

## The Burden of Prostate Cancer in North Dakota

Summer 2006

### What Is Prostate Cancer?<sup>1</sup>

The prostate is a gland found only in men. Some doctors believe that prostate cancer begins with very small changes in the size and shape of the prostate gland cells.

### Prostate Cancer in the United States<sup>2</sup>

- ❖ Prostate cancer is the most frequently diagnosed cancer in men.
- ❖ An estimated 234,000 new cases will be diagnosed in 2006.
- ❖ It is the leading cause of cancer-related death in American men.
- ❖ An estimated 27,000 deaths due to prostate cancer will occur in 2006.
- ❖ Incidence rates in African Americans are significantly higher than whites.
- ❖ One in six men will get prostate cancer during his lifetime.
- ❖ One in 34 will die of this disease.
- ❖ Nearly 100 percent survive at least five years.
- ❖ Nearly 93 percent survive at least 10 years.
- ❖ Incidence and mortality rates have declined in the past 15 years (Figure 1).

### Risk Factors<sup>1</sup>

Causes are currently unknown, but there are known risk factors:

- ❖ Age
- ❖ Race
- ❖ Nationality
- ❖ Family history of prostate cancer
- ❖ Diet high in saturated fat

### Prostate Cancer in North Dakota<sup>3</sup>

- ❖ In 2000, approximately 3,700 men were living with prostate cancer.
- ❖ Thirty-five percent of all diagnosed cancers in men are prostate cancer (Figure 2).

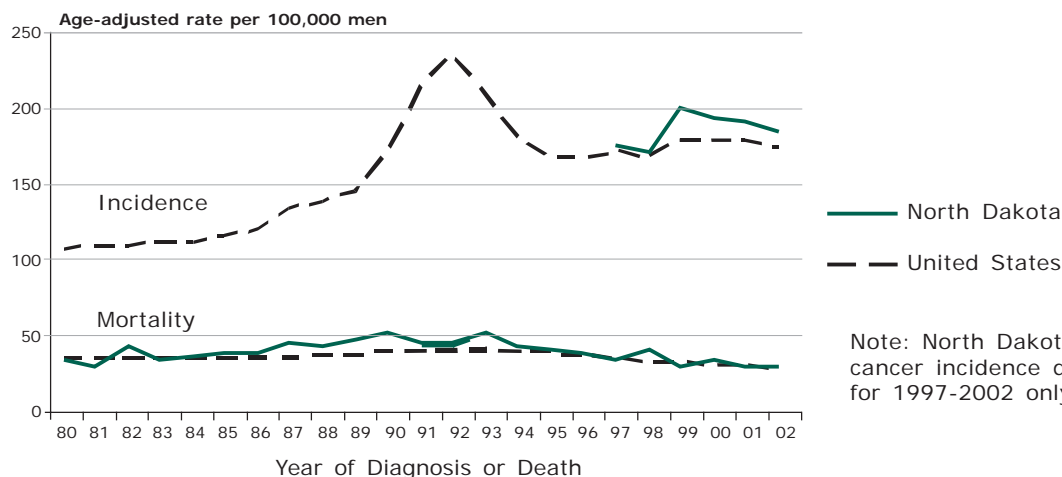
**Figure 2. North Dakota Cancer Cases, Males, 1997-2002**

10,061 cases

|                      |            |
|----------------------|------------|
| <b>Prostate</b>      | <b>35%</b> |
| Lung/Bronchus        | 14%        |
| Colon/Rectum         | 12%        |
| Urinary Bladder      | 7%         |
| Non-Hodgkin Lymphoma | 4%         |

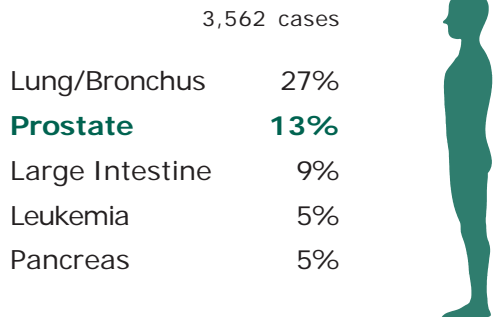


**Figure 1. Prostate Cancer Rates, 1980-2002**



- ❖ Accounts for 13 percent of cancer deaths in men (Figure 3).

**Figure 3. North Dakota Cancer Deaths, Males, 1999-2003**



### Signs and Symptoms<sup>1</sup>

Early prostate cancer usually has no symptoms. When the cancer is more advanced, individuals may experience:

- ❖ Weak or interrupted urine flow.
- ❖ The need to urinate frequently.
- ❖ Trouble having or keeping an erection (impotence).
- ❖ Blood in the urine.
- ❖ Pain in the spine, hips, ribs or other bones.
- ❖ Weakness or numbness in the legs or feet.
- ❖ Loss of bladder or bowel control.

### Treatment<sup>1</sup>

- ❖ Surgery
- ❖ Radiation therapy
- ❖ Cryosurgery
- ❖ Hormone therapy
- ❖ Chemotherapy
- ❖ Expectant management

### Prevention<sup>1</sup>

To prevent prostate cancer, maintain a healthy diet and weight. Also, men 50 and older are urged to have a prostate-specific antigen blood test and digital rectal examination once a year.

### References

- 1 American Cancer Society. (2006). *Detailed Guide: Prostate Cancer*. [http://www.cancer.org/docroot/CRI/CRI\\_2\\_3X.asp?dt=36](http://www.cancer.org/docroot/CRI/CRI_2_3X.asp?dt=36)
- 2 American Cancer Society. (2006). *Cancer Facts and Figures 2006*. Atlanta: American Cancer Society.
- 3 North Dakota Cancer Registry. (2004). Bismarck, ND: Division of Cancer Prevention and Control, North Dakota Department of Health.

The Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences is assisting the North Dakota Department of Health in studying the burden of cancer upon North Dakotans. Results of this research are being used by the state Cancer Planning Committee to develop a plan for reducing the adverse impact of this disease on the lives and families of North Dakota residents.

*This fact sheet is a product of the North Dakota Comprehensive Cancer Control project, with data collected by the North Dakota Cancer Registry participating in the National Program of Cancer Registries, and jointly funded by the U. S. Centers for Disease Control and Prevention. For more information, contact:*

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