

FEMALE BREAST CANCER – Delaware 2011-2015

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

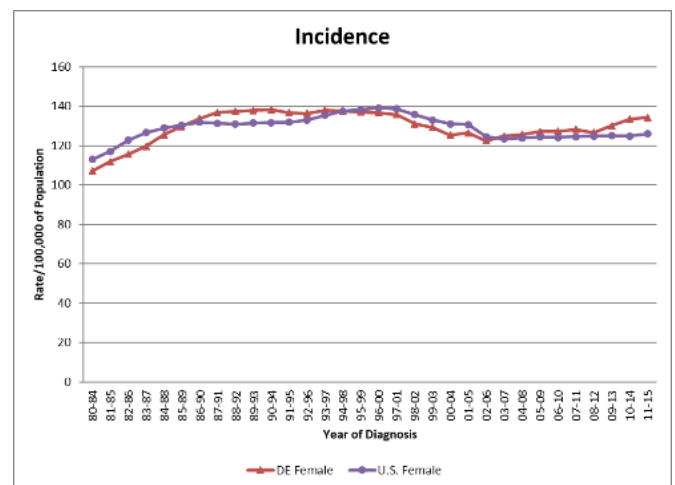
- Women aged 40 and older should get a screening mammogram every year
- Women should know how their breasts normally look and feel and report any breast changes to their physician
- Clinical breast exam is recommended every year for women starting at age 18
- Women at higher risk should discuss beginning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

Delaware Female Breast Cancer Facts

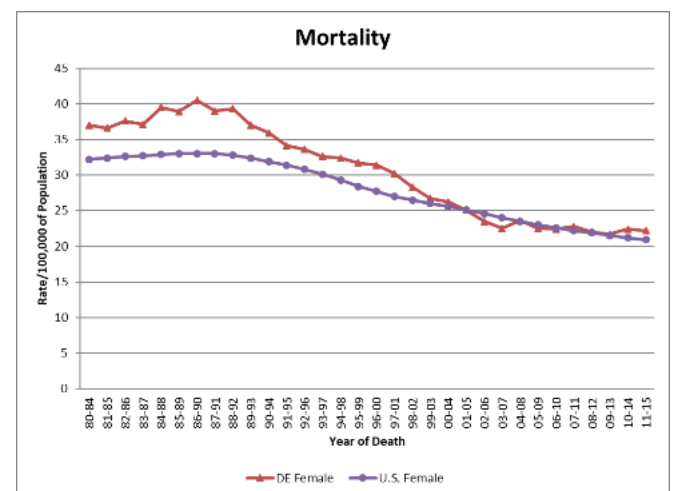
- In 2016, women in Delaware ranked 3rd nationally in mammogram screening
- It is the most common cancer diagnosed in women and the second leading cause of cancer death in women
- 30% of new cancer cases in women, 14% of all cancer deaths in women
- 77% of new cases are in non-Hispanic Caucasian women, 76% of deaths are in non-Hispanic Caucasian women

	Incidence	Mortality
National Rank	9 th	21 th
Age Adjusted Rates [^]		
DE	134.2 (130.0, 138.6)	22.2 (20.5, 24.0)
US	126.0 (125.5, 126.4)	20.9 (20.8, 21.0)
DE – NH Caucasian	136.8 (131.7, 142.0)	21.1 (19.2, 23.1)
US – NH Caucasian	135.2 (134.6, 135.8)	20.8 (20.7, 21.0)
DE – NH African American	133.3 (123.6, 143.7)	25.7 (21.5, 30.5)
US – NH African American	130.2 (128.8, 131.6)	29.5 (29.1, 29.8)
DE – Hispanic	94.3 (75.1, 116.7)	---
US – Hispanic	93.7 (92.7, 94.8)	14.3 (14.0, 14.5)
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	67%	---
Regional	26%	---
Distant	5%	---
Unknown	1%	---
Age at Diagnosis*		
0-39 Years	13.0	---
40-64 Years	239.4	34.9
65-74 Years	477.4	65.6
75-84 Years	473.8	111.9
85 Years and Older	409.1	182.1

Five-Year Age-Adjusted Female Breast Cancer Incidence Rates, US and Delaware 1980-2015



Five-Year Age-Adjusted Female Breast Cancer Mortality Rates, US and Delaware 1980-2015



