

1-1-2002

# Cancer Incidence & Mortality in Maine 1995-1996

Maine Department of Human Services

Maine Center for Disease Control and Prevention

Maine Cancer Registry

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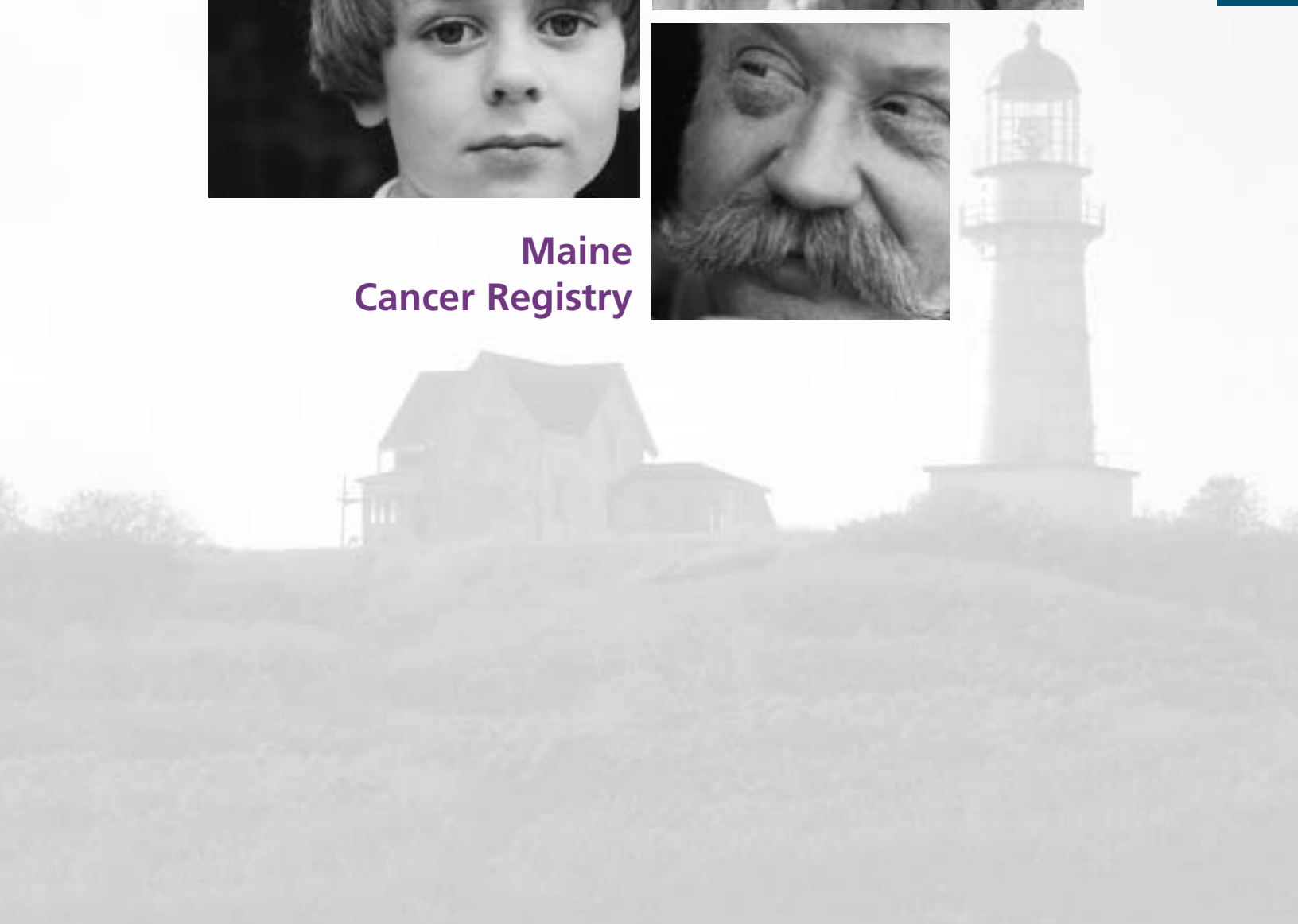
Cancer  
Incidence & Mortality  
in Maine

1995-1996



Maine  
Cancer Registry

1995 - 1996



## Cancer Incidence and Mortality In Maine, 1995-1996

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Special thanks to the following individuals and organizations:

**The Maine Cancer Registry Staff**

**Office of Data, Research, and Vital Statistics  
Department of Human Services**

**Maine hospital registrars:**

We would also like to extend our thanks to the Maine hospitals for reporting cancer cases to the Maine Cancer Registry. Without their support this report would not be possible.

**Burgess Advertising & Associates, Inc.** for donations of services in producing this report.

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## Executive Summary

Cancer is a widespread disease that affects people around the world. A national program called "Healthy People 2010" was developed to establish measurable goals to help increase the quality and number of healthy years of life. One of the key goals of this program is to reduce the number of new cancer cases as well as the illness, disability, and death caused by cancer. In Maine, the Comprehensive Cancer Control Consortium was developed to address the burden of cancer in our state. A plan has been developed to improve prevention, early detection, treatment, rehabilitation, survivorship, palliation, and hospice care for the people of Maine.

In our lifetime, each of us will undoubtedly be touched by cancer in one way or another. The American Cancer Society reports that one out of every two men and one out of every three women will be diagnosed with some form of cancer in their lifetimes. In Maine an estimated 6,900 new cases will be diagnosed in the year 2001. Cancer is the second leading cause of death in the United States and in Maine. The American Cancer Society estimates that 3,000 Maine residents will die from cancer in the year 2001.

Cancer is not a single disease. There are over 100 different types of cancer, each with its own behavior, treatment, and survival rate. Four types of cancer account for over 50% of all cases diagnosed in Maine: lung (16.6%), female breast (14.7%), prostate (12.8%), and colorectal (12.0%). Bladder cancer accounts for an additional 5.5% of the cases. During the 1995 to 1996 time period, Maine's cancer mortality was the fifth highest in the nation. Maine had the second highest bladder cancer mortality rate, the fifth highest colorectal cancer rate, and the eighth highest lung cancer rate. Maine women ranked 18th highest in breast cancer and Maine men ranked 20th in prostate cancer.

There are various causes of cancer. The 1996 Harvard Report on Cancer Prevention concluded that 65% of all cancer deaths could be attributed to three modifiable lifestyle factors: tobacco use, adult diet and obesity, and a sedentary lifestyle. Heredity and environmental factors, such as pollution, viruses, occupational exposures and ultraviolet radiation, also contribute to the development of cancer. Because cancer can take up to 30 years to develop, it is difficult to pinpoint a particular exposure that might have contributed to a given cancer. While hereditary factors are not modifiable, people can reduce their risk of developing cancer by exercising, eating a healthy diet, and not smoking.

The goal of this annual report is to provide educational and statistical information on cancer in the state of Maine. The report represents data collected from 38 hospitals, physician offices, and pathology labs in Maine. Additional data is contributed by other states that care for Maine residents with cancer. The report explains the purpose of the Maine Cancer Registry and provides incidence and mortality data for all cancers combined, for the five most common cancer sites (lung, breast, prostate, colorectal, and bladder), and for three sites where preventive measures can also be implemented (cervical, oral, and melanoma). Risk factors and methods of prevention are included for each cancer site. Detailed data tables by county and more specific cancer sites are also included.

*Note: Due to changes in our case-finding methods, which began in 1995, we have not included time trends for Maine. Time trends will be resumed in future reports.*

## What is the Maine Cancer Registry?

The Maine Cancer Registry (MCR) is a statewide population-based cancer surveillance system. The MCR collects information about all newly diagnosed and treated cancers in Maine residents (except basal and squamous cell carcinoma of the skin). This information is used to better understand cancer and improve cancer prevention, treatment and control.

## Where does the MCR's authority and funding come from?

**State law** created the MCR in 1983 (MRSA 22 1401-1404).

**Federal law** provided funds for the MCR to expand in 1994, under the National Program of Cancer Registries, a program of the Centers for Disease Control and Prevention (USC Title 42-280e). Today the CDC provides three dollars for the MCR for every dollar from the state.

## Where do cancer case reports come from?

All hospitals, health care facilities, physicians, and other providers who diagnose or treat cancer patients are **required by law** to report new cases to the MCR.

The MCR also actively **finds new cancer cases** in other databases at independent labs, state death files and other state registries.

## What kind of information is reported?

- **About the person:** age, sex, race, residence, occupation
- **About the cancer:** which body part (site), how far it has spread (stage)
- **Treatment:** surgery, radiation, chemotherapy

## How is the information kept confidential?

The MCR follows **strict requirements of federal and state law** to keep all personal information confidential. This means that any information that could identify a person is kept in locked files or secure computer accounts. Very specific guidelines are followed when data are released.

## What does the MCR do with reported cases?

The MCR spends a lot of time making sure that the information is complete and accurate. For example, because more than one source often reports the same case, MCR staff must make sure that each case is in the database only once. MCR staff are specially trained to do this quality assurance work and keep these skills up to date with continuous education.

