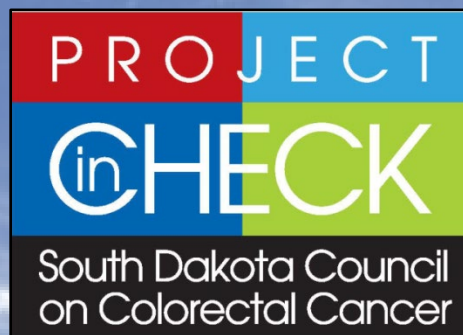


Colorectal Cancer in South Dakota



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Colorectal Cancer Estimates for 2020¹

In 2020, South Dakota expects 430 new colorectal cancer cases and 170 deaths due to this cancer. During the same time, an estimated 147,950 newly diagnosed colorectal cancer cases and 53,200 colorectal cancer deaths are projected for the United States.

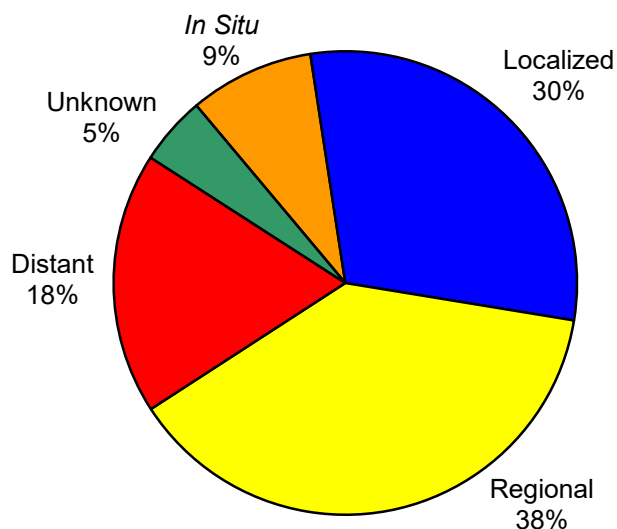
Incidence and Mortality

During 2013-2017, there was an average of 424 (225 men and 199 women) new invasive cases of colorectal cancer diagnosed among South Dakota residents per year. Of those cases, the white population averaged 390 cases and the American Indian population 27 cases. In 2017, there were 420 invasive and 40 *in situ* colorectal cancers diagnosed. Of that total, 383 invasive and 39 *in situ* cases were white, while 31 invasive and one *in situ* cases were American Indian.

In South Dakota, an average of 169 people died annually from colorectal cancer spanning the years from 2013 to 2017. Of that number, 155 were white and 12 were American Indian.

Incidence 2017		Mortality 2017	
Number of cases		Number of deaths	
Total	420	Total	158
Males	226	Males	85
Females	194	Females	73
White	383	White	140
American Indian	31	American Indian	15
Median age at diagnosis	69 yrs	Median age at death	76 yrs
Mode	74 yrs	Mode	73 yrs
Age range at diagnosis	12-100 yrs	Age range at death	33-98 yrs
S.D. age-adjusted incidence rate	39.9	S.D. age-adjusted death rate	14.1
U.S. SEER age-adjusted incidence rate (2016)	*38.1	U.S. SEER age-adjusted death rate (2016)	*14.5

Rates per 100,000 U.S. 2000 Standard Population and S.D. 2017 Estimated Population / *2017 U.S. SEER age-adjusted rates not available
Source: South Dakota Department of Health



Source: South Dakota Department of Health

Figure 1 SEER Summary Stage

The pie chart at left represents colorectal cancer stage at diagnosis, South Dakota, 2017

5-Year Relative Survival for Colorectal Cancer, U.S.

Stage at Diagnosis	5-Year Relative Survival, 2009-2015
Localized	89.9%
Regional	71.3%
Distant	14.2%
Unknown	35.4%

