

FEMALE BREAST CANCER – Delaware 2013-2017

Risk Factors

- Alcohol use, high fat diet
- Obesity or overweight status
- Reproductive history (higher risk for women who never had children)
- Smoking and secondhand smoke
- Birth control use within then previous 10 years
- Age (2/3 of breast cancers occur in women 55 and older)
- Family or personal history of breast cancer
- Gene defects or mutations
- Race (higher risk for Caucasian women 45 and older)
- Dense breast tissue

Early Detection

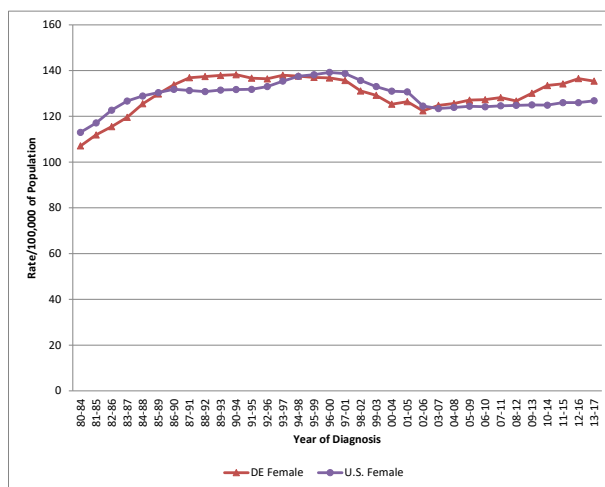
- Women aged 40 and older should get a screening mammogram every year
- Women should know how their breasts normally look and feel and report any breast changes to their physician
- Clinical breast exam is recommended every year for women starting at age 18
- Women at higher risk should discuss beginning mammograms at a younger age with their physician

Delaware Female Breast Cancer Facts

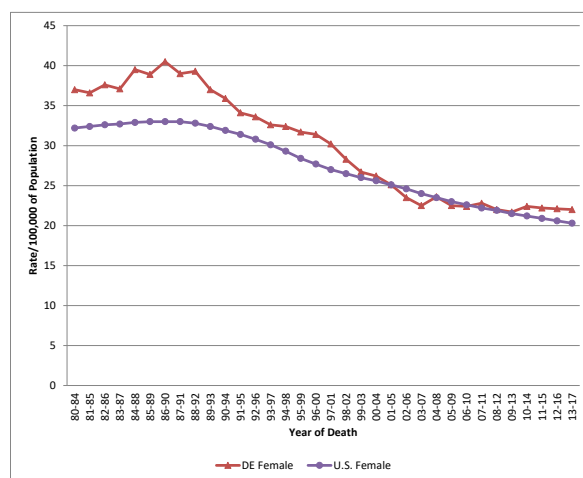
- In 2018, women in Delaware ranked 3rd nationally in mammogram screening
- It is the most common cancer diagnosed in women and the second leading cause of cancer death in women
- 30% of new cancer cases in women, 15% of all cancer deaths in women
- 75% of new cases are in non-Hispanic Caucasian women, 76% of deaths are in non-Hispanic Caucasian women

	Incidence	Mortality
National Rank	8 th	17 th
Age Adjusted Rates [^]		
DE	135.4 (131.1, 139.7)	22.0 (20.3, 23.7)
US	126.8 (126.4, 127.2)	20.3 (20.2, 20.4)
DE – NH Caucasian	137.6 (132.5, 142.8)	21.1 (19.3, 23.1)
US – NH Caucasian	135.5 (134.9, 136.1)	20.3 (20.2, 20.4)
DE – NH African American	137.7 (128.1, 147.9)	24.5 (20.6, 29.1)
US – NH African American	130.8 (129.4, 132.2)	28.5 (28.2, 28.8)
DE – Hispanic	105.8 (86.6, 127.8)	---
US – Hispanic	97.4 (96.4, 98.4)	14.0 (13.8, 14.3)
DE – Male	N/A	N/A
US – Male	N/A	N/A
DE – Female	N/A	N/A
US – Female	N/A	N/A
Stage of Diagnosis		
Local	68%	---
Regional	25%	---
Distant	6%	---
Unknown	2%	---
Age at Diagnosis [*]		
0-39 Years	13.4	---
40-64 Years	246.3	35.1
65-74 Years	469.8	63.3
75-84 Years	483.3	117.3
85 Years and Older	366.0	186.5