## How are MCR cancer data used?

MCR data are currently used in several forms, including:

- the annual report, which is often used to answer general questions by the public;
- special reports which are generated in response to requests for aggregated data;
- identifiable data sets for researchers in the field of cancer;
- investigating local concerns about cancer rates; and
- data submissions for larger collaborative efforts.

Examples of these current uses are listed below:

Data Use	Types of Users
Annual Report	<ul style="list-style-type: none"><li>• Public Health Organizations (private and public)</li><li>• Other State Agencies</li><li>• Legislators</li><li>• Hospitals</li><li>• Universities</li><li>• Health Insurance Companies</li><li>• Private Citizens</li></ul>
Summary data reports	<ul style="list-style-type: none"><li>• Comprehensive Cancer Planning Initiatives</li><li>• Hospitals</li><li>• Universities</li><li>• Students</li><li>• State Agencies</li></ul>
Identifiable data for research	<ul style="list-style-type: none"><li>• Researchers and Planners</li></ul>
Local concerns about rates	<ul style="list-style-type: none"><li>• State Agencies</li><li>• Towns</li><li>• Industries</li></ul>
Data submissions	<ul style="list-style-type: none"><li>• North American Association of Central Cancer Registries</li><li>• National Program of Cancer Registries</li><li>• Central Brain Tumor Registry of the United States</li></ul>

# All Cancers

## **Facts About Cancer in the U.S.**

In 1996 an estimated 1,359,150 people in the U.S. were diagnosed with cancer and 554,740 people died from some form of this disease. Cancer varies by climate and region. In the U.S. cancer is diagnosed more often in the Northeast and areas of the South. Cancer is more common in men than in women. One in every two men and one in every three women will be diagnosed with cancer in his or her lifetime. Cancer is more common with increasing age.

The key to preventing death from cancer is to find it early when it can be cured.

## Risk Factors for Cancer

The Harvard Report on Cancer Prevention in 1996 researched the risk factors for cancer. The estimated percent of total cancer deaths attributed to established causes of cancer were:

<b>Risk Factor</b>	<b>Percentage</b>
Tobacco	30%
Adult diet/obesity	30%
Sedentary lifestyle	5%
Occupational factors	5%
Family history of cancer	5%
Viruses/biological agents	5%
Perinatal factors/growth	5%
Reproductive factors	3%
Alcohol	3%
Socioeconomic status	3%
Environmental pollution	2%
Ionizing/UV radiation	2%
Other	2%

## Prevention

The most successful way to prevent cancer is to **limit the number of modifiable risk factors** by following these guidelines:

- **Do not smoke**
- **Eat a diet high in fresh fruits and vegetables and low in fats**
- **Get some exercise every day**
- **Limit alcohol intake**

## Early Detection

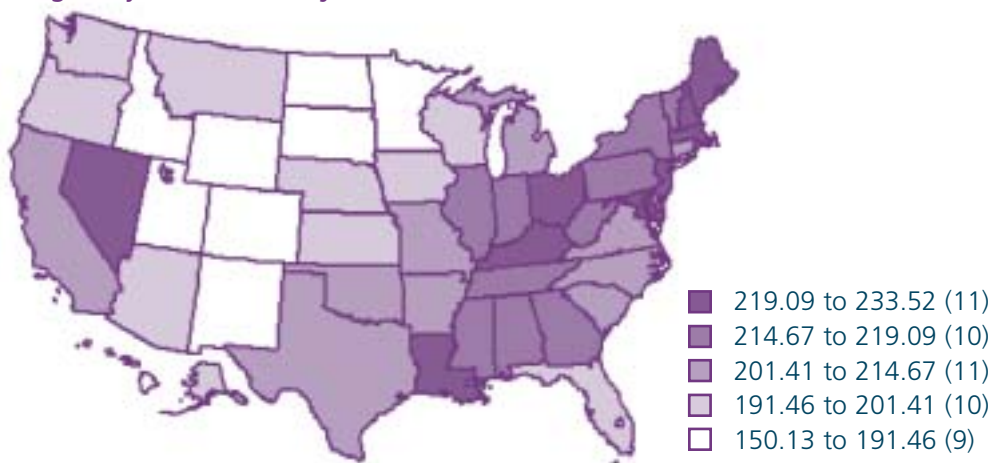
Recommended screening tests are listed here and discussed in more detail in the following chapters:

- **Mammogram**
- **Pap Smear**
- **Colorectal Exam**
- **Mouth and Throat Exam**
- **Skin Cancer Screening**
- **Prostate Screening**



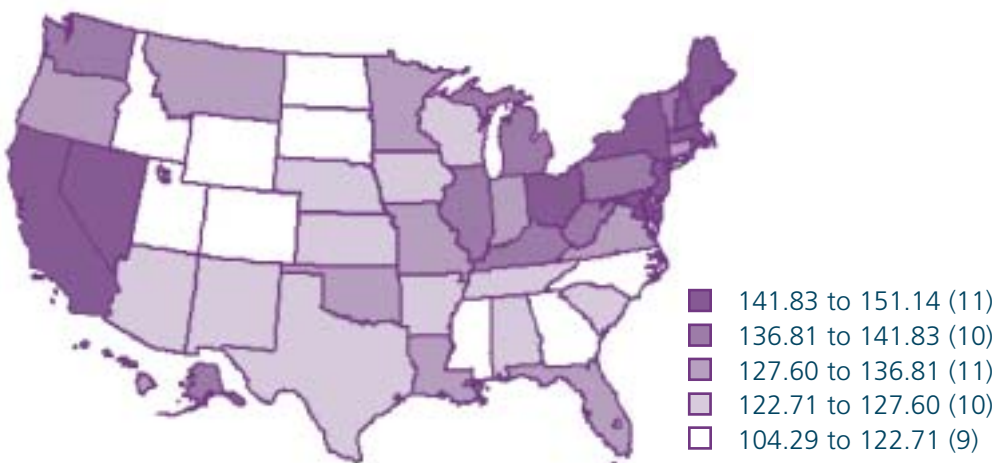
Maine: 227.9 per 100,000  
 U.S.: 209.5 per 100,000

### Age-Adjusted Mortality Rates for All Cancers, White Males, 1970-1994



Maine: 145.8 per 100,000  
 U.S.: 135.9 per 100,000

### Age-Adjusted Mortality Rates for All Cancers, White Females, 1970-1994



Note: Mortality rate/100,000 age-adjusted to 1970 U.S. population  
 Source: Atlas of Cancer Mortality in the U.S.

## Facts about Cancer in Maine

- In 1995 and 1996, cancer was the second leading cause of death after heart disease and accounted for 25% of all deaths in Maine.
- Cancer was the number one cause of potential years of life lost, accounting for 1,543 years per 100,000 people in Maine. Heart disease only accounted for 950 years of potential life lost. This measure indicates that cancer deaths occur in people at a much younger age than heart disease.

## Risk Factors in Maine

The 2000 Behavioral Risk Factor Surveillance System (BRFSS) shows that:

- Over 23% of Maine adults smoke cigarettes.
- Over 75% of Maine residents do not eat the recommended five or more servings of fruits and vegetables a day.
- Over 27% of Maine residents indicate that they have not participated in any physical activity in the past month. This may contribute to obesity.

Cancer was the number one cause of potential years of life lost, accounting for 1,543 years per 100,000 people in Maine.

Within Maine, there is a lot of random variation between the county rates. Counties whose rates for all cancers combined are significantly lower than the rate in Maine include Cumberland and Sagadahoc. Counties with a significantly higher rate of all cancers combined include Hancock, Penobscot, and Washington Counties. (See Data Tables, page 42, for 95% confidence intervals.)

Maine = 398.8  
National (SEER<sup>1</sup> Whites) = 391.9

<sup>1</sup> Surveillance, Epidemiology, and End Results

## Early Detection in Maine

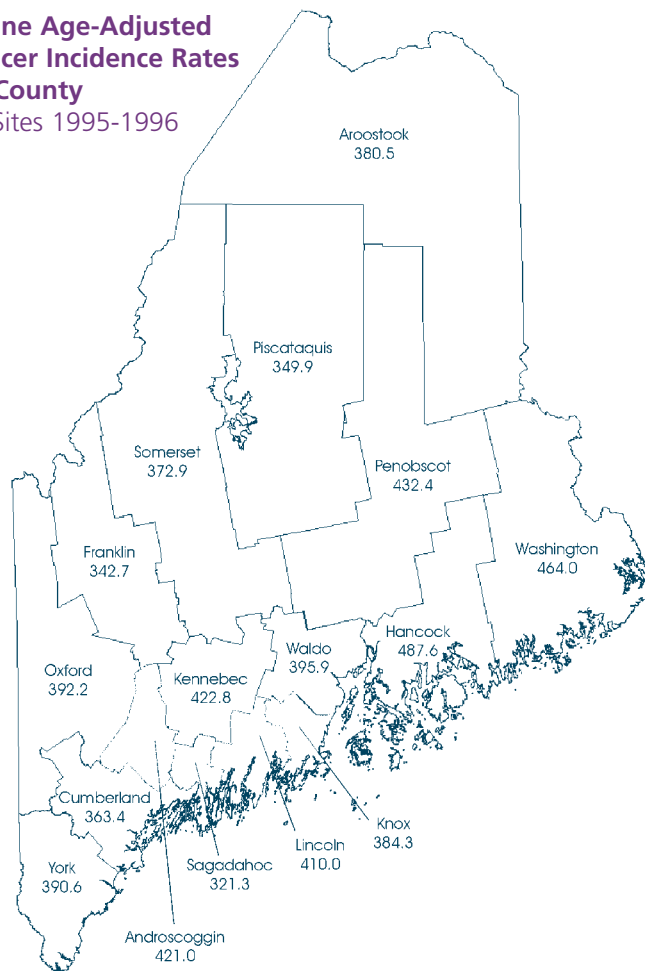
The 2000 BRFSS shows the following patterns of early detection in Maine:

- **Breast Cancer:** Approximately 90% of the women in Maine, over age 40, have ever had a mammogram. However, only 75% of these women have had the mammogram within the screening guideline of one year.
- **Cervical Cancer:** Ninety-four percent of Maine women have ever had a Pap Smear. Of these women, 73% have had the Pap Smear within the recommended timeframe of one year.
- **Colon Cancer:** The 1999 BRFSS shows that only 36% of men and women in Maine, over age 50, have had a fecal occult blood test (FOBT). Only 34% of Maine men and women, over age 50, have had either a sigmoidoscopy or colonoscopy.

## Burden of Cancer in Maine

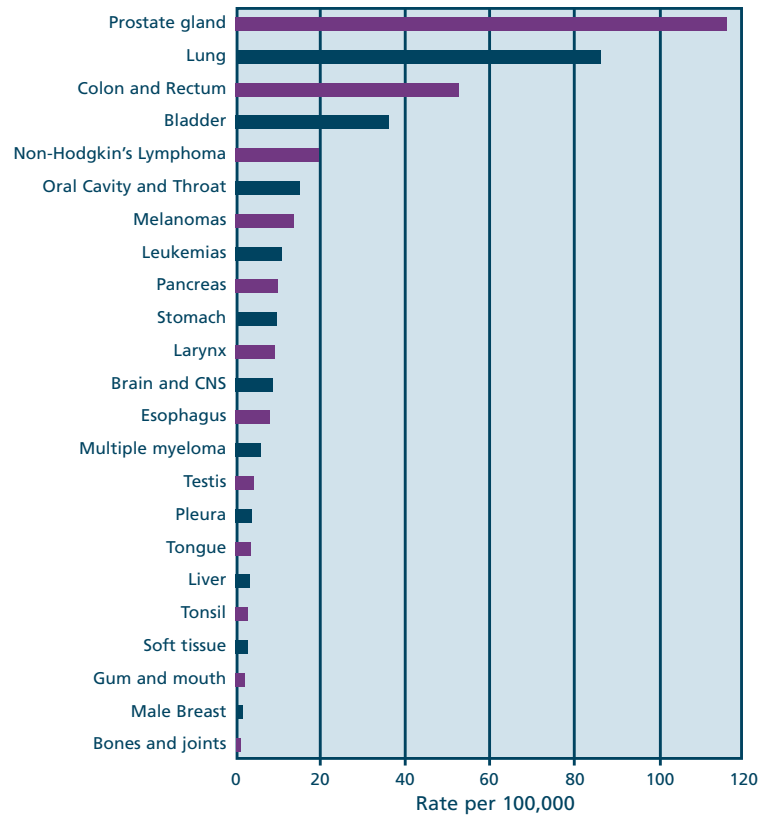
- In 1995 and 1996 an average of 3,098 men and 3,020 women were diagnosed with some form of cancer.
- 1,532 men and 1,435 women died of cancer each year.
- Over 68% of new cancers in Maine are diagnosed in people over 60 years old.

**Maine Age-Adjusted Cancer Incidence Rates by County**  
All Sites 1995-1996



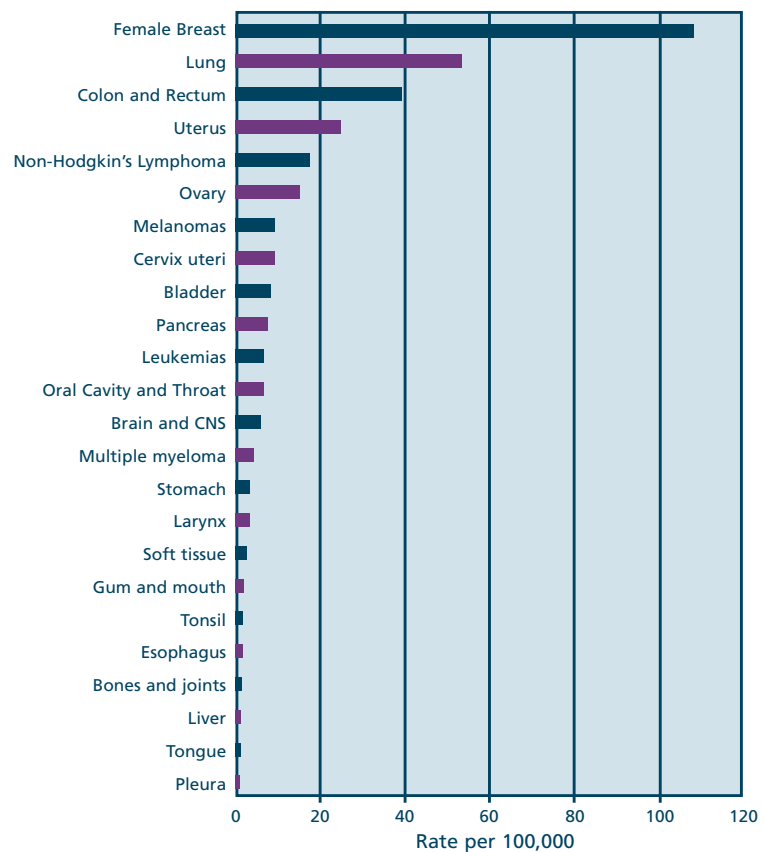
Prostate cancer is the most commonly diagnosed cancer in Maine males, followed by lung, colorectal, and bladder cancer. These four types of cancer account for almost two-thirds (63.4%) of all newly diagnosed cancers in males for 1995 and 1996.

**Distribution of Age-Adjusted Incidence Rates in Maine by Site  
Males, 1995-1996**



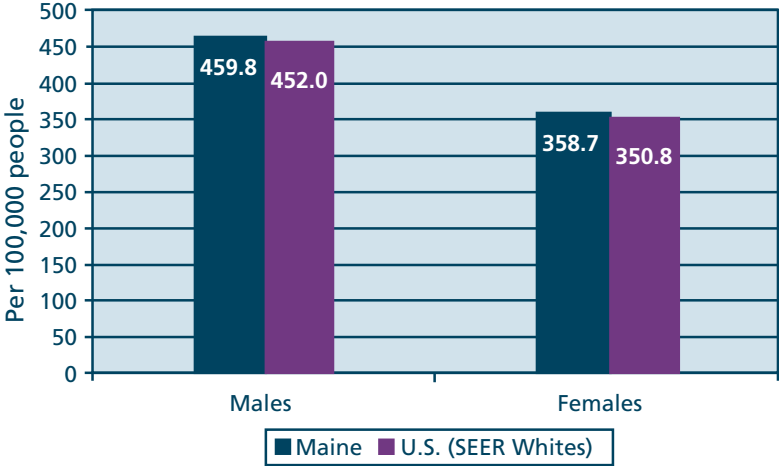
Breast cancer is the most commonly diagnosed cancer in Maine females, followed by lung, colorectal, and uterine cancer. These four types of cancer account for more than two-thirds (69.2%) of all cancers diagnosed in females for 1995 and 1996.

**Distribution of Age-Adjusted Incidence Rates in Maine by Site  
Females, 1995-1996**



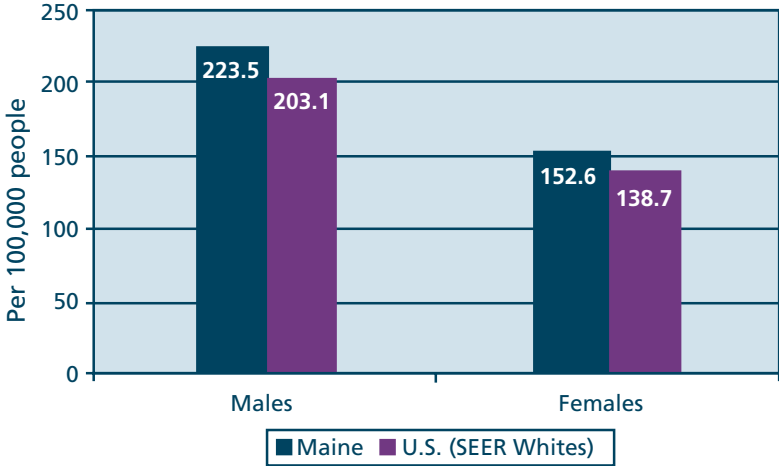
The age-adjusted incidence rates for all types of cancer combined in Maine men and women were not statistically different from the U.S.