Source: SEER Program www.seer.cancer.gov

¹Source: *Cancer Facts and Figures 2020* American Cancer Society

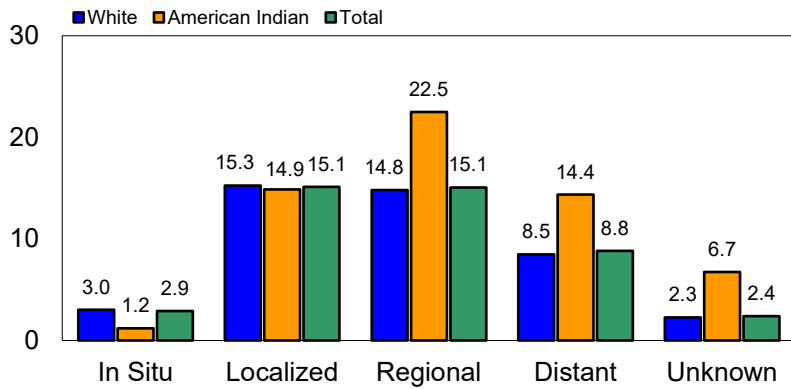


Figure 2
Stage at Diagnosis Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases at stage of diagnosis by race, South Dakota, 2013-2017

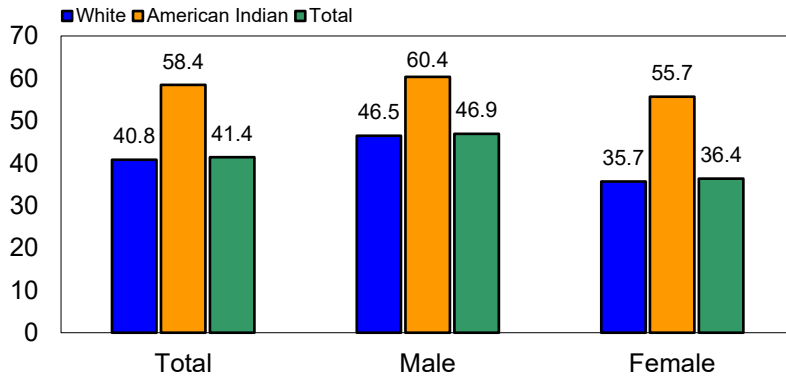


Figure 3
Colorectal Cancer Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases by race and gender, South Dakota, 2013-2017

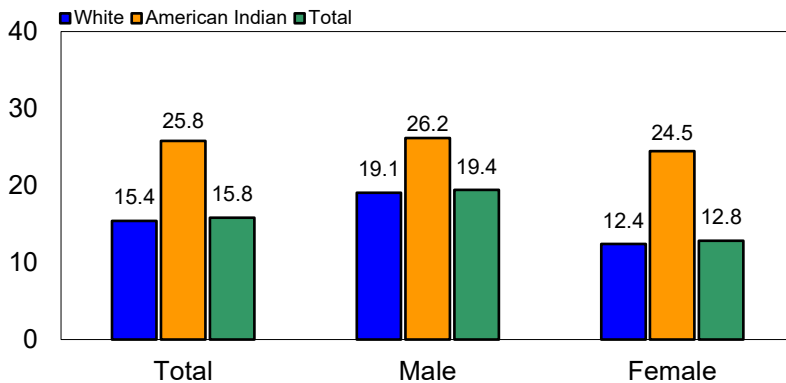


Figure 4
Colorectal Cancer Mortality Rate
 Age-adjusted mortality rate for colorectal cancer deaths by race and gender, South Dakota, 2013-2017

Rates per 100,000 U.S. 2000 Standard Population and S.D. Estimated Population
 Source: South Dakota Department of Health

Modifiable Risk Factors

Diet and physical activity are the most important environmental influences on colorectal cancer. Choices made every day can improve a person's general health. The following changes in diet and lifestyle can reduce the risk of developing colorectal cancer:

- Be physically active every day for 30 minutes or more.
- Limit alcohol to one drink per day for women and two drinks per day for men, if drinking at all.
- Limit red meat and avoid processed meat.
- Maintain a healthy weight throughout life and avoid weight gain—particularly fat around the midsection.
- Get regular screenings by a doctor beginning at age 50 since risk increases with age.
- Be tobacco free. Call the South Dakota QuitLine to enroll at 1-866-737-8487 or for more information go to the website at <http://sdquitline.com/>.