Five-Year Age-Adjusted Female Breast Cancer Incidence Rates, US and Delaware 1980-2017



Five-Year Age-Adjusted Female Breast Cancer Mortality Rates, US and Delaware 1980-2017



NH – Non-Hispanic

[^]Age-Adjusted Rates/100,000 of Population (rates based on < 25 cases or deaths are not shown)

^{*}Age-Specific Rates/100,000 of Population (rates based on < 25 cases or deaths are not shown)

Data Sources

Delaware (Incidence): Department of Health and Social Services, Division of Public Health, Delaware Cancer Registry, 2020; (Mortality): Delaware Health Statistics Center, 2020

US (Incidence): Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2019 sub; (Mortality): National Center for Health Statistics; SEER*Stat Database: Mortality-All COD, released May 2020

Screening: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2015.

CERVICAL CANCER – Delaware 2013-2017

Risk Factors

- Infection from the human papilloma virus (HPV) – 2/3 of all cervical cancers are caused by HPV 16 and 18
- Obesity and overweight
- Cigarette smoking (doubles the risk)
- Diet low in fruits and vegetables
- Infection with HIV or Chlamydia
- Long term use of oral contraceptives (5 or more years)
- Three or more full term pregnancies; having a full term pregnancy before age 17 doubles the risk compared to a woman who has a first pregnancy at age 25 or later

Early Detection

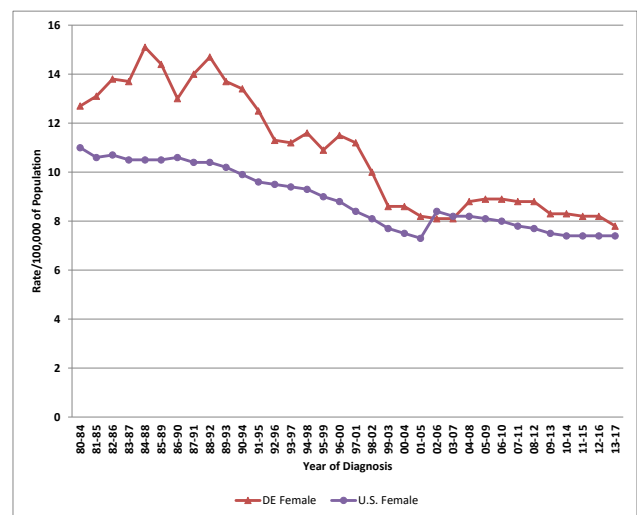
- Women 21 and older should have a pelvic exam annually
- Women 21 to 29 should have a Pap Test every 3 years
- Women 30 to 65 should have a Pap Test every 3 years or every 5 years with HPV co-testing
- Women who have been vaccinated against HPV should continue following the guidelines for their age group

Delaware Cervical Cancer Facts

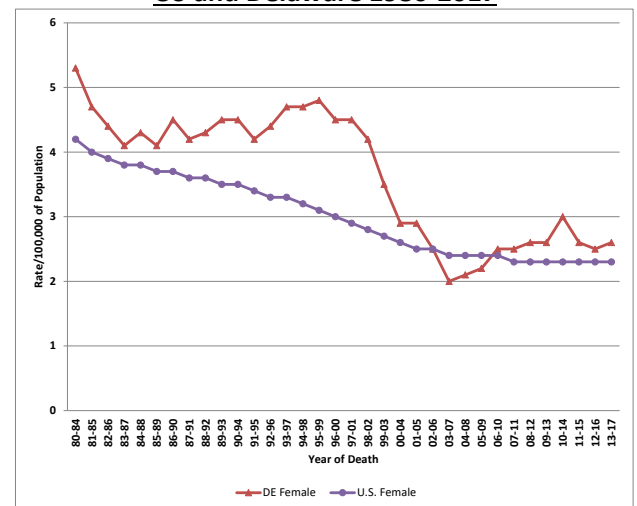
- In 2018, 83% of women 21-65 years of age in Delaware had a pap test within the last 3 years (compared to a national median of 80%)
- 1% of new cancer cases in women, 2% of all cancer deaths in women
- 70% of new cases are in non-Hispanic Caucasian women, 74% of deaths are in non-Hispanic Caucasian women

