P<.05) compared to white males.
[‡]Significantly lower (P<.05) compared to 2001.
 Source: Indiana State Cancer Registry.

Who Gets Prostate Cancer Most Often?

- ❑ Older men. The chance of developing prostate cancer rises rapidly after age 50. Nearly two thirds are diagnosed in men aged 65 or older, and it is rare before age 40. The average age at the time of diagnosis is about 67. 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. In addition, African-American men are more likely to be diagnosed at an advanced stage, and are more than twice as likely to die of prostate cancer as white men.
- ❑ 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).

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.

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.
- ❑ For prostate cancer support and resources, including survivor stories and videos, visit the [Prostate Cancer Foundation](http://www.PFC.org) at 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>.