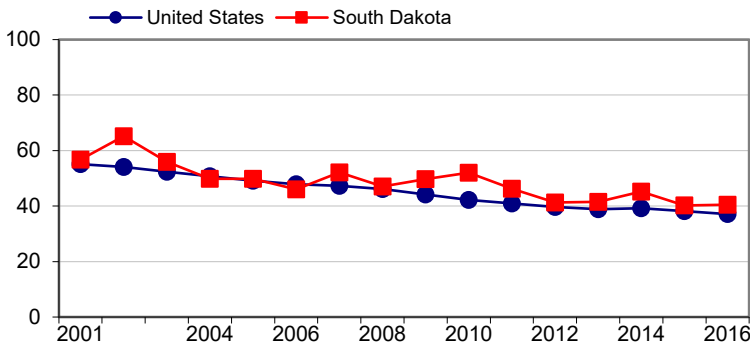


Figure 5
Colorectal Incidence Rates, United States and South Dakota
 Colorectal cancer incidence rates for the United States and South Dakota by year, 2001-2016

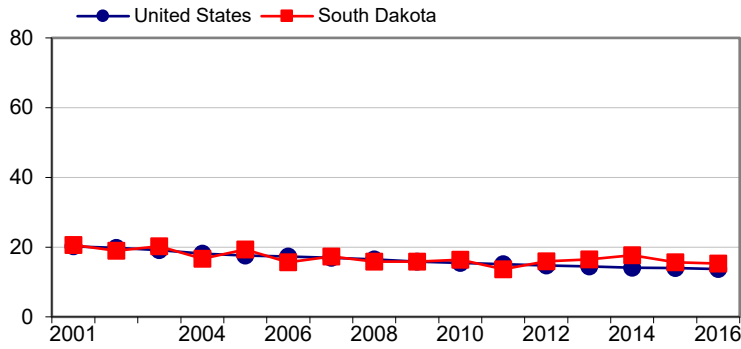
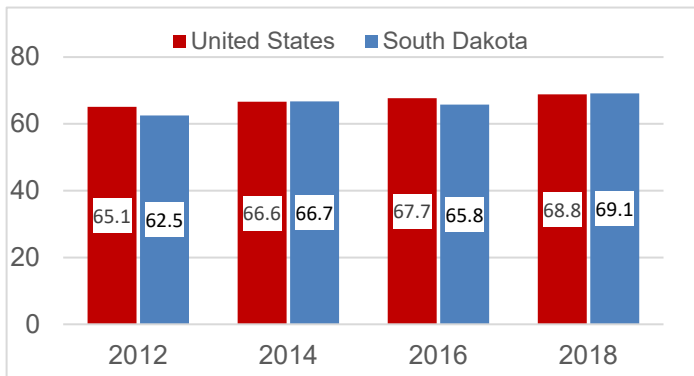


Figure 6
Colorectal Mortality Rates, United States and South Dakota
 Colorectal cancer mortality rates for the United States and South Dakota by year, 2001-2016

Rates per 100,000 U.S. 2000 Standard Population and S.D. Estimated Population, U.S. rates are provided by SEER Program, National Cancer Institute <http://www.seer.cancer.gov/canques/>, Source: South Dakota Department of Health

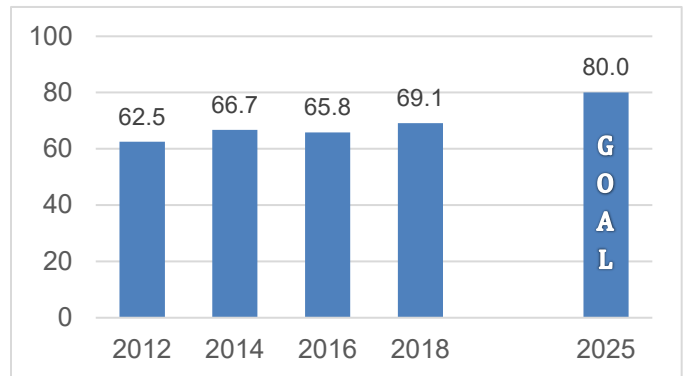
Progress of Colorectal Cancer Screening

Figure 7
Percent of US and South Dakota Adults up to date With Recommended Colorectal Cancer Screening



Source: South Dakota BRFSS

Figure 8
South Dakota Current CRC Screening Rates and the SD DOH Strategic Plan 2025 Goal of 80%



Colorectal Cancer Screening

Colorectal cancer is unique because it usually starts from polyps in the colon or rectum. These polyps can turn into cancer over time. Screening tests can find polyps that can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when the chance for being cured is good. Patients should discuss an individualized colorectal cancer screening plan with their physician.

The **BEST** colorectal cancer screening test is the one that gets done.