



**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, there were approximately 2,687 new cases of prostate cancer diagnosed during 2014 [See Table 1], and there were 603 deaths due to prostate cancer during that same year. Those numbers result in an incidence rate of 72.9 per 100,000 males and a mortality rate of 20.2 per 100,000 males.

**Table 1. Burden of Invasive Prostate Cancer—Indiana, 2005–2014**

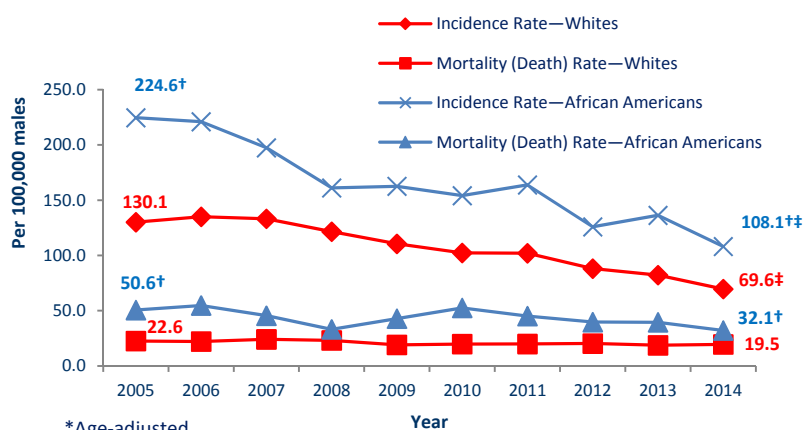
	Average number of cases per year (2010–2014)	Rate per 100,000 males* (2010–2014)	Number of cases (2014)	Rate per 100,000 males* (2014)
<b>Indiana Incidence</b>	3,282	93.8	2,687	72.9
<b>Indiana Deaths</b>	588	20.9	603	20.2

\*Age-adjusted

Source: Indiana State Cancer Registry

**PROSTATE** cancer incidence and mortality have declined significantly from 2005 to 2014 for both black and white males [Figure 1]. In 2014, the incidence rate for black males was significantly higher when compared to white males (108.1 and 69.6 cases per 100,000). The mortality rate was also significantly higher for black males compared to white males (32.1 and 19.5 cases per 100,000) for the same year.

**Figure 1. Prostate Cancer Incidence and Mortality (Death) Rates by Race\*, Indiana, 2005–2014**



\*Age-adjusted

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

‡Significantly lower (P<.05) compared to 2005

Source: Indiana State Cancer Registry

## 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 males over age 65. About 60 percent of all prostate cancer cases are diagnosed in males ages 65 and older, and 97 percent occur in males 50 and older.<sup>2</sup>
- ❑ **African American men.** African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world.<sup>1</sup> In Indiana, incidence rates are about 55 percent higher in blacks than non-Hispanic whites.
- ❑ **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. This risk increases if more family members are diagnosed with prostate cancer.<sup>2</sup>

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

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
- ❑ Trouble having an erection
- ❑ Pain in the back, hips or pelvis that doesn't go away\*

\*This symptom is most associated with advanced prostate cancer, since it commonly spreads to the bones.



## 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 the potential for serious side effects associated with treatment after diagnosis. Not all forms of prostate cancer need treatment.
- ❑ 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 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

- ❑ Stay active, eat well, and maintain a healthy body weight. In particular:
  - 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/day) and calcium (>1,500 mg/day).
  - Include recommended levels of lycopene (anti-oxidants that help prevent damage to DNA, which are found in tomatoes, pink grapefruit, and watermelon) and vitamin E in your diet.
  - Meet recommended levels of physical activity ([www.cdc.gov/physicalactivity/everyone/guide/lines/index.html](http://www.cdc.gov/physicalactivity/everyone/guide/lines/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/>.
- ❑ Visit the ICC website at [www.indianacancer.org/survivorship/](http://www.indianacancer.org/survivorship/) for survivorship information and resources.
- ❑ To learn more about the prostate cancer burden in Indiana, refer to the [Indiana Cancer Facts and Figures 2015](#) report at [www.indianacancer.org](http://www.indianacancer.org).
- ❑ For prostate cancer support and resources, contact the American Cancer Society via website at [www.cancer.org](http://www.cancer.org) or by phone at 1 (800) 227-2345.

## References

1. American Cancer Society. Cancer Facts and Figures 2016. Atlanta: American Cancer Society, 2016. Available online at <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2016/index>.
2. Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; Indiana Cancer Facts and Figures 2015. Available online at [www.indianacancer.org/indiana-cancer-facts-and-figures-2015/](http://www.indianacancer.org/indiana-cancer-facts-and-figures-2015/).