	Incidence	Mortality
National Rank	20 th	15 th
Age Adjusted Rates [^]		
DE	7.8 (6.7, 9.0)	2.6 (2.0, 3.3)
US	7.4 (7.3, 7.6)	2.3 (2.2, 2.3)
DE – NH Caucasian	8.1 (6.7, 9.7)	2.7 (2.0, 3.6)
US – NH Caucasian	7.0 (6.9, 7.2)	2.1 (2.0, 2.1)
DE – NH African American	9.1 (6.6, 12.1)	---
US – NH African American	8.5 (8.1, 8.9)	3.6 (3.5, 3.7)
DE – Hispanic	---	---
US – Hispanic	9.0 (8.7, 9.3)	2.6 (2.5, 2.7)
DE – Male	N/A	N/A
US – Male	N/A	N/A
DE – Female	N/A	N/A
US – Female	N/A	N/A
Stage of Diagnosis		
Local	45%	---
Regional	30%	---
Distant	---	---
Unknown	---	---
Age at Diagnosis*		
0-39 Years	4.6	---
40-64 Years	11.1	4.4
65-74 Years	14.4	---
75-84 Years	---	---
85 Years and Older	---	---

Five-Year Age-Adjusted Cervical Cancer Incidence Rates, US and Delaware 1980-2017



Five-Year Age-Adjusted Cervical Cancer Mortality Rates, US and Delaware 1980-2017



NH – Non-Hispanic

[^]Age-Adjusted Rates/100,000 of Population (rates based on < 25 cases or deaths are not shown)

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Screening: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2015.

COLORECTAL CANCER – Delaware 2013-2017

Risk Factors

- Diet high in red/processed meat
- Obesity
- Long term tobacco use
- Heavy alcohol use
- Type 2 diabetes
- Age 50 or older
- Increased risk in African Americans
- Personal history of colorectal adenomatous polyps
- Previous history of colorectal cancer
- History of Inflammatory Bowel Disease, Ulcerative Colitis or Crohn's Disease

Early Detection

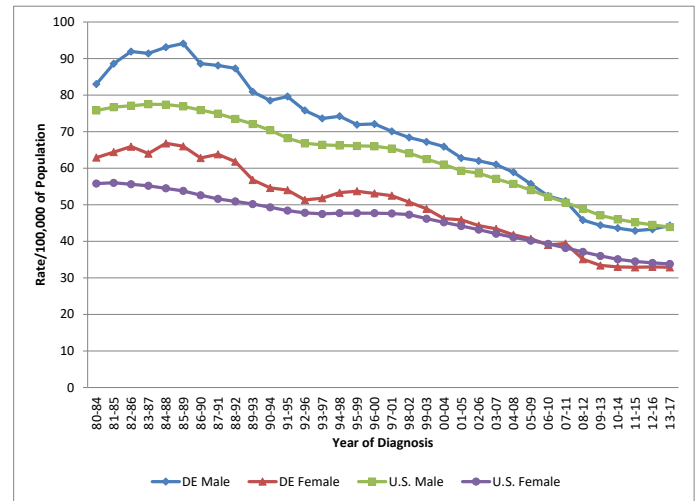
- Men and women 50 and older are recommended for screening
- Screening is through a FIT test annually or colonoscopy every 10 years
- In 2018 Delaware ranked 11th in the US of adults aged 50-74 who had been screened