Age-Adjusted Incidence Rates by Sex, Maine and U.S.  
All Cancers, 1995-1996



There were more deaths due to all cancers in Maine men and women than in the U.S. This difference was statistically significant. The difference may be due to a number of factors, including a lack of access to cancer screenings and delayed diagnosis or access to appropriate treatment.

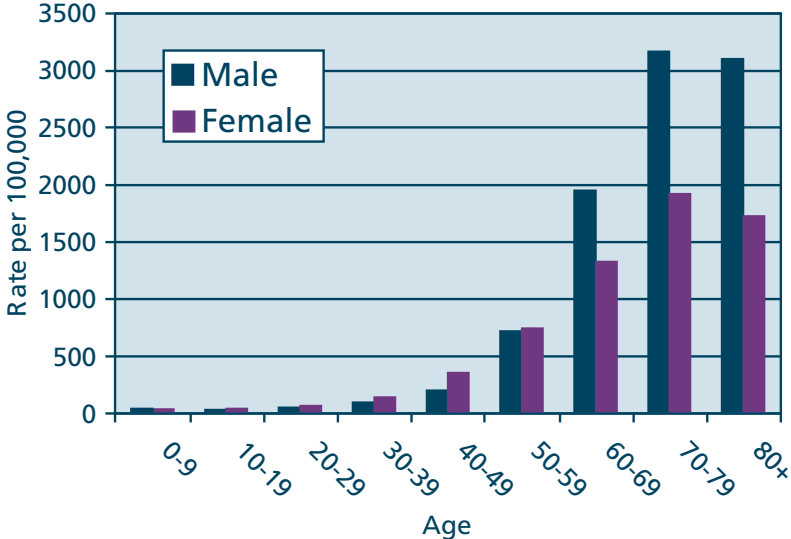
Age-Adjusted Mortality Rates by Sex, Maine and U.S.  
All Cancers, 1995-1996



Note: Rates are age-adjusted to the 1970 U.S. standard population

Cancer is more common as people get older. For each age group over 60, the cancer rates are much higher for men than for women.

Maine Age-Specific Incidence Rates  
All Cancers, 1995-1996



# Lung Cancer

## Lung Cancer in the U.S.

Lung cancer is the third most common cancer, after breast and prostate cancer. It accounts for 13% of all new cancer cases. Because of its low survival rate, lung cancer is the leading cause of cancer deaths, accounting for 28% of the total. In the year 1996, an estimated 177,000 new cases were diagnosed in the U.S. and 158,700 people died from lung cancer. In the late 1980's, lung cancer deaths for U.S. men stopped rising and have been slowly falling since the early 1990's. However, for women, lung cancer deaths continued to rise in the 1990's.

The most effective prevention for lung cancer is to never smoke.

Because of its low survival rate, lung cancer is the leading cause of cancer deaths, accounting for 28% of the total.

## Risk Factors for Lung Cancer

- Smoking is currently estimated to cause 85-90% of all lung cancer cases. The more you smoke the more likely you are to get lung cancer.
- The risk of dying from lung cancer is 22 times higher among male smokers and 12 times higher among female smokers than among people who have never smoked.
- Cigar and pipe smoking increase the risk of lung cancer.
- Breathing second-hand smoke also contributes to lung cancer risk for non-smokers.
- Two well-know causes of work-related lung cancer are radon and asbestos.
- People may also be exposed to enough radon at home to increase their chance of developing lung cancer, especially if they smoke.
- People with low intakes of fruits and vegetables have a higher risk of developing lung cancer.

## Prevention of Lung Cancer

- **The most effective prevention for lung cancer is to never smoke.**
- Even if you have already smoked, quitting now can make a difference. **Ten years after quitting, cigarette smokers cut their chances of getting lung cancer in half.**
- Homes should be tested for radon.

## Early Detection of Lung Cancer

- There are no good screening tests to detect lung cancer early.
- Only 15% of lung cancers are found at the earliest stage, and even for these people, only half will be alive five years later.
- Cases detected late (when disease has spread to another part of the body) have only a 15% chance of living five more years.
- The best way to reduce the chance of dying of lung cancer is to not smoke tobacco.

## Radon in Maine Homes

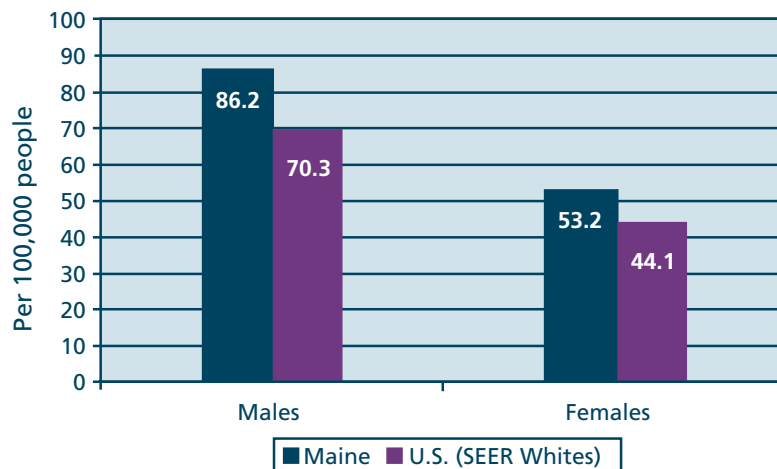
- Approximately 1/3 of Maine homes have radon concentrations above the U.S. EPA's action level of 4 picocuries per liter of air.
- All Maine homes should be tested for radon.
- For additional information about testing for radon in your home call the **Maine Bureau of Health, Radiation Control Program at (800) 232-0842.**

## Burden of Lung Cancer in Maine

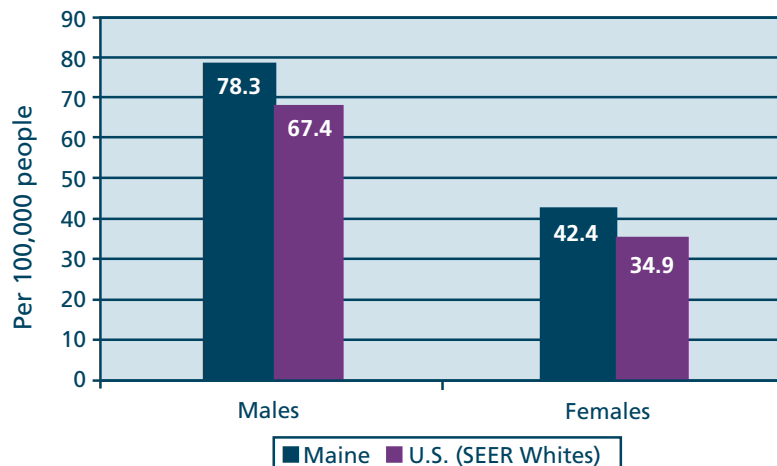
- In 1995 and 1996, an average of 577 men and 441 women each year were diagnosed with lung cancer.
- During the same time period, an average of 527 men and 374 women each year died of lung cancer.
- Over 80% of the lung cancer cases diagnosed in Maine are in men and women over 60 years old.

The age-adjusted incidence rates for lung cancer in both men and women were statistically higher (more cases) in Maine than the U.S. While there are many factors that may contribute to this difference, smoking is a major cause of lung cancer in Maine.

**Age-Adjusted Incidence Rates by Sex, Maine and U.S.**  
Lung Cancer, 1995-1996



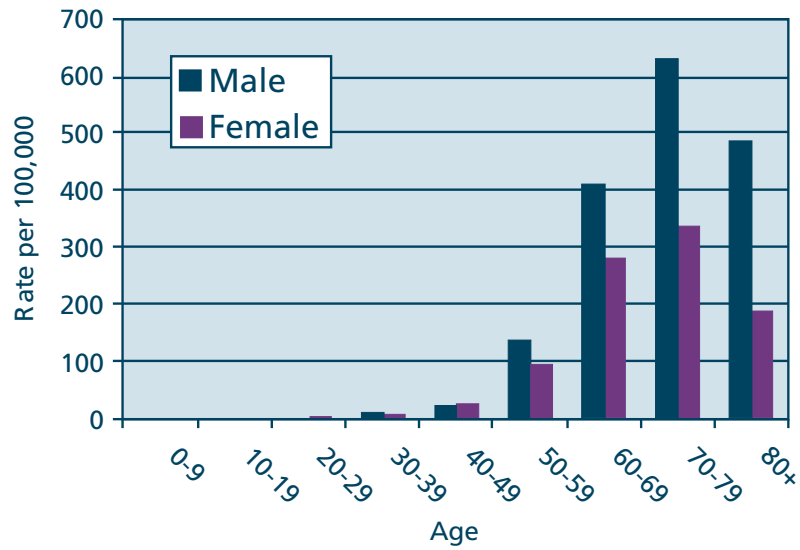
**Age-Adjusted Mortality Rates by Sex, Maine and U.S.**  
Lung Cancer, 1995-1996



The age-adjusted mortality rate for lung cancer was statistically higher (more deaths) for both men and women in Maine compared to the U.S.

