



# Facts about Prostate Cancer

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## What You Should Know

- Prostate cancer is the most frequently diagnosed cancer and the second leading cause of cancer death among men in Michigan, as well as nationally.<sup>1,2,3</sup>
- At this time, there are insufficient data to recommend for or against routine testing for early prostate cancer detection with the PSA test. The American Cancer Society recommends:
  - ✓ **Men aged 40 years and older**, who are at average risk of prostate cancer, receive information about the potential benefits and known limitations of testing for early prostate cancer detection.
  - ✓ **Men at high risk** of developing prostate cancer (African Americans or men with a close relative diagnosed with prostate cancer before 65) should have this discussion with their health care provider beginning at age 45.
  - ✓ **Men at and even higher risk** (because they have several close relatives diagnosed with prostate cancer at an early age) should have this discussion with their provider at age 40.<sup>3</sup>
- Screening for prostate cancer includes a PSA blood test (which detects a protein made by the prostate called prostate-specific antigen) and a digital rectal examination (DRE) every year, beginning at age 50 for men who are at average risk of prostate cancer, do not have any major medical problems, and have a life expectancy of at least 10 years.<sup>3</sup>

- Treatment options vary depending on age, stage, and grade of the cancer, as well as other medical conditions. Surgery, external beam radiation, or radioactive seed implants may be used to treat early stage disease; hormonal therapy may be added in some cases. Hormonal therapy, chemotherapy, radiation, or a combination of these treatments is used to treat more advanced disease.<sup>3</sup>

## Risk Factors

- Risk factors for developing prostate cancer include: increased age, African American race, and family history of prostate cancer.<sup>3</sup>

## Incidence and Mortality

- In 2007, 8,345 Michigan men were newly diagnosed with prostate cancer, and 922 men died of the disease in 2008.<sup>1</sup>
- The American Cancer Society estimates that 240,890 men will be diagnosed with prostate cancer and 33,720 men will die of the disease in the United States in 2011.<sup>3</sup>
- Since the early 1990s, the incidence and mortality of prostate cancer has declined in Michigan, as well as nationally.<sup>1,2</sup>
  - ✓ Incidence rates in Michigan declined from 193.9 per 100,000 men in 1998 to 168.7 per 100,000 men in 2007.<sup>1</sup>
  - ✓ Nationally, incidence rates declined from 170.3 per 100,000 men in 1998 to 165.8 per 100,000 men in 2007.<sup>4</sup>
  - ✓ Mortality rates in Michigan also declined significantly from 33.0 per 100,000 men in 1999 to 21.9 per 100,000 men in 2008.<sup>2</sup>
  - ✓ Nationally, prostate cancer mortality rates declined from 32.6 per 100,000

in 1998 to 23.5 per 100,000 men in 2007.<sup>4</sup>

- Michigan ranks 38<sup>th</sup> in the nation, with 12 states having lower prostate mortality rates.<sup>4</sup>
- African-American men have the highest incidence of prostate cancer and are also more likely than Caucasian men to die of the disease. Among African-Americans, the incidence of prostate cancer is 1.5 times greater than that for Caucasians and mortality is 2.2 times greater compared with Caucasians.<sup>1,2</sup>
- In 2007, 96.5% of new prostate cancer diagnoses in Michigan occurred in men aged 50 years and older.

### Stage at Diagnosis

- In Michigan, 82.7% of new prostate cancer cases during 2007 were diagnosed at the localized stage, 9.0% of new cases were diagnosed at the regional stage, and only 2.4% of new prostate cancer cases were diagnosed at the distant stage.<sup>5</sup>
- When detected at the localized stage (the cancer has not spread outside the prostate), 100% of men live at least five years after diagnosis. Once prostate cancer has spread outside the prostate to other parts of the body (distant stage), the five-year survival rate decreases to 28.8%.<sup>5</sup>

### Screening Behaviors

- Approximately 89.2% of Michigan men aged 50 years and older have had at least one digital rectal exam in their lifetime.<sup>6</sup>
- Over 83% of men 50 years and older have had at least one PSA test in their lifetime.<sup>6</sup>
- In 2010, 56.5% of men 50 years and older in Michigan had a PSA test in the past year and 52.0% had a DRE in the past year.<sup>6</sup>
- Men aged 50 years and older with some type of college degree and household income over \$75,000 were more likely to receive prostate cancer screening.

### References:

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