Delaware Colorectal Cancer Facts

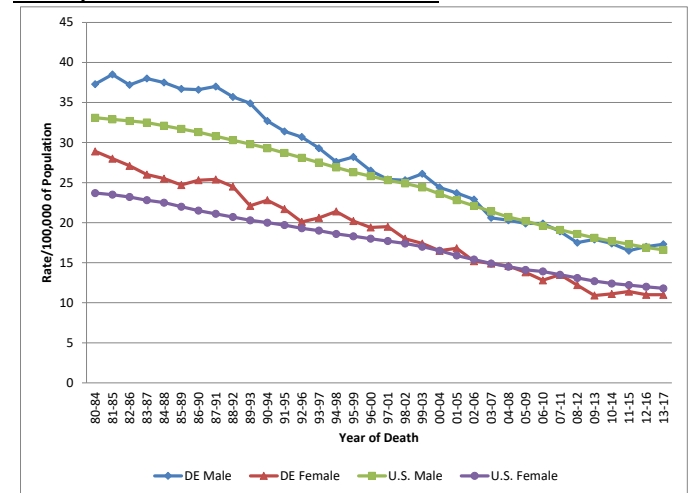
- Fourth most commonly diagnosed cancer and fourth most common cause of cancer death
- 8% of new cancer cases diagnosed, 8% of all cancer deaths
- 53% of new cases are in males, 56% of deaths are in males

	Incidence	Mortality
National Rank	27 th	31 st
Age Adjusted Rates [^]		
DE	38.1 (36.5, 39.8)	13.8 (12.8, 14.8)
US	38.4 (38.2, 38.6)	13.9 (13.9, 14.0)
DE – NH Caucasian	37.6 (35.7, 39.6)	13.4 (12.3, 14.5)
US – NH Caucasian	38.7 (38.5, 39.0)	13.8 (13.8, 13.9)
DE – NH African American	44.6 (40.4, 49.1)	16.3 (13.7, 19.2)
US – NH African American	46.5 (45.9, 47.1)	19.0 (18.8, 19.2)
DE – Hispanic	40.7 (31.7, 51.3)	---
US – Hispanic	33.5 (33.1, 34.0)	11.1 (11.0, 11.3)
DE – Male	44.3 (41.8, 47.0)	17.3 (15.7, 19.1)
US – Male	43.9 (43.6, 44.2)	16.6 (16.5, 16.7)
DE – Female	32.9 (30.9, 35.1)	11.0 (9.9, 12.3)
US – Female	33.8 (33.5, 34.0)	11.8 (11.7, 11.8)
Stage of Diagnosis		
Local	40%	---
Regional	36%	---
Distant	20%	---
Unknown	5%	---
Age at Diagnosis [*]		
0-39 Years	3.1	---
40-64 Years	53.9	16.7
65-74 Years	128.0	37.2
75-84 Years	210.6	94.0
85 Years and Older	245.9	167.2

Five-Year Age-Adjusted Colorectal Cancer Incidence Rates, US and Delaware 1980-2017



Five-Year Age-Adjusted Colorectal Cancer Mortality Rates, US and Delaware 1980-2017



NH – Non-Hispanic

[^]Age-Adjusted Rates/100,000 of Population (rates based on < 25 cases or deaths are not shown)

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Data Sources

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Screening: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2015.

LUNG CANCER – Delaware 2013-2017

Risk Factors

- Tobacco use (according to the US Department of Health and Human Services 85%-90% are caused by tobacco use)
- Exposure to secondhand smoke
- Heavy alcohol use
- Diet low in fruits and vegetables/high in cholesterol
- Occupational exposure to asbestos, paint, mustard gas and other chemicals
- Environmental exposure to radon gas, air pollution
- Family history of lung cancer
- Personal history of tuberculosis

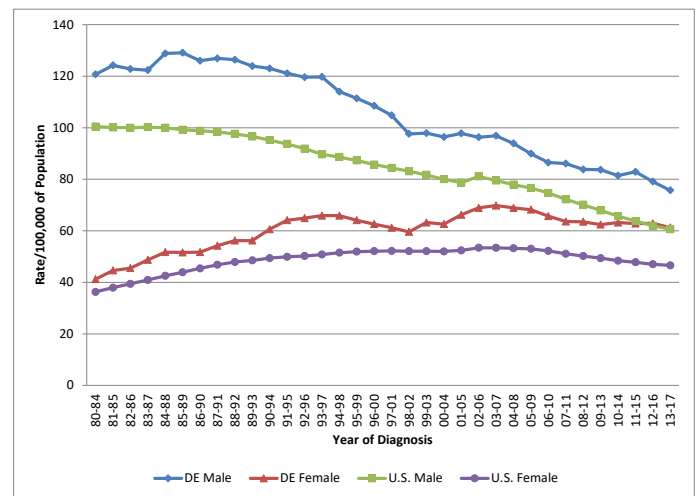
Early Detection

- Screening is recommended for men and women 55-80 who:
 - Smoke or have smoked a pack a day for 30 or more years, or 2 packs a day for 15 or more years
 - Currently smoke or quit smoking within the past 15 years
- Screening is performed using a CT scan
- Talk with provider to determine if lung cancer screening is needed

