

Colorectal Cancer in South Dakota



Colorectal Cancer Estimates for 2021¹

In 2021, South Dakota expects 450 new colorectal cancer cases and 170 deaths due to this cancer. During the same time, an estimated 149,500 newly diagnosed colorectal cancer cases and 52,980 colorectal cancer deaths are projected for the United States.

Incidence and Mortality

During 2014-2018, there was an average of 423 (229 men and 194 women) new invasive cases of colorectal cancer diagnosed among South Dakota residents per year. Of those cases, the white population averaged 391 cases and the American Indian population 26 cases. In 2018, there were 409 invasive and 10 *in situ* colorectal cancers diagnosed. Of that total, 9 *in situ* and 390 invasive cases were white, while one *in situ* and 17 invasive cases were American Indian.

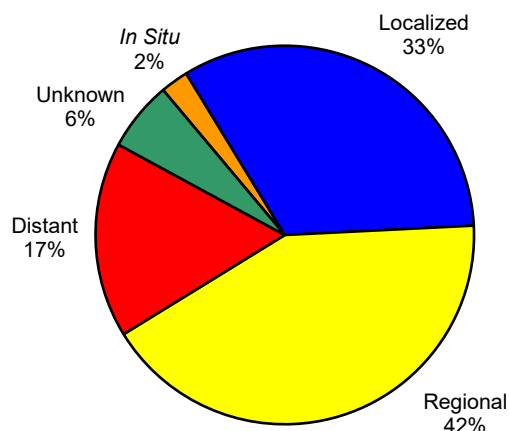
In South Dakota, an average of 169 people died annually from colorectal cancer spanning the years from 2014 to 2018. Of that number, 156 were white and 11 were American Indian.

Incidence 2018		Mortality 2018	
Number of cases		Number of deaths	
Total	409	Total	168
Males	224	Males	92
Females	185	Females	76
White	390	White	153
American Indian	17	American Indian	13
Median age at diagnosis	70 yrs	Median age at death	75 yrs
Mode	69 yrs	Mode	69 yrs
Age range at diagnosis	26-99 yrs	Age range at death	36-99 yrs
S.D. age-adjusted incidence rate	38.5	S.D. age-adjusted death rate	15.1
U.S. SEER age-adjusted incidence rate (2017)	*36.6	U.S. SEER age-adjusted death rate (2017)	*13.5

Rates per 100,000 U.S. 2000 Standard Population and S.D. 2018 Estimated Population / *2018 U.S. SEER age-adjusted rates not available
Source: South Dakota Department of Health

Figure 1 SEER Summary Stage

Colorectal cancer stage at diagnosis, South Dakota, 2018



Source: South Dakota Department of Health

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

Stage at Diagnosis	5-Year Relative Survival, 2010-2016
Localized	90.2%
Regional	71.8%
Distant	14.3%
Unknown	37.5%

Source: SEER Program www.seer.cancer.gov

Cancer stage at diagnosis defines the original location of the cancer and if it has spread in the body and how far. The table above demonstrates how stage at diagnosis affects survival.

¹Source: *Cancer Facts and Figures 2021* American Cancer Society

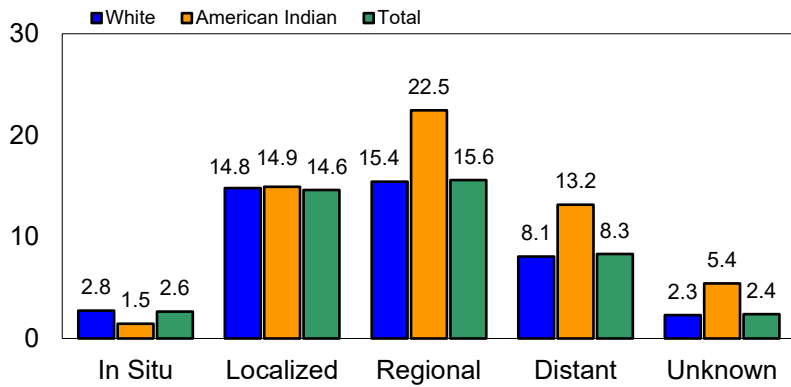


Figure 2
Stage at Diagnosis Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases at stage of diagnosis by race, South Dakota, 2014-2018

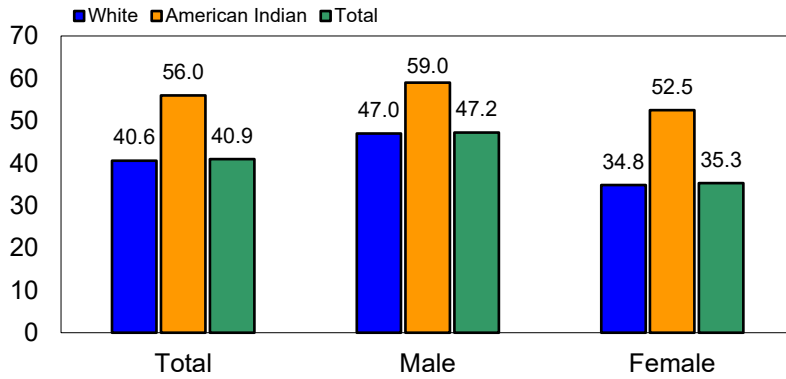


Figure 3
Colorectal Cancer Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases by race and gender, South Dakota, 2014-2018

