

# Prostate Cancer in South Dakota, 2008



# Tackle Prostate Cancer

## Prostate Cancer Estimates for 2008<sup>1</sup>

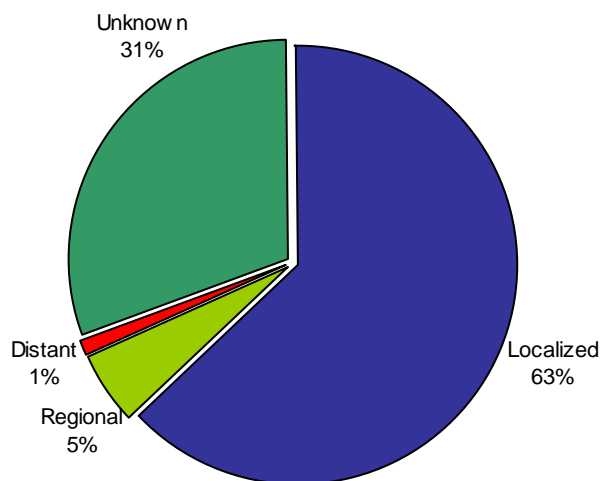
South Dakota expects 580 new prostate cancer cases and 100 deaths due to this cancer in 2008. Nationally, the American Cancer Society estimates there will be 186,320 newly diagnosed cases and 28,660 deaths due to prostate cancer in 2008.

### Incidence and Mortality

In 2005, there were 599 men diagnosed with prostate cancer in South Dakota. Of those cases, 577 were from the white population and 21 were from the American Indian population. Also in 2005, 94 South Dakota men died from prostate cancer. Among those deaths, 93 were white.

Incidence 2005		Mortality 2005	
Number of cases		Number of deaths	
Total	599	Total	94
White	577	White	93
American Indian	21	American Indian	0
Median age at diagnosis	69 yrs	Median age at death	81 yrs
Mode	76 yrs	Mode	81 yrs
Age range at diagnosis	44-97 yrs	Age range at death	49-100 yrs
SD age-adjusted incidence rate	158.4	SD age-adjusted death rate	19.1
US SEER age-adjusted incidence rate	144.2	US SEER age-adjusted mortality rate	24.6

Rates per 100,000 U.S. 2000 standard population/2005 U.S. SEER age-adjusted rate/Source: SD Department of Health



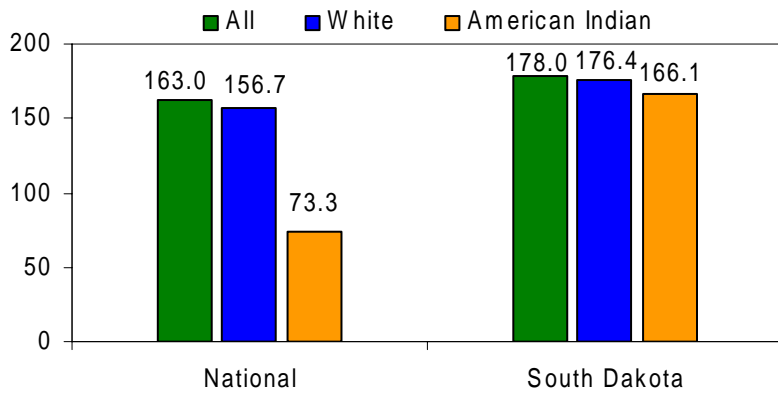
### Figure 1 SEER Summary Stage

Prostate cancer, stage of diagnosis, South Dakota, 2005

*The 5-year survival rate for prostate cancer diagnosed at an early stage is nearly 100 percent.*

Source: South Dakota Department of Health

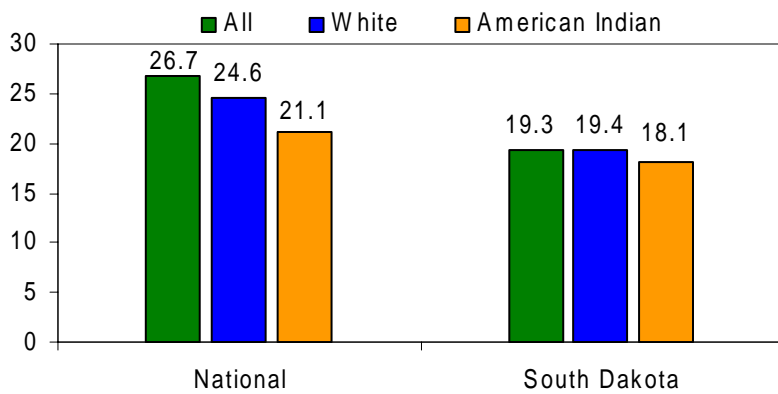
<sup>1</sup>Source: Cancer Facts and Figures 2008, American Cancer Society



**Figure 2**  
**Age-adjusted Prostate Cancer Incidence Rates**

Age-adjusted rate for prostate cancer cases by race, nationally and South Dakota, 2001-2005.