Delaware Lung Cancer Facts

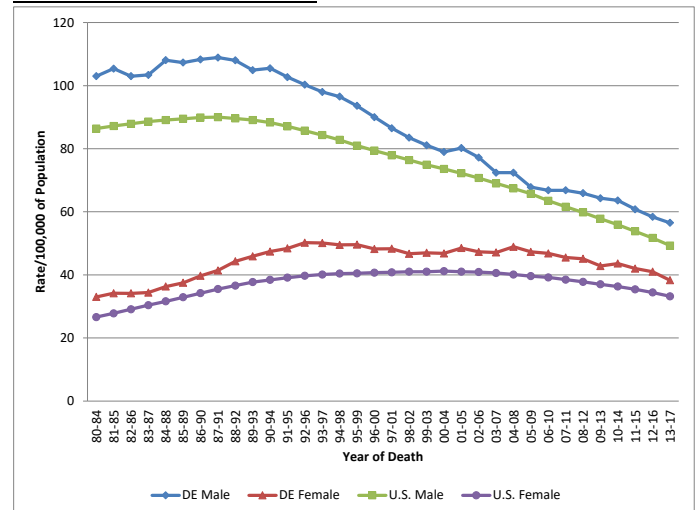
- Most frequently diagnosed cancer that affects both males and females
- 14% of new cancer cases diagnosed, 27% of all cancer deaths
- 50% of cases are in males, 54% of deaths are in males
- In 2019, the smoking prevalence among adults in Delaware was 16%

Five-Year Age-Adjusted Lung Cancer Incidence Rates, US and Delaware 1980-2017



	Incidence	Mortality
National Rank	13 th	16 th
Age Adjusted Rates [^]		
DE	67.4 (65.3, 69.5)	46.2 (44.4, 48.0)
US	52.6 (52.4, 52.8)	40.2 (40.1, 40.3)
DE – NH Caucasian	70.7 (68.3, 73.2)	47.0 (45.1, 49.1)
US – NH Caucasian	58.7 (58.5, 59.0)	43.4 (43.3, 43.5)
DE – NH African American	65.5 (60.3, 71.0)	44.2 (39.9, 48.9)
US – NH African American	60.0 (59.2, 60.7)	43.5 (43.2, 43.8)
DE – Hispanic	29.1 (21.4, 38.5)	20.6 (14.1, 28.9)
US – Hispanic	27.4 (27.0, 27.9)	17.6 (17.4, 17.8)
DE – Male	75.7 (72.4, 79.1)	56.5 (53.6, 59.5)
US – Male	60.6 (60.2, 60.9)	49.3 (49.2, 49.5)
DE – Female	61.3 (58.6, 64.0)	38.3 (36.2, 40.5)
US – Female	46.6 (46.4, 46.9)	33.2 (33.1, 33.3)
Stage of Diagnosis		
Local	26%	---
Regional	22%	---
Distant	47%	---
Unknown	5%	---
Age at Diagnosis*		
0-39 Years	---	---
40-64 Years	76.7	48.9
65-74 Years	325	200.9
75-84 Years	467.5	342.2
85 Years and Older	372.7	348.7

Five-Year Age-Adjusted Lung Cancer Mortality Rates, US and Delaware 1980-2017



NH – Non-Hispanic

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Screening: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2015.