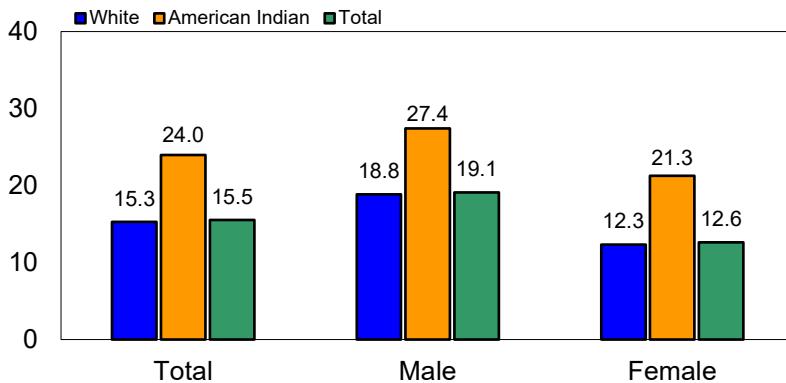


Figure 4
Colorectal Cancer Mortality Rate
 Age-adjusted mortality rate for colorectal cancer deaths by race and gender, South Dakota, 2014-2018

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/>.

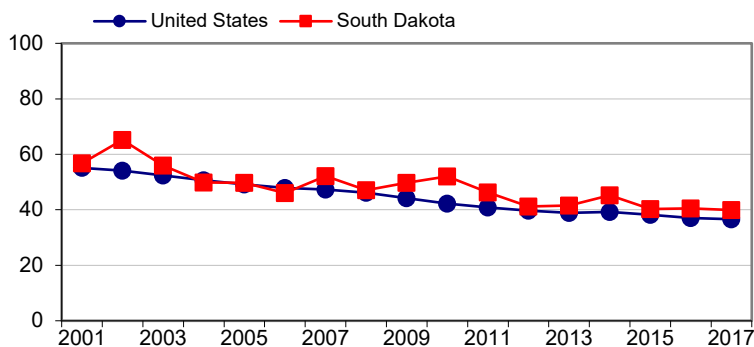


Figure 5
Colorectal Incidence Rates,
United States and South Dakota
 Colorectal cancer incidence rates for the United States and South Dakota by year, 2001-2017

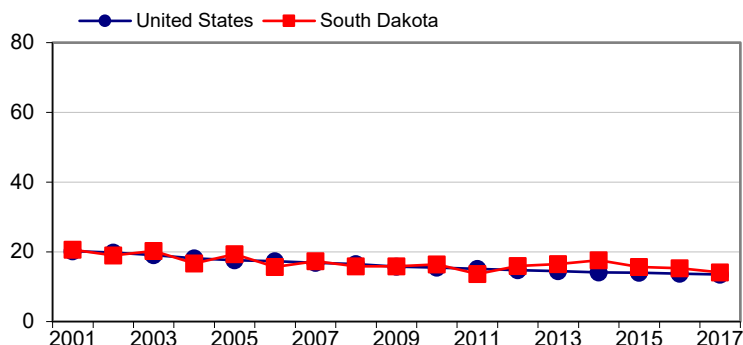
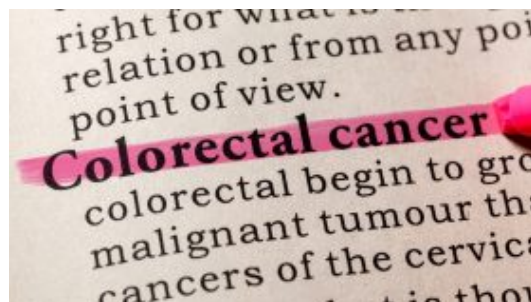


Figure 6
Colorectal Mortality Rates,
United States and South Dakota
 Colorectal cancer mortality rates for the United States and South Dakota by year, 2001-2017

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

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 U.S. Preventive Services Task Force (USPSTF) released a new draft colorectal cancer screening recommendation October 27, 2020, lowering the screening age for average-risk adults from 50 to 45. The draft recommendation will undergo further review before it's finalized, but the lower screening age is consistent with the change the American Cancer Society made to its colorectal cancer screening guidelines in 2018.

These changes come in response to scientific studies that show the rates of colorectal cancer continue to increase among younger adults.

There is widespread agreement among the medical community that the **BEST** colorectal screening test is the one that gets done.

Source: The University of Texas MD Anderson Cancer Center

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