Data Sources

Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2018

Delaware (Mortality): Delaware Health Statistics Center, 2018

US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018

NH – Non-Hispanic

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

*Age-Specific Rates/100,000 of Population (rates based on less than 25 cases or deaths are not shown)

CERVICAL CANCER – Delaware 2011-2015

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

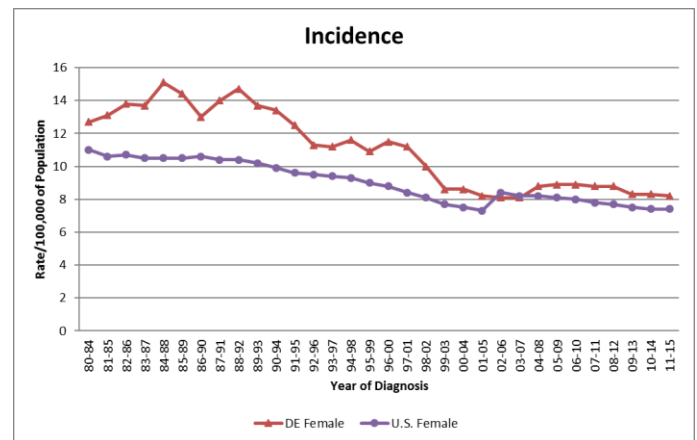
- Women 21 and older should have a pelvic exam annually
- Women 21 to 29 should have a Pap Test every 3 years
- Women 30 to 65 should have a Pap Test every 3 years or every 5 years with HPV co-testing
- Women who have been vaccinated against HPV should continue following the guidelines for their age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

Delaware Cervical Cancer Facts

- In 2016, 79% of women 21-65 years of age in Delaware had a pap test within the last 3 years (compared to 80% nationally)
- 1% of new cancer cases in women, 2% of all cancer deaths in women
- 69% of new cases are in non-Hispanic Caucasian women, 73% of deaths are in non-Hispanic Caucasian women

	Incidence	Mortality
National Rank	13 th	13 th
Age Adjusted Rates [^]		
DE	8.2 (7.1, 9.5)	2.6 (2.0, 3.3)
US	7.4 (7.3, 7.5)	2.3 (2.3, 2.3)
DE – NH Caucasian	8.5 (7.0, 10.1)	2.6 (1.9, 3.5)
US – NH Caucasian	7.0 (6.8, 7.2)	2.1 (2.0, 2.1)
DE – NH African American	9.7 (7.2, 12.9)	---
US – NH African American	8.7 (8.3, 9.1)	3.8 (3.7, 3.9)
DE – Hispanic	---	---
US – Hispanic	8.9 (8.6, 9.2)	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	46%	---
Regional	30%	---
Distant	20%	---
Unknown	4%	---
Age at Diagnosis [*]		
0-39 Years	4.4	---
40-64 Years	12.8	4.2
65-74 Years	15.2	---
75-84 Years	---	---
85 Years and Older	---	---

Five-Year Age-Adjusted Cervical Cancer Incidence Rates, US and Delaware 1980-2015



Five-Year Age-Adjusted Cervical Cancer Mortality Rates, US and Delaware 1980-2015



Data Sources

Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2018

Delaware (Mortality): Delaware Health Statistics Center, 2018

US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018

NH – Non-Hispanic

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

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

COLORECTAL CANCER – Delaware 2011-2015

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

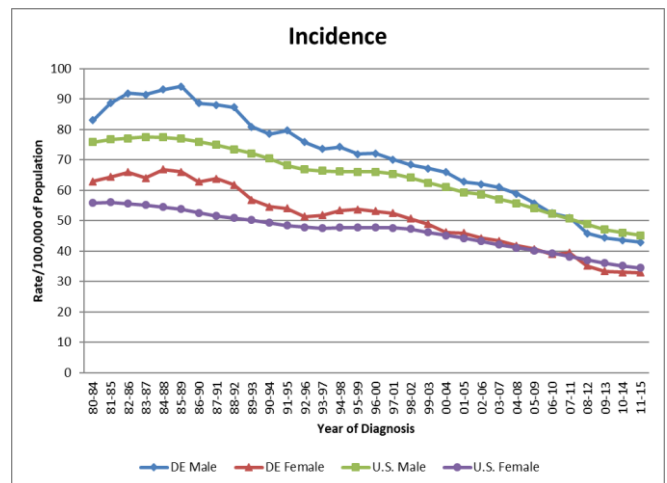
- Men and women 50 and older are recommended for screening
- Screening is through a FIT test annually or colonoscopy every 10 years
- In 2014 Delaware ranked 5th in the US of adults aged 50 or older who had been screened