MELANOMA – Delaware 2013-2017

Risk Factors

- Excessive ultraviolet (UV) light from the sun, tanning lamps or tanning beds
- History of frequent sunburns (especially before age 20)
- Having many moles (particularly abnormal moles)
- Light colored skin, freckles, light hair and/or blue/green eyes
- Caucasians are 10 times more likely to have melanoma than African Americans
- Family or personal history of malignant melanoma
- Increasing age
- Women are at higher risk before age 40; men after age 40
- Xeroderma pigmentosum (rare inherited condition)

Early Detection

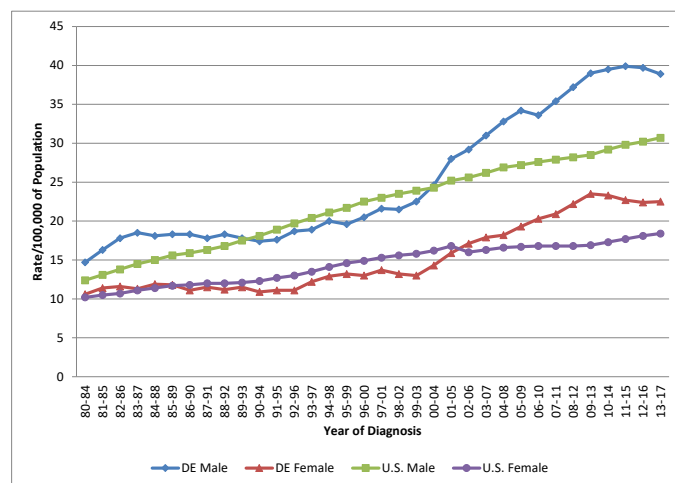
- Self-examination of the skin monthly
- For high-risk individuals, thorough examination of the skin by a healthcare professional

Delaware Melanoma Facts

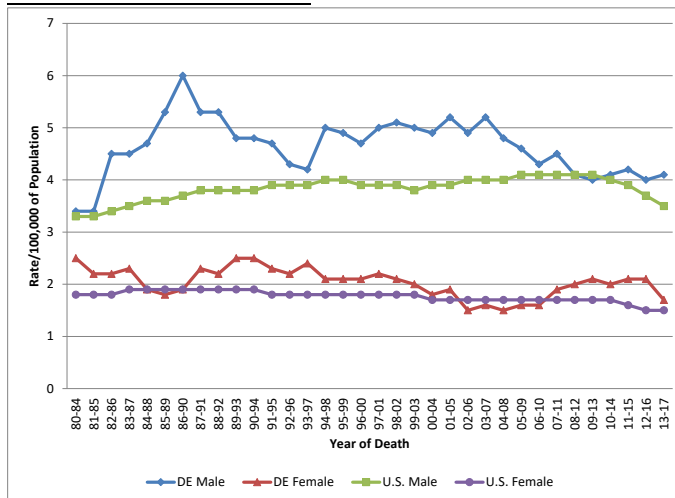
- 6% of new cancer cases diagnosed, 2% of all cancer deaths
- 61% of new cases are in males, 68% of deaths are in males

	Incidence	Mortality
National Rank	3 rd	11 th
Age Adjusted Rates [^]		
DE	29.6 (28.2, 31.1)	2.8 (2.4, 3.3)
US	23.6 (23.5, 23.8)	2.4 (2.4, 2.4)
DE – NH Caucasian	39.0 (37.0, 41.0)	3.3 (2.8, 4.0)
US – NH Caucasian	34.1 (33.9, 34.3)	3.0 (3.0, 3.1)
DE – NH African American	---	---
US – NH African American	1.1 (1.0, 1.2)	0.4 (0.3, 0.4)
DE – Hispanic	---	---
US – Hispanic	5.1 (5.0, 5.3)	0.7 (0.6, 0.7)
DE – Male	38.9 (36.5, 41.4)	4.1 (3.4, 5.0)
US – Male	30.7 (30.4, 30.9)	3.5 (3.5, 3.6)
DE – Female	22.5 (20.8, 24.3)	1.7 (1.3, 2.3)
US – Female	18.4 (18.3, 18.6)	1.5 (1.4, 1.5)
Stage of Diagnosis		
Local	75%	---
Regional	7%	---
Distant	6%	---
Unknown	12%	---
Age at Diagnosis [*]		
0-39 Years	5.3	---
40-64 Years	39.3	2.8
65-74 Years	107.5	10.1
75-84 Years	148	17.6
85 Years and Older	150.6	---

Five-Year Age-Adjusted Melanoma Incidence Rates, US and Delaware 1980-2017



Five-Year Age-Adjusted Melanoma Mortality Rates, US and Delaware 1980-2017



NH – Non-Hispanic

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Screening: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2015.

