

Cancer screening and early detection contribute to decline in cancer deaths

According to the Division of Public Health (DPH)'s new report, *Cancer Incidence and Mortality in Delaware, 2009-2013*, Delaware's cancer death rate decreased 15 percent from 1999-2003 to 2009-2013, an improvement that was slightly higher than the 14 percent decline seen nationally.

Delaware's all-site cancer mortality rate fell 18 percent among men, 14 percent among women, 24 percent among African Americans, and 13 percent among Caucasians over the last decade. However, at 176.1 deaths per 100,000 people, the state's mortality rate was still 5 percent higher than the U.S. rate of 168.5 for 2009-2013.

Delaware's 2009-2013 all-site cancer incidence rate (507.3 diagnoses per 100,000) was 13 percent higher than the U.S. rate. Between the periods of 1999-2003 and 2009-2013, Delaware's all-site cancer incidence rate declined 1 percent, falling 4 percent among men but increasing by 2 percent in women. The all-site cancer incidence rate decreased by 9 percent among African Americans, but increased by 1 percent among Caucasians. Among Hispanic Delawareans, the all-site cancer incidence (441.1 cases per 100,000) and mortality (110.7 deaths per 100,000) rates were significantly lower than the state's incidence rate (507.3 per 100,000) and mortality rate (176.1 per 100,000).

"Delawareans are getting screened more frequently and finding cancer earlier, and there are many other things everyone can do to reduce their risk of cancer," said DPH Director Dr. Karyl Rattay. "This includes scheduling regular physician visits, not smoking and quitting if you do, getting regular physical activity, eating a healthy diet and maintaining a healthy weight. As we celebrate the next step in our work to fight cancer, I am grateful for the sustained, coordinated work of the Cancer Consortium, Screening for Life Program, the Nurse Navigation Programs at our hospitals, and the DPH Comprehensive Cancer Control Program in helping Delawareans to live longer fuller lives."

Read this report and the census tracts analysis at <http://www.dhss.delaware.gov/dhss/dph/dpc/cancer.html>.

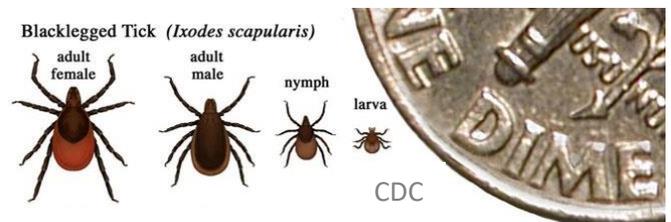


Ads warn travelers of Zika risk

The DPH Zika outreach campaign reminds travelers, particularly pregnant women, to take steps to prevent Zika, a disease caused by a virus primarily transmitted through the bite of infected *Aedes* mosquitoes. Zika can also be passed via sexual transmission. Zika can cause microcephaly – a condition in which a baby's head is smaller than expected when compared to babies of the same sex and age – and other poor pregnancy outcomes.

Delaware's 17 confirmed Zika cases (none were among pregnant women) were all caused by mosquito bites while traveling abroad, but warmer climates in the continental U.S. have local Zika transmission. To prevent Zika, use EPA-registered insect repellent, wear long sleeves and pants, and use condoms or dental dams when engaging in sexual activity with someone who could be infected.

For more information, visit DPH's Zika page at <http://de.gov/zika>. To receive Zika updates for your travel destination, text PLAN at 855-255-5606 to subscribe to the CDC's new text messaging service.



Inspect skin and pets for ticks

When outdoors, inspect your skin and pets for ticks. In our region, the blacklegged tick (or deer tick, *Ixodes scapularis*) transmits the Lyme disease bacterium, *Borrelia burgdorferi*, through its bite. Look closely for tiny immature ticks called nymphs that feed during the spring and summer months.

According to the CDC, a tick must be attached for 36 to 48 hours before transmitting the Lyme bacterium. Symptoms range from headache, a "bull's-eye" rash, and muscle and joint pain to arthritis, heart problems, and memory loss.

For more information, visit this DPH page: <http://dhss.delaware.gov/dhss/dph/epi/lyme.html>.