Delaware Colorectal Cancer Facts

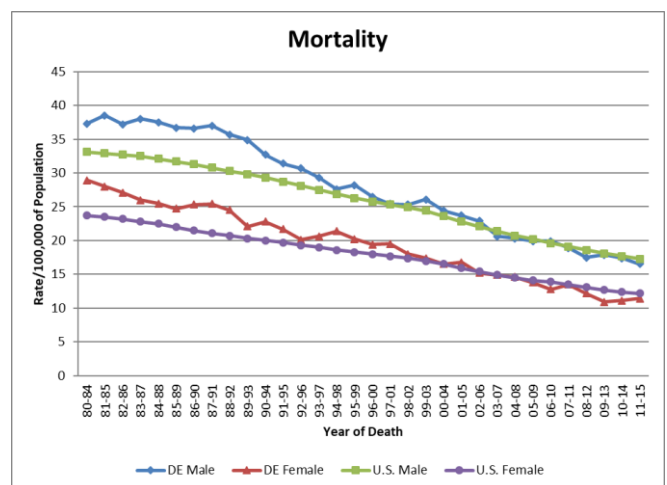
- Third most commonly diagnosed cancer in males and females and third most common cause of cancer death
- 7% of new cancer cases diagnosed, 8% of all cancer deaths
- 52% of new cases are in males, 53% of deaths are in males

	Incidence	Mortality
National Rank	38 th	41 st
Age Adjusted Rates [^]		
DE	37.3 (35.7, 39)	13.7 (12.7, 14.7)
US	39.4 (39.2, 39.6)	14.5 (14.4, 14.5)
DE – NH Caucasian	36.9 (35.1, 38.8)	13.2 (12.1, 14.3)
US – NH Caucasian	39.7 (39.4, 39.9)	14.3 (14.2, 14.4)
DE – NH African American	43.0 (38.7, 47.7)	15.5 (12.8, 18.4)
US – NH African American	48.7 (48.1, 49.4)	20.0 (19.7, 20.2)
DE – Hispanic	36.6 (27.5, 47.4)	---
US – Hispanic	33.5 (33.0, 34.0)	11.5 (11.3, 11.6)
DE – Male	42.9 (40.3, 45.6)	16.5 (14.9, 18.2)
US – Male	45.2 (45.0, 45.5)	17.3 (17.2, 17.4)
DE – Female	32.9 (30.8, 35.1)	11.4 (10.2, 12.6)
US – Female	34.5 (34.3, 34.8)	12.2 (12.1, 12.3)
Stage of Diagnosis		
Local	38%	---
Regional	34%	---
Distant	21%	---
Unknown	5%	---
Age at Diagnosis [*]		
0-39 Years	2.4	---
40-64 Years	50.3	15.9
65-74 Years	125.8	38.5
75-84 Years	213.4	91.0
85 Years and Older	270.2	167.6

Five-Year Age-Adjusted Colorectal Cancer Incidence Rates, US and Delaware 1980-2015



Five-Year Age-Adjusted Colorectal Cancer Mortality Rates, US and Delaware 1980-2015



Data Sources

Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2018

Delaware (Mortality): Delaware Health Statistics Center, 2018

US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018

NH – Non-Hispanic

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

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

LUNG CANCER – Delaware 2011-2015

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
- Heave 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

