



Chronicle of Indiana Cancer Control

September 2024

Spotlight

Prostate Cancer

Prostate cancer begins when cells in the prostate gland start to grow out of control.

The prostate is a gland found only in males. Almost all prostate cancers are adenocarcinomas. These cancers develop from the gland cells in the prostate.

Other than skin cancer, prostate cancer is the most common cancer in men in the United States. About one in eight men will be diagnosed with prostate cancer during their lifetime. Each man's risk of prostate cancer vary based on age, race/ethnicity and other factors. ¹

Table 1. Burden of Invasive Prostate Cancer*- Indiana, 2016-2020*

	Average number of cases per year (2016-2020)	Rate per 100,000 males* (2016-2020)	Number of cases (2020)	Rate per 100,000 males* (2020)
Indiana Incidence	4,054	91.2	3,412	73.8
Indiana Deaths	612	14.1	557	12.3

*Age-adjusted to the US 2000 Standard Population. Source: Indiana State Cancer Registry

Risk Factors and Detection

- Older age: Six in 10 prostate cancers are found in men older than 65
- Race/ ethnicity: More common in Black men and in Caribbean men of African ancestry
- Family history: Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease. The risk is much higher for men with several affected relatives, particularly if their relatives were young when the cancer was found. ²

The United States Preventive Services Task Force (USPSTF) no longer recommends that men receive the prostate-specific antigen (PSA)-based screening for prostate cancer. The USPSTF and American Cancer Society now recommend that men have a conversation with their health care provider about their personal health and lifestyle, risk for prostate cancer, personal beliefs and preferences for health care, as well as the benefits and harms of PSA screening and any treatment that may result prior to making an informed decision about getting a PSA.

Check out this [Shared Decision Guide](#) to see if screening is the best choice for you.

Resources and Upcoming Events

- October is Breast Cancer Awareness Month
- Saturday, Nov. 9 is [National Lung Cancer Screening Day](#). Screening centers are being asked to open their doors that day to allow individuals who are unable to take time away from work or other responsibilities to access screening.
- Cancer Support Community of Central Indiana introduces [Ina- Your Dietitian-On-Demand!](#) Personalized 24/7 nutrition guidance right at your fingertips whenever you need answers about nutrition needs or symptom management.
- Cancer Support Community of Central Indiana offers main campus counseling, art therapy and support group offerings. Visit [this link](#) for a list of all events.
- Little Red Door Cancer Agency's 17th annual Face of Hope Breakfast is Nov. 21. Learn more at www.littlereddoor.org/foh24.
- Check out the American Cancer Society's [Prostate Cancer Awareness Month Video](#), which features an interview with basketball hall-of-famer and prostate cancer survivor Alonzo Mourning

References

1. [American Cancer Society](#)
2. <https://www.cancer.org/cancer/types/prostate-cancer/causes-risks-prevention/risk-factors.html>

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