Lung cancer is much more common as people get older. Within each age group, the rates are much higher for men than for women.

**Maine Age-Specific Incidence Rates**  
Lung Cancer, 1995-1996

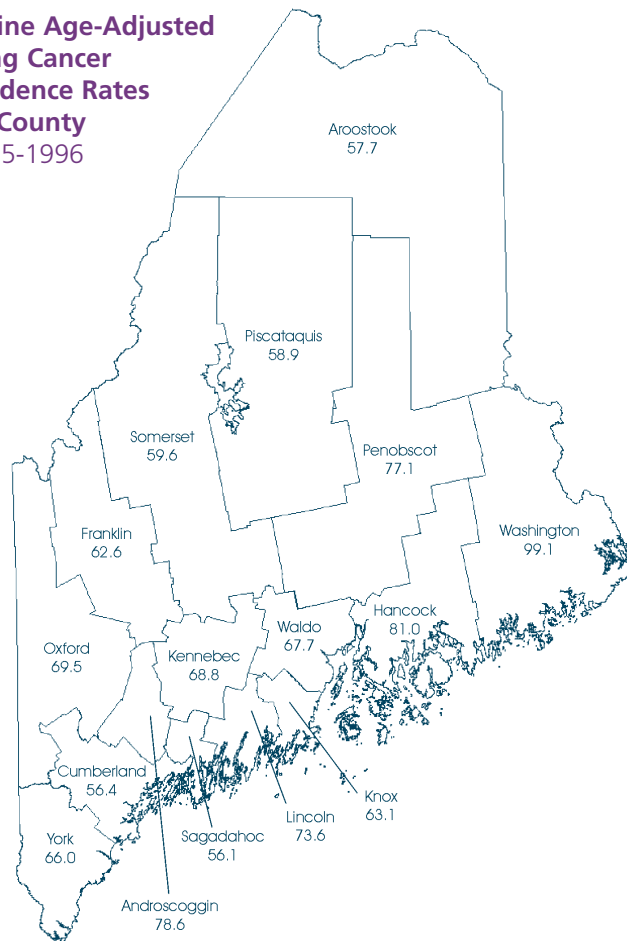


Within Maine, only Washington County has a statistically higher rate of lung cancer incidence than the rest of the state. (See Data Tables, page 42, for 95% confidence intervals.)

Maine = 66.3  
National (SEER<sup>1</sup> Whites) = 55.3

1 Surveillance, Epidemiology, and End Results

**Maine Age-Adjusted Lung Cancer Incidence Rates by County**  
1995-1996





# Breast Cancer

## **Breast Cancer in the U.S.**

Breast cancer rates in the United States are among the highest in the world. Breast cancer is the most common cancer among women in the United States, accounting for 30% of all cancer in women. It is the second leading cause of cancer-related deaths (after lung cancer) among U.S. women. In 1996 an estimated 184,300 women in the U.S. got breast cancer and 44,300 died from it. From 1973 to 1991, invasive breast cancer in the United States increased 25.8 percent in White women. Although early detection (using mammograms) accounts for some of this increase, other factors play a role. From 1989-96, 86.4% of White females and 71.4% of African American females survived for at least five years after being diagnosed with breast cancer.

Most women with breast cancer do not have any known risk factors besides older age.

## Risk Factors for Breast Cancer

- One of the strongest risk factors is older age.
- Some genetic factors are believed to play a role in a small number of breast cancers, such as having a close female relative (mother, sister, daughter) with breast cancer or inheritance of the breast cancer gene BRCA1 or BRCA2.
- Other factors related to a woman's medical history may increase risk, including:
  - First full-term pregnancy after age 32, or never having borne a child.
  - Being overweight (mainly after menopause).
  - A history of breast, ovarian, or endometrial cancer.
  - Atypical hyperplasia or a high degree of dense breast tissue.
  - Long term use of high doses of estrogen (such as oral contraceptives or hormone replacement therapy).
- Some environmental exposures may contribute to breast cancer risk, such as high doses of radiation in infancy or from puberty through the childbearing years or more than two drinks of alcohol a day.

## Prevention of Breast Cancer

Most women with breast cancer do not have any known risk factors besides older age. However, some studies suggest that there are **fewer cases of breast cancer** among groups of women who do the following:

- Maintain a healthy weight
- Avoid prolonged use of estrogen
- Do not drink excess amounts of alcohol

## Early Detection of Breast Cancer

### Why is early detection important?

- Cases detected early (local disease) have about a 96% chance of living for at least five more years.
- Cases detected late (disease that has spread to another part of the body) have only a 21% chance of living for five more years.

## How to Improve your Chances of Detecting Breast Cancer Early

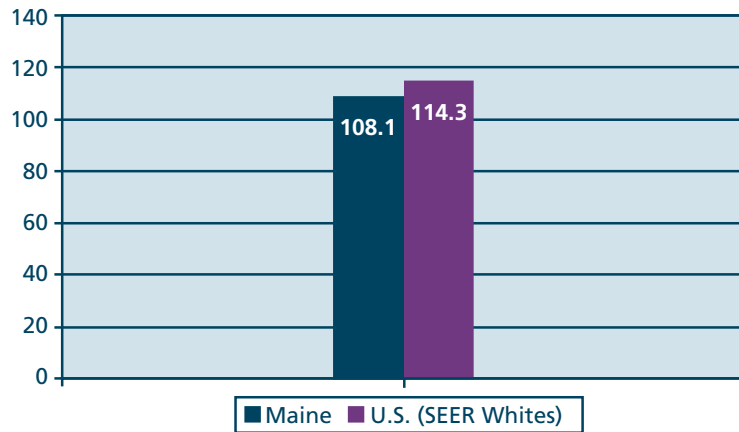
- Have a health care provider examine your breasts every year.
- Learn from your provider how to examine your own breasts and do it every month.
- Get your first screening mammogram when you turn 40 and earlier if your provider advises because of other risks factors, such as:
  - a close female relative with breast cancer
  - a biopsy with "atypical hyperplasia"
  - carrying the genes BRCA1 or BRCA2
- Get a screening mammogram every 1-2 years between 40 and 49 years of age and every year after age 50.

## Burden of Breast Cancer in Maine

- In 1995 and 1996 an average of 889 women were diagnosed with breast cancer each year.
- An average of 218 women died of breast cancer each year.
- In Maine, 60% of breast cancer cases are diagnosed after age 60, reflecting a higher rate of breast cancer after menopause.

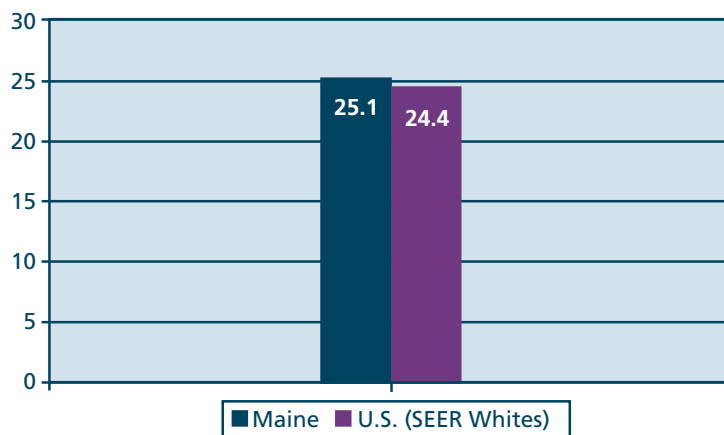
The age-adjusted incidence rate of breast cancer in Maine is not statistically different from the U.S.

Age-Adjusted Incidence Rates, Maine and U.S.  
Female Breast Cancer, 1995-1996



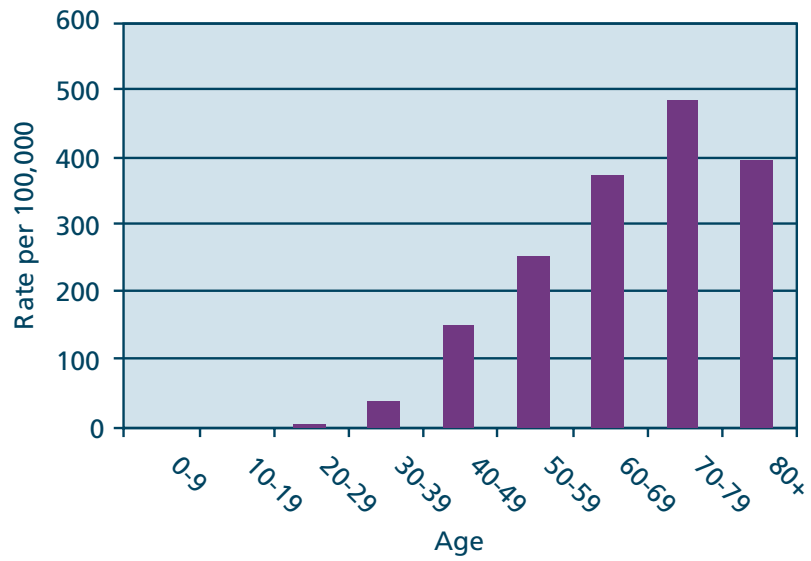
The age-adjusted mortality rate of breast cancer in Maine is not statistically different from the U.S.

Age-Adjusted Mortality Rates, Maine and U.S.  
Female Breast Cancer, 1995-1996



As with most types of cancer, breast cancer is more common as women get older.

**Maine Age-Specific Incidence Rates**  
Female Breast Cancer, 1995-1996

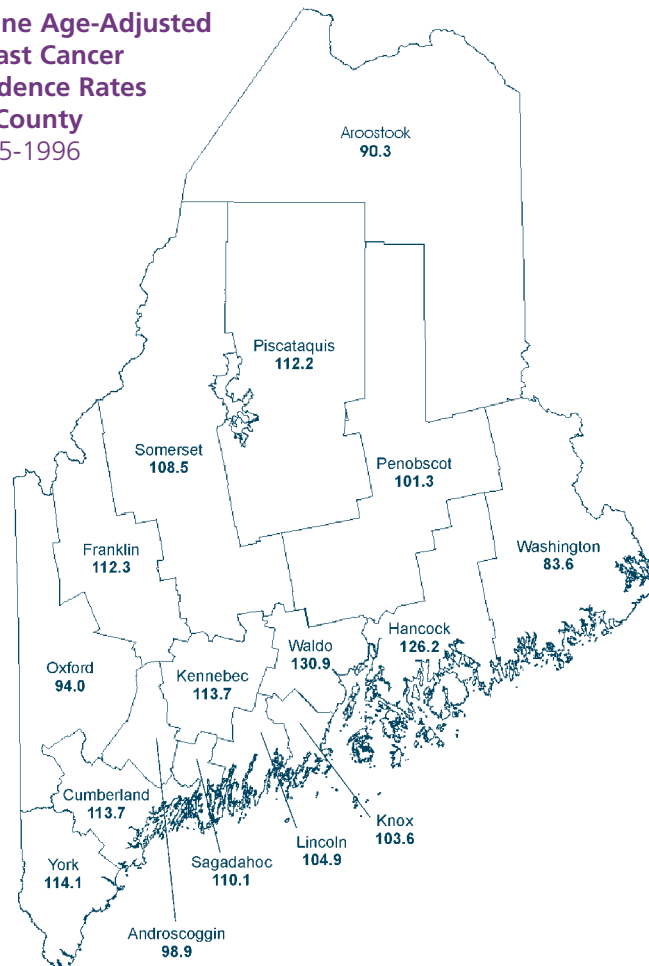


Within Maine, no counties are significantly higher or lower than the rest of the state. (See Data Tables, page 42, for 95% confidence intervals.)

Maine = 108.2  
National (SEER<sup>1</sup> Whites) = 114.3

<sup>1</sup> Surveillance, Epidemiology, and End Results

**Maine Age-Adjusted Breast Cancer Incidence Rates by County**  
1995-1996



# Prostate Cancer

## Prostate Cancer in the U.S.

Prostate cancer is the most common cancer among U.S. men, accounting for 29% of all cancer cases in males. In 1996 an estimated 317,100 men were diagnosed with prostate cancer and 41,400 died from this disease. Prostate cancer is primarily a disease of older men. The rate doubles every ten years after the age of 40. In the 1970's and 1980's prostate cancer incidence rose steadily, but since 1992 has decreased. Some of the increase in cases may have been due to finding more cases at an earlier stage, through screening and routine surgeries. Since the early 1990's the mortality rates have also decreased. However, deaths from prostate cancer in African American men remain over twice as high as White men.

Older age is the biggest risk factor for prostate cancer.

Men aged 50 years or older with no risk factors should talk with their health care providers about being screened for prostate cancer

## Risk Factors for Prostate Cancer

- As with many cancers, **older age** is the biggest risk factor for prostate cancer.
- Prostate enlargement (benign prostatic hypertrophy) may increase the risk for some men.
- A history of prostate cancer in a close family member may also increase an individual's risk.
- Recent steady increases in prostate cancer incidence and mortality suggest that some environmental factors, such as dietary animal fat, may play a role, but these are not definite.

## Prevention of Prostate Cancer

It is not yet understood how best to prevent prostate cancer. Early detection may be the best strategy for reducing the chances of dying from this disease.

## Early Detection of Prostate Cancer

### Why is early detection important?

- Cases detected early (local disease) have about a 100% chance of living for at least five more years.
- Cases detected late (disease that has spread to another part of the body) have only a 34% chance of living for five more years.

## How to Improve your Chances of Detecting Prostate Cancer Early

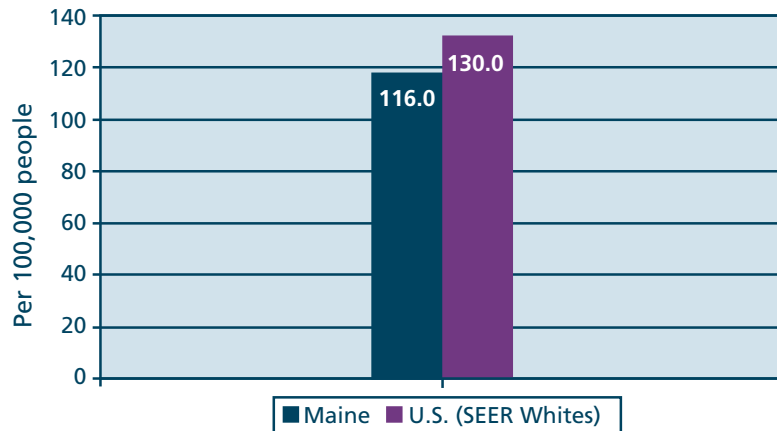
- Men aged 50 years or older with **no risk factors** should talk with their health care providers about being screened for prostate cancer with a **digital rectal exam and blood test (PSA)**.
- Men **with risk factors**, such as a family history of prostate cancer, may want to talk with their providers about being **screened earlier**.

## Burden of Prostate Cancer in Maine

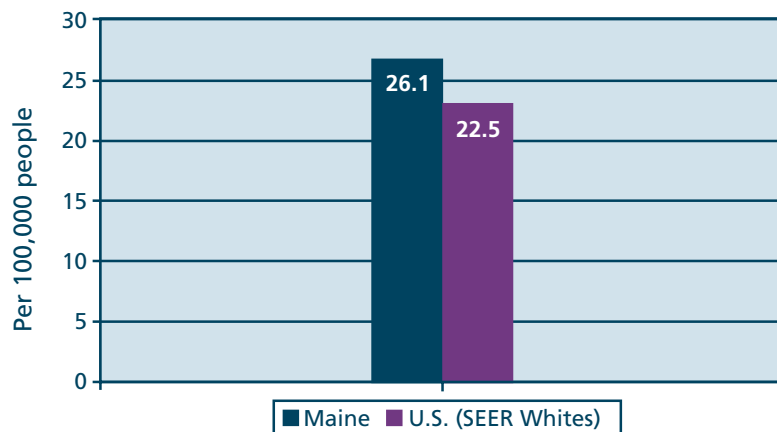
- In 1995 and 1996 an average of 781 cases of prostate cancer were diagnosed each year.
- On average, 188 men died from prostate cancer each year during this time period.
- Over 88% of prostate cancer cases occur in men over 60 years old.

The age-adjusted incidence rate for prostate cancer in Maine is statistically lower (fewer cases) than the U.S. rate. The lower rate may reflect underreporting of new cases from physician's offices, where more prostate cancers are now being diagnosed.

Age-Adjusted Incidence Rates, Maine and U.S.  
Prostate Cancer, 1995-1996



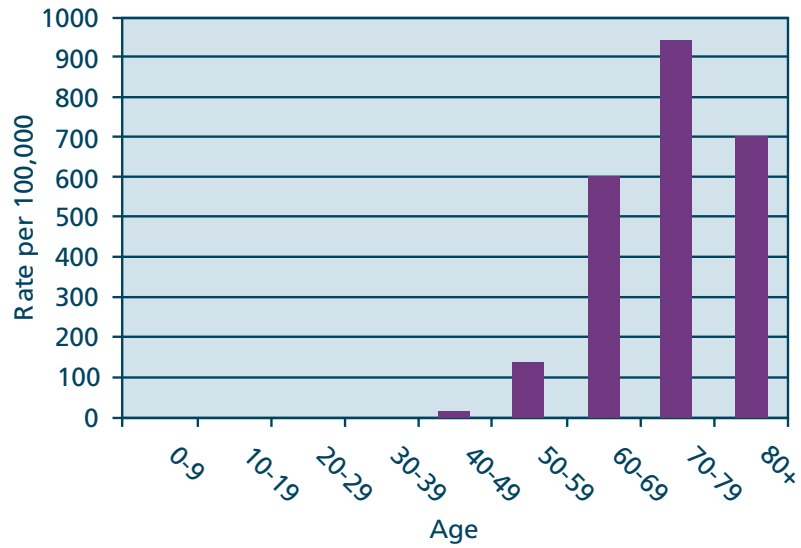
Age-Adjusted Mortality Rates, Maine and U.S.  
Prostate Cancer, 1995-1996



The age-adjusted mortality rate for prostate cancer is statistically higher (more deaths) in Maine than in the U.S.

As with most types of cancer, prostate cancer is more common as people age. In Maine, the rate of new cases rises dramatically after age 60.

**Maine Age-Specific Incidence Rates  
Prostate Cancer, 1995-1996**

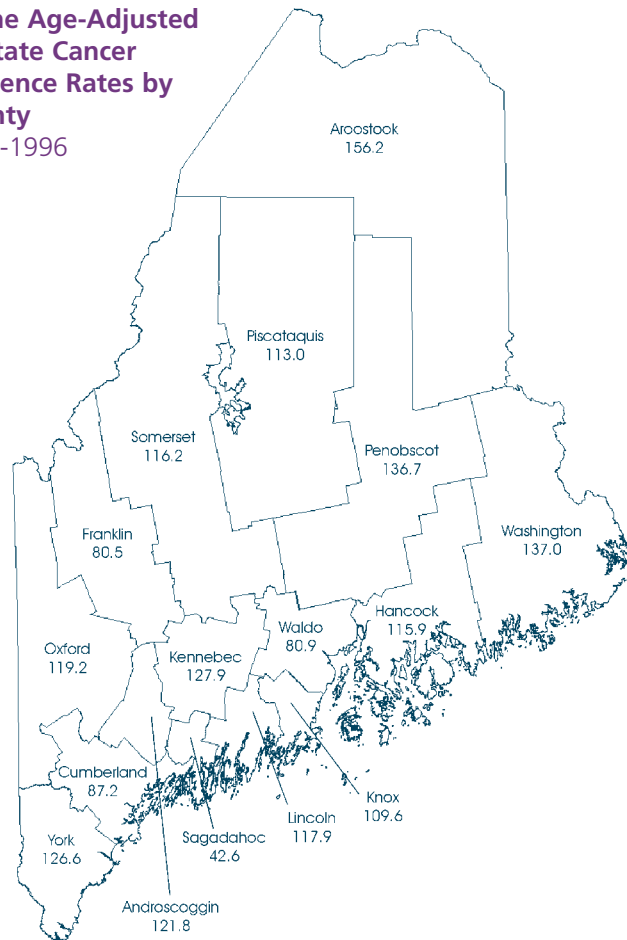


Within Maine, the incidence rate is significantly lower in both Cumberland and Sagadahoc Counties than the rest of the state. Aroostook County has a significantly higher rate of prostate cancer. (See Data Tables, page 42, for 95% confidence intervals.)

Maine = 114.7  
National (SEER<sup>1</sup> Whites) = 130.0

<sup>1</sup> Surveillance, Epidemiology, and End Results

**Maine Age-Adjusted Prostate Cancer Incidence Rates by County  
1995-1996**





# Colorectal Cancer

## Colorectal Cancer in the U.S.

Colorectal cancer is the third most common cancer among U.S. men and women, following prostate and lung cancer in men and breast and lung cancer in women. Colorectal cancer is the second leading cause of cancer deaths in the U.S. In 1996 an estimated 133,500 people in the U.S. were diagnosed with colorectal cancer and 54,900 died from this disease. Until the mid 1980's, cancer was diagnosed as often among African Americans as Whites; however, in 1986 White rates began to decline while African American rates did not. Similarly, the number of deaths from colorectal cancer began to slowly decline among Whites in the early 1980's while it remained steady among African Americans. Industrialized countries in North America and Western Europe tend to have much higher rates of colorectal cancer cases and deaths than the less industrialized countries in Africa and Asia.

Cases detected early  
(local disease)  
have about a 90%  
chance of living  
for at least  
five more years.

## Risk Factors for Colorectal Cancer

Studies over many years have shown several factors to be associated with colorectal cancer:

- A personal or family history of colorectal polyps or cancer
- Not exercising
- Eating a lot of red meat and saturated fat
- Not eating a lot of fruits and vegetables

## Prevention of Colorectal Cancer

The most effective ways now known to reduce our chances of getting colon cancer may be the following:

- Eating a diet low in red meat and animal fat
- Eating a diet high in fruits and vegetables (at least five servings a day)
- Getting some exercise every day
- Getting screened for colon polyps after age 50

## Early Detection of Colorectal Cancer

### Why is early detection important?

- Cases detected early (local disease) have about a 90% chance of living for at least five more years.
- Cases detected late (disease that has spread to another part of the body) have only an 8% chance of living for five more years.

## How to Improve your Chances of Detecting Colorectal Cancer Early

The average-risk person 50 years of age or older, should have one of the following tests to screen for colorectal cancer. You and your health care provider should discuss which test is best for you.

- Home stool-blood test every year
- OR**
- Sigmoidoscopy every 5 years
- OR**
- Home stool-blood test every year **AND** sigmoidoscopy every 5 years
- OR**
- Colonoscopy every 10 years
- OR**
- Double contrast barium enema every 5-10 years

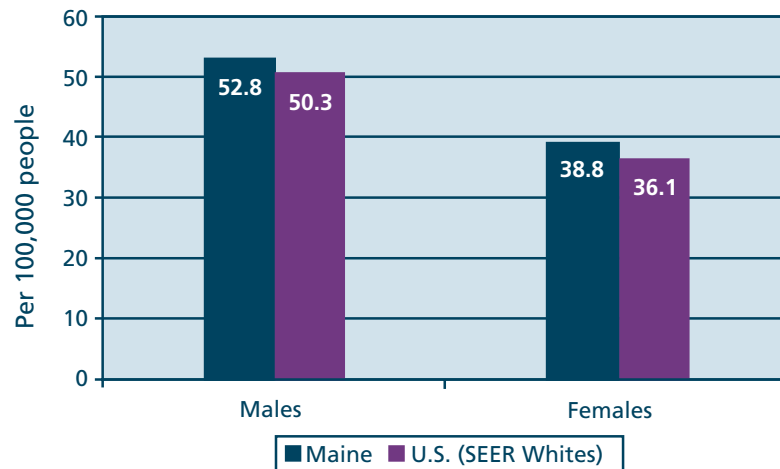
**If you have risk factors** (for example you or family member has a history of colon cancer or polyps), **you should talk to your health care provider about the best way to be screened.**

## Burden of Colorectal Cancer in Maine

- Between 1995 and 1996, 359 men and 378 women each year were diagnosed with colorectal cancer on average.
- On average, 143 men and 173 women died from colorectal cancer each year.
- Over 80% of new cases in Maine occur in men and women over 60 years old.

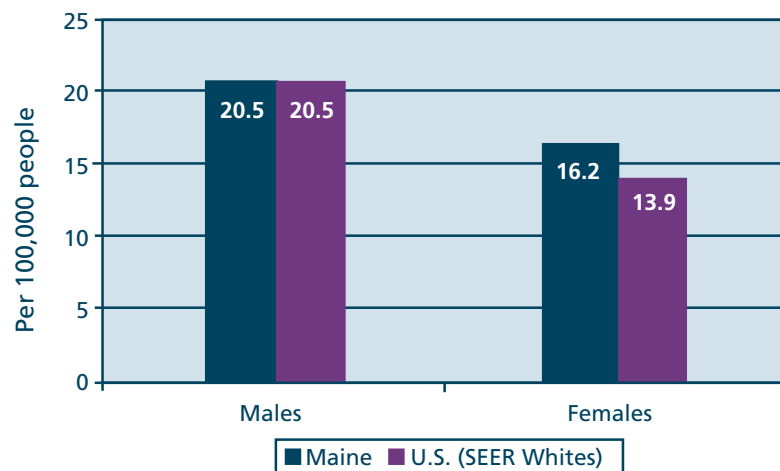
The age-adjusted incidence rates for colorectal cancer in both men and women of Maine were not statistically different from the U.S.

Age-Adjusted Incidence Rates by Sex, Maine and U.S. Colorectal Cancer, 1995-1996



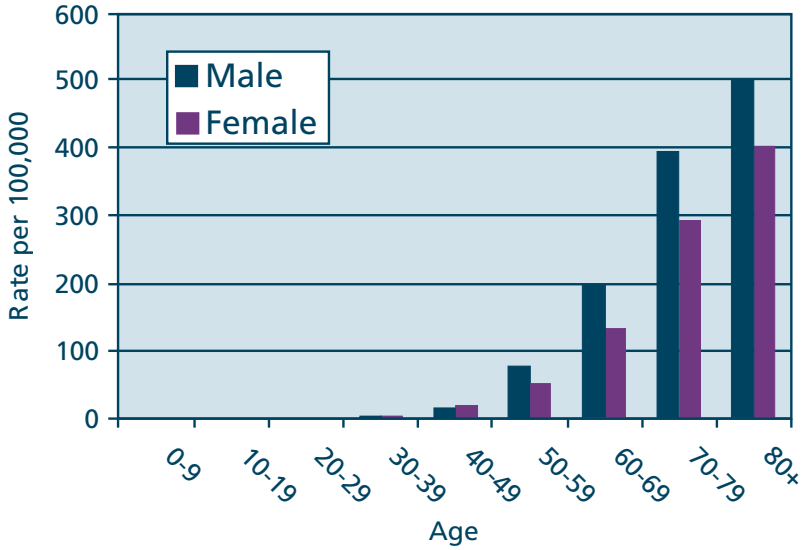
The age-adjusted mortality rates for colorectal cancer in Maine were statistically higher (more deaths) for women but no different for men compared with the U.S.

Age-Adjusted Mortality Rates by Sex, Maine and U.S. Colorectal Cancer, 1995-1996



Colorectal cancer is more common in older people.

Maine Age-Specific Incidence Rates  
Colorectal Cancer, 1995-1996



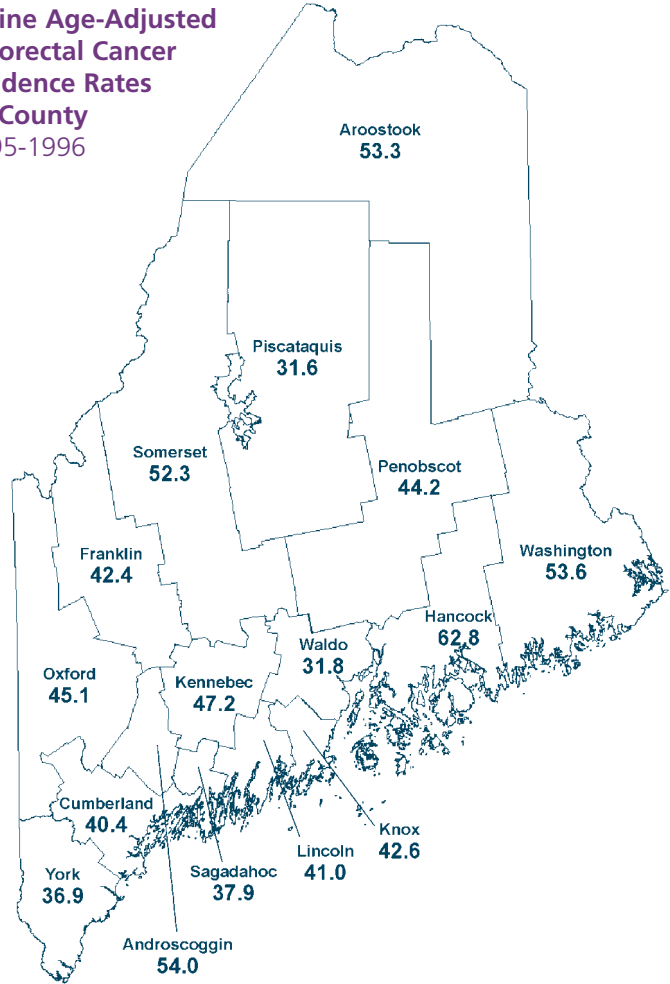
Within Maine, only Hancock County has a significantly higher incidence rate of colorectal cancer than the rest of the state.

(See Data Tables, page 42, for 95% confidence intervals.)

Maine = 45.2  
National (SEER<sup>1</sup> Whites) = 42.4

1 Surveillance, Epidemiology, and End Results

Maine Age-Adjusted Colorectal Cancer Incidence Rates by County 1995-1996



# Bladder Cancer

## **Bladder Cancer in the U.S.**

Bladder cancer is the sixth most common cancer in the United States. In 1996 an estimated 52,900 people in the U.S. were diagnosed with bladder cancer and 11,700 people died from this disease. Bladder cancer is most commonly found in white men over age 65. White men get bladder cancer twice as often as non-white men do. Bladder cancer is about two to three times more common in men than women. It is the fourth most common cancer among men and the tenth most common among women. From 1973 to 1991, the incidence of bladder cancer in the U.S. increased 10 percent, but has remained steady through the 1990's in all gender and race groups. Internationally, the incidence of bladder cancer varies about 10-fold. The disease is reported most often in Western Europe and North America and least often in Eastern Europe and several areas of Asia.

In the United States, it is believed that smoking plays a role in almost half of the bladder cancers among men and in a third of cases among women.

## Risk Factors for Bladder Cancer

- In the United States, it is believed that smoking plays a role in almost half of the bladder cancers among men and a third of cases among women. Cigarette smokers are 2-3 times more likely to develop bladder cancer than nonsmokers.
- As early as 1895, it was known that bladder cancer occurred at higher rates among workers exposed to dyestuffs. Two of these chemicals, benzidine and 2-naphthylamine, are now known to be potent bladder carcinogens in humans and are no longer used.
- Today 25% of bladder cancer may still be associated with some occupations, including: rubber and leather workers, painters, drivers of trucks and other motor vehicles, aluminum workers, machinists, chemical workers, printers, metal workers, hairdressers, and textile workers.
- Exposure to arsenic, a naturally occurring chemical in rocks, soil, and the water in contact with them, can increase the risk of developing bladder cancer.

## Prevention of Bladder Cancer

- The single most important thing you can do to reduce the risk of developing bladder cancer is to **stop smoking** all kinds of tobacco (cigarettes, pipes and cigars).
- People in higher-risk occupations should **follow recommendations for protecting themselves in the work place**.
- People using well water for drinking should have it tested for arsenic.

## Early Detection of Bladder Cancer

### Why is it important?

- Cases detected early (local disease) have about a 94% chance of living for at least five more years.
- Cases detected late (disease that has spread to another part of the body) have only a 6% chance of living for five more years.

## How to Improve your Chances of Detecting Bladder Cancer Early

There are no screening tests for people who don't have symptoms. If you have any of the following symptoms, you should see your health care provider:

- Blood in the urine (giving it a red or pink color)
- Having to urinate more often than usual
- Repeated bladder infections

## Arsenic in Drinking Water

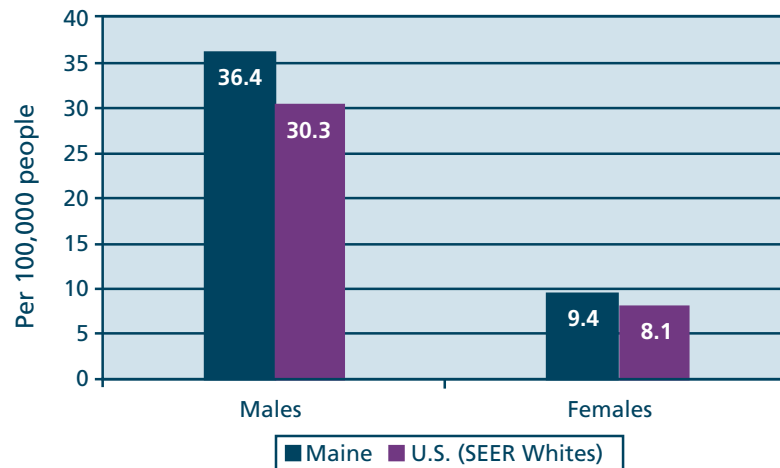
- The EPA recommends arsenic levels below 10 micrograms per liter of water.
- For additional information about testing your water for arsenic, call the **Maine Drinking Water Program at (207) 287-2070**.

## Burden of Bladder Cancer in Maine

- On average 248 men and 88 women each year were diagnosed with bladder cancer from 1995 to 1996.
- 48 men and 20 women each year, on average, died from bladder cancer in Maine.
- Over 80% of bladder cancer cases in Maine occur in men and women over 60 years old.

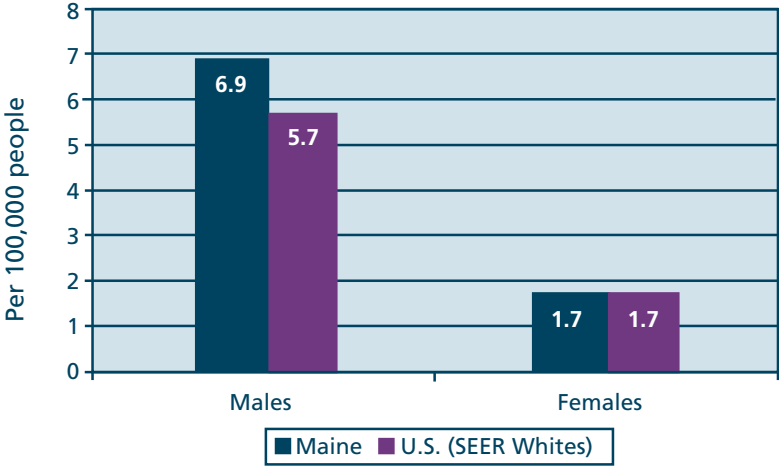
The age-adjusted incidence rate for bladder cancer was statistically higher (more cases) for Maine men, but no different for Maine women, compared with the U.S.

Age-Adjusted Incidence Rates by Sex, Maine and U.S.  
Bladder Cancer, 1995-1996



