



Prostate Cancer

The most common cancer in American men, other than skin cancer

Risk Factors

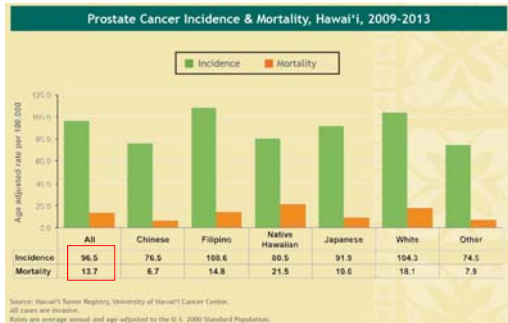
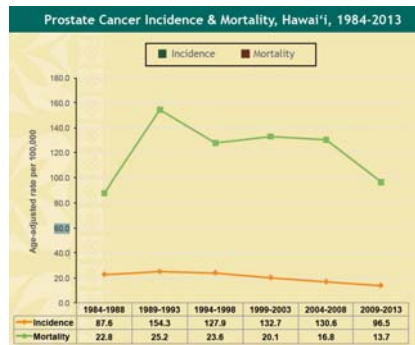
- **Age:** The chance of having prostate cancer rises rapidly after age 50.
- **Race/ethnicity:** African American men
- **Geography:** North America, northwestern Europe, Australia, and on Caribbean islands
- **Family history:** Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease.
- **Genetics:** Inherited genetic variants
- **There are no proven modifiable risk factors.**

Incidence and Mortality in Hawaii

- **Lower** incidence and mortality in Hawaii compared to the U.S.

Incidence			Mortality		
HI	U.S.	Rank among 50 States	HI	U.S.	Rank among 50 States
96.5	123.1	49	13.7	20.7	50

Average annual rates per 100,000

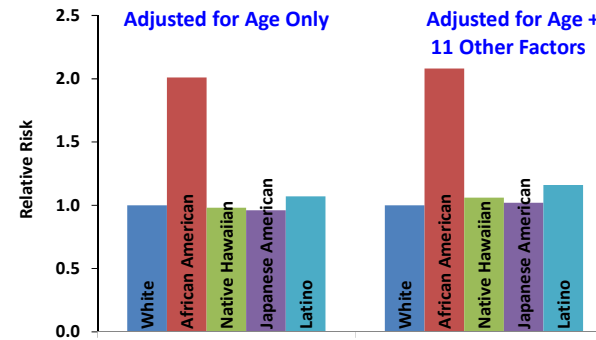


- An average of 743 men are diagnosed with invasive prostate cancer in Hawaii each year.
- An average of 99 men die of prostate cancer in Hawaii each year.
- In 2009-2013, 66% of prostate cancer cases were diagnosed at early stages and 22% at late stages.



Major Findings in the MEC

- Racial/ethnic variation in prostate cancer risk, 1993-2010



Other factors considered: family history of prostate cancer, body mass index, height, smoking, education, history of diabetes, physical activity, alcohol consumption, and intakes of calcium, legume, lycopene, and selenium

- **Smoking and diabetes**

Among selected lifestyle-related factors including body mass index, height, education, physical activity, alcohol consumption, and dietary components, only smoking and history of diabetes were significantly associated with a lower risk of prostate cancer by 28% (current smoking of ≥ 20 cigarettes/day vs. never smoking) and 22% (yes vs. no), respectively.

- **Genetic factors: 8q24**



Multiple regions within chromosome 8q24 independently affected risk for prostate cancer.

Recommendations for Prostate Cancer Screening



It is not clear if the benefits of testing all men with prostate-specific antigen (PSA) for prostate cancer outweigh the risks. Thus, it is important to talk to a health care provider before deciding whether or not to be tested.

Men aged 55 to 69 years: based on professional judgment and patient preferences.

Men 70 years and older: recommend against PSA-based screening for prostate cancer.