PROSTATE CANCER – Delaware 2013-2017

Risk Factors

- Diet high in red meat, high fat dairy
- Obesity
- Tobacco and heavy alcohol use
- Age (risk increases sharply after age 50)
- Race/ethnicity (African Americans- higher risk; Hispanics – lower risk)
- Nationality (higher risk for North American/Northwestern European)
- Family history, inherited DNA changes, gene mutations
- Higher levels of testosterone
- Infection and inflammation of prostate gland

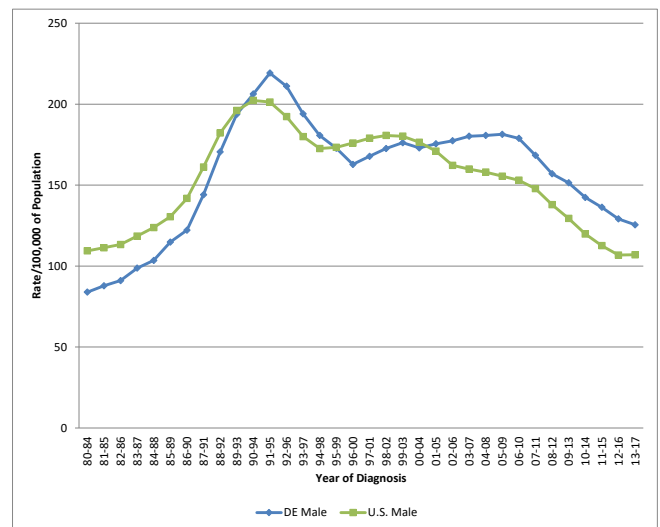
Early Detection

- An informed decision from physician whether to get screened as there are no mass screening efforts in Delaware
- High risk (African-American men) individuals should be screened at 40 and older
- Average risk individuals may be screened starting at age 50 (using informed decision making process with physician)
- Screening via prostate specific antigen (PSA) test with or without a digital rectal exam (DRE)

Delaware Prostate Cancer Facts

- In 2018, 38% of Delaware males 40 and older had a PSA in the past 2 years compared to 33% nationally
- It is the most common cancer diagnosed in men
- 26% of new cancer cases in men, 8% of all cancer deaths in men
- 69% of new cases are in non-Hispanic Caucasian men, 69% of deaths are in non-Hispanic Caucasian men

Five-Year Age-Adjusted Prostate Cancer Incidence Rates, US and Delaware 1980-2017



	Incidence	Mortality
National Rank	7 th	49 th
Age Adjusted Rates [^]		
DE	125.5 (121.5, 129.7)	16.9 (15.3, 18.7)
US	107.0 (106.6, 107.5)	19.1 (19.0, 19.2)
DE – NH Caucasian	110.3 (106.0, 114.7)	14.2 (12.5, 15.9)
US – NH Caucasian	103.6 (103.1, 104.1)	18.0 (17.9, 18.1)
DE – NH African American	205.8 (192.6, 219.8)	34.1 (27.8, 41.4)
US – NH African American	174.6 (172.8, 176.4)	38.7 (38.2, 39.3)
DE – Hispanic	114.3 (91.4, 140.5)	---
US – Hispanic	85.6 (84.5, 86.7)	15.8 (15.4, 16.1)
DE – Male	N/A	N/A
US – Male	N/A	N/A
DE – Female	N/A	N/A
US – Female	N/A	N/A
Stage of Diagnosis		
Local	75%	---
Regional	9%	---
Distant	8%	---
Unknown	8%	---
Age at Diagnosis [*]		
0-39 Years	---	---
40-64 Years	204.9	6.6
65-74 Years	701.1	50.1
75-84 Years	566.7	144.1
85 Years and Older	366.5	363.4

Five-Year Age-Adjusted Prostate Cancer Mortality Rates, US and Delaware 1980-2017



NH – Non-Hispanic

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