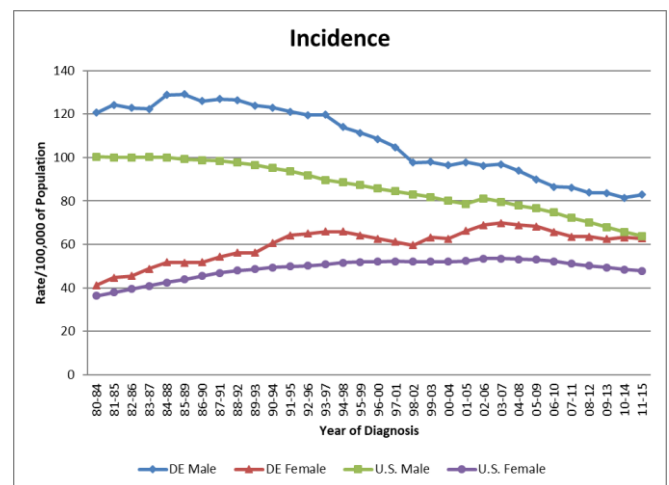
- Screening is recommended for men and women 55-80 who:
 - Smoke or have smoked a pack a day for 30 or more years, or 2 packs a day for 15 or more years
 - Currently smoke or quit smoking within the past 15 years
- Screening is performed using a CT scan
- Talk with provider to determine if lung cancer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

Delaware Lung Cancer Facts

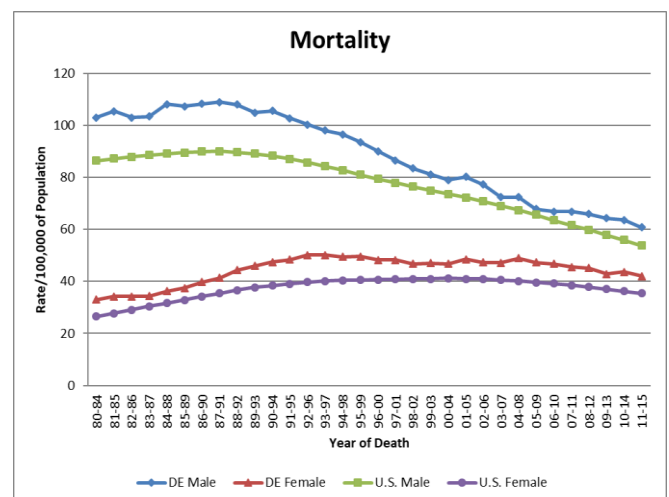
- Most frequently diagnosed cancer
- 15% of new cancer cases diagnosed, 29% of all cancer deaths
- 52% of cases are in males, 53% of deaths are in males
- In 2017, the smoking prevalence among adults in Delaware was 17%

	Incidence	Mortality
National Rank	9 th	14 th
Age Adjusted Rates [^]		
DE	71.3 (69.1, 73.6)	50.0 (48.2, 52.0)
US	54.6 (54.4, 54.8)	43.4 (43.3, 43.5)
DE – NH Caucasian	74.1 (71.6, 76.7)	50.7 (48.7, 52.9)
US – NH Caucasian	60.7 (60.5, 61.0)	46.5 (46.4, 46.7)
DE – NH African American	68.5 (62.9, 74.4)	46.8 (42.2, 51.8)
US – NH African American	63.0 (62.2, 63.7)	47.5 (47.1, 47.8)
DE – Hispanic	37.7 (28.1, 49.2)	21.6 (14.6, 30.5)
US – Hispanic	27.8 (27.3, 28.2)	18.9 (18.7, 19.1)
DE – Male	82.9 (79.4, 86.6)	60.8 (57.7, 64.0)
US – Male	63.8 (63.4, 64.1)	53.8 (53.7, 54.0)
DE – Female	62.8 (60.0, 65.7)	42.0 (39.7, 44.4)
US – Female	47.8 (47.5, 48.0)	35.4 (35.3, 35.5)
Stage of Diagnosis		
Local	22%	---
Regional	22%	---
Distant	52%	---
Unknown	5%	---
Age at Diagnosis*		
0-39 Years	---	---
40-64 Years	79.3	51.0
65-74 Years	336.7	215.2
75-84 Years	486.3	374.4
85 Years and Older	403.6	377.1

Five-Year Age-Adjusted Lung Cancer Incidence Rates, US and Delaware 1980-2015



Five-Year Age-Adjusted Lung Cancer Mortality Rates, US and Delaware 1980-2015



Data Sources

Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2018

Delaware (Mortality): Delaware Health Statistics Center, 2018

US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018

NH – Non-Hispanic

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PROSTATE CANCER – Delaware 2011-2015