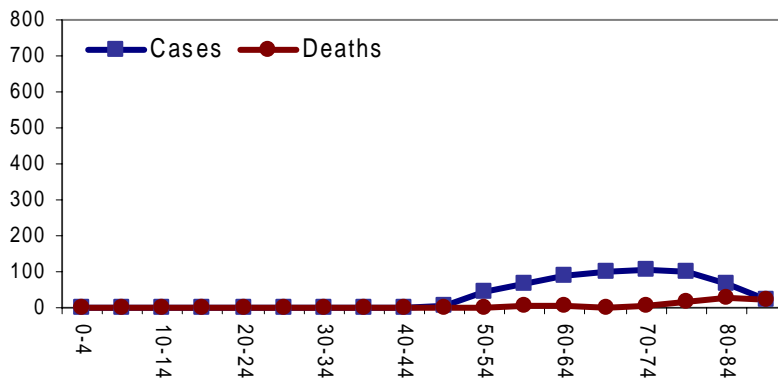
*Because early prostate cancer usually has no symptoms, annual screenings are needed.*



**Figure 3**  
**Age-adjusted Prostate Cancer Death Rates**

Age-adjusted rate for prostate cancer deaths by race, nationally and South Dakota, 2001-2005.

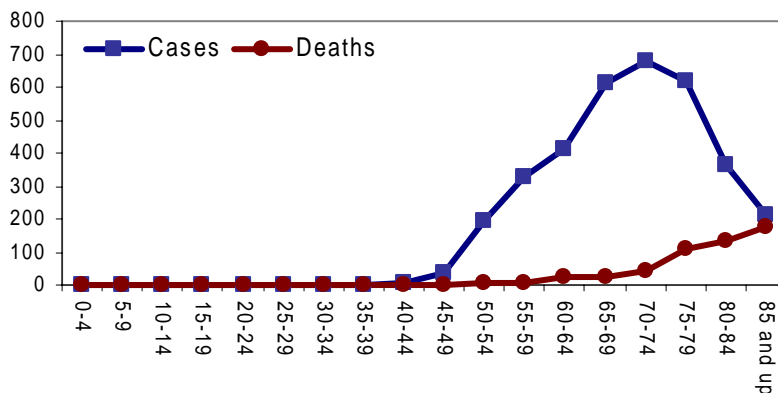
*Nationally, prostate cancer is the 2nd leading cause of cancer death in men.*



**Figure 4**  
**Prostate Cancer Cases and Deaths, 2005**

Prostate cancer cases and deaths by age, South Dakota, 2005.

*In his lifetime, a man has a 1 in 6 chance of being diagnosed with prostate cancer and a 1 in 33 chance of dying from prostate cancer.*



**Figure 5**  
**Prostate Cancer Cases and Deaths, 2001-2005**

Prostate cancer cases and deaths by age, South Dakota, 2001-2005.

*In the United States, deaths from prostate cancer have decreased significantly by 4.1% per year from 1994 to 2005.*

## Risk Factors

The major risk factors for prostate cancer include:

- Age - the older a man is, the greater his risk for getting prostate cancer.
- Family history - a man with first degree relatives (father, brother, or son) who has had prostate cancer is two to three times more likely to develop the disease himself.
- Race - prostate cancer is more common in some racial and ethnic groups than in others. Prostate cancer is more common among African American men than among white men. It is less common among Hispanic, Asian, Pacific Islander, and Native American men.
- Diet - a diet high in saturated fats.
- Obesity - a BMI (body mass index) equal to or greater than 30.

## Screening Recommendations

To make an informed decision for their prostate health, all men should discuss information about the benefits and limitations of testing with their doctor. The screening recommendations are:

- Age 50 - annual PSA (prostate-specific antigen) and a DRE (digital rectal examination).
- Age 45 - men at high risk, annual PSA and DRE.
- Age 40 - men at an even higher risk, due to first degree relatives affected at an early age, annual PSA and DRE.

## Symptoms

If you have any of these symptoms, see your doctor as soon as possible. The symptoms for prostate cancer may include the following;

- blood in the urine or semen,
- frequent urination, especially at night,
- weak or interrupted urine flow,
- painful urination,
- painful ejaculation, and
- constant pain in the lower back, pelvis, or upper thighs.

## Treatment

When prostate cancer is diagnosed there are many factors that will affect treatment decisions: the patient's age, whether the cancer has spread, the presence of other medical conditions, and the patient's overall health. Treatment options may include;

- watchful waiting - monitoring the patient's prostate cancer by performing the PSA test and DRE regularly, and treating it only if and when the prostate cancer causes symptoms or shows signs of growing;
- surgery (radical prostatectomy) - removing the prostate;
- external radiation therapy - destroying cancer cells by directing radiation at the prostate;
- internal radiation therapy (brachytherapy) - surgically placing small radioactive pellets inside or near the cancer to destroy cancer cells;
- hormone therapy - giving certain hormones to keep prostate cancer cells from growing; and
- cryotherapy - placing a special probe inside or near the prostate cancer to freeze and destroy the cancer cells.

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For more information or additional copies, contact the South Dakota Department of Health at 605.773.3361 or see the South Dakota Cancer Registry website at <http://doh.sd.gov/SDCR/>.