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

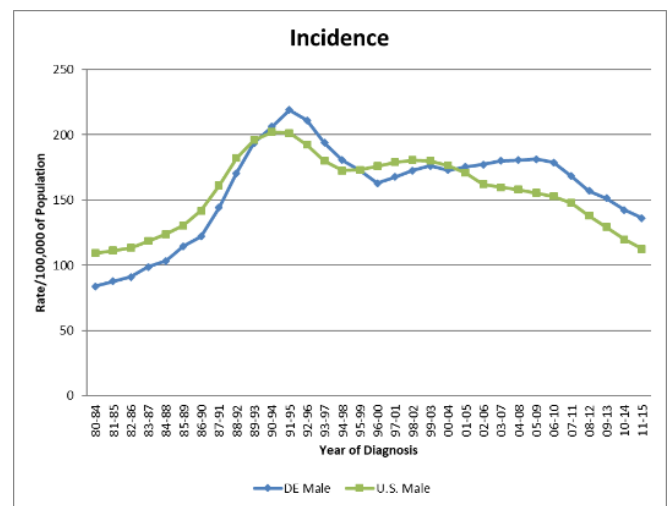
- An informed decision from physician whether to get screened as there are no mass screening efforts in Delaware
- High risk (African-American men) individuals should be screened at 40 and older
- Average risk individuals may be screened starting at age 50 (using informed decision making process with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

Delaware Prostate Cancer Facts

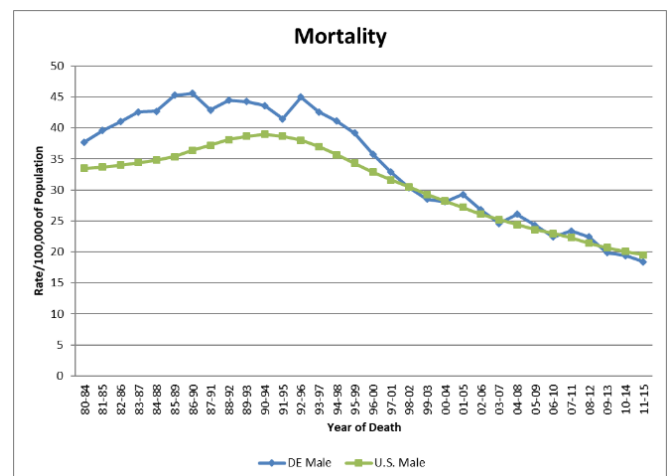
- In 2016, 45% of Delaware males 40 and older had a PSA in the past 2 years compared to 39% nationally
- It is the most common cancer diagnosed in men
- 26% of new cancer cases in men, 8% of all cancer deaths in men
- 71% of new cases are in non-Hispanic Caucasian men, 73% of deaths are in non-Hispanic Caucasian men

	Incidence	Mortality
National Rank	3 rd	43 nd
Age Adjusted Rates [^]		
DE	136.3 (131.9, 140.8)	18.4 (16.6, 20.3)
US	112.6 (112.2, 113.1)	19.5 (19.4, 19.6)
DE – NH Caucasian	122.0 (117.3, 126.8)	16.1 (14.3, 18.1)
US – NH Caucasian	108.8 (108.3, 109.3)	19.5 (19.4, 19.6)
DE – NH African American	215.7 (201.5, 230.7)	33.0 (26.5, 40.6)
US – NH African American	183.0 (181.0, 184.9)	40.8 (40.3, 41.4)
DE – Hispanic	128.4 (102.9, 157.6)	---
US – Hispanic	91.8 (90.5, 93.0)	16.2 (15.8, 16.5)
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	78%	---
Regional	9%	---
Distant	6%	---
Unknown	7%	---
Age at Diagnosis*		
0-39 Years	---	---
40-64 Years	218.2	7.4
65-74 Years	758.8	47.8
75-84 Years	579.8	152.1
85 Years and Older	423.2	418.7

Five-Year Age-Adjusted Prostate Cancer Incidence Rates, US and Delaware 1980-2015



Five-Year Age-Adjusted Prostate Cancer Mortality Rates, US and Delaware 1980-2015



Data Sources

Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2018

Delaware (Mortality): Delaware Health Statistics Center, 2018

US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018

NH – Non-Hispanic

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*Age-Specific Rates/100,000 of Population (rates based on less than 25 cases or deaths are not shown)

MELANOMA – Delaware 2011-2015

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

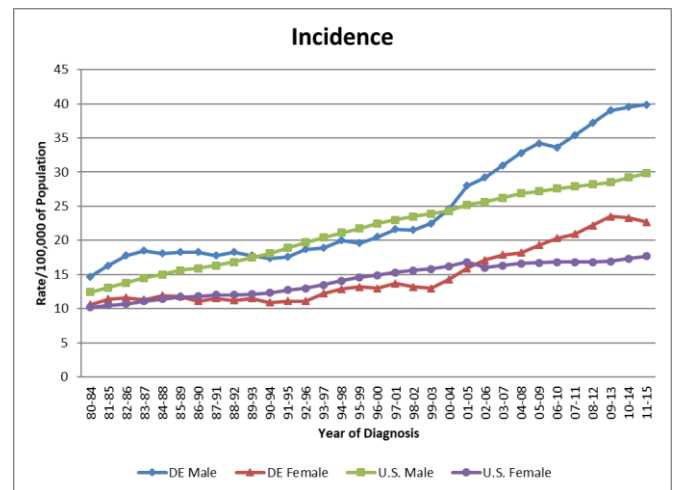
- Self-examination of the skin monthly
- For high-risk individuals, thorough examination of the skin by a healthcare professional

Delaware Melanoma Facts

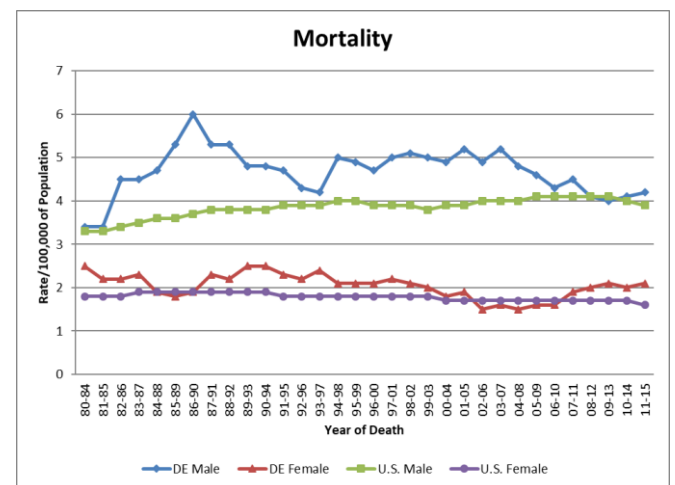
- 6% of new cancer cases diagnosed, 2% of all cancer deaths
- 61% of new cases are in males, 63% of deaths are in males

	Incidence	Mortality
National Rank	3 rd	15 th
Age Adjusted Rates [^]		
DE	30.1 (28.6, 31.6)	3.0 (2.5, 3.5)
US	22.8 (22.7, 23.0)	2.6 (2.6, 2.6)
DE – NH Caucasian	39.1 (37.2, 41.2)	3.5 (2.9, 4.1)
US – NH Caucasian	32.5 (32.3, 32.7)	3.3 (3.2, 3.3)
DE – NH African American	---	---
US – NH African American	1.1 (1.0, 1.2)	0.4 (0.4, 0.4)
DE – Hispanic	---	---
US – Hispanic	4.8 (4.6, 5.0)	0.7 (0.7, 0.8)
DE – Male	39.9 (37.4, 42.5)	4.2 (3.4, 5.2)
US – Male	29.8 (29.6, 30.1)	3.9 (3.8, 3.9)
DE – Female	22.7 (20.9, 24.6)	2.1 (1.6, 2.7)
US – Female	17.7 (17.5, 17.9)	1.6 (1.6, 1.6)
Stage of Diagnosis		
Local	76%	---
Regional	7%	---
Distant	6%	---
Unknown	12%	---
Age at Diagnosis*		
0-39 Years	5.4	---
40-64 Years	42.2	3.1
65-74 Years	104.9	12.4
75-84 Years	142.8	17.2
85 Years and Older	142.6	---

Five-Year Age-Adjusted Melanoma Incidence Rates, US and Delaware 1980-2015



Five-Year Age-Adjusted Melanoma Mortality Rates, US and Delaware 1980-2015



Data Sources

Delaware (Incidence): Delaware Cancer Registry, Delaware Health and Social Services, Division of Public Health, 2018

Delaware (Mortality): Delaware Health Statistics Center, 2018

US: Surveillance, Epidemiology and End Results Program (SEER 18), National Cancer Institute, 2018

NH – Non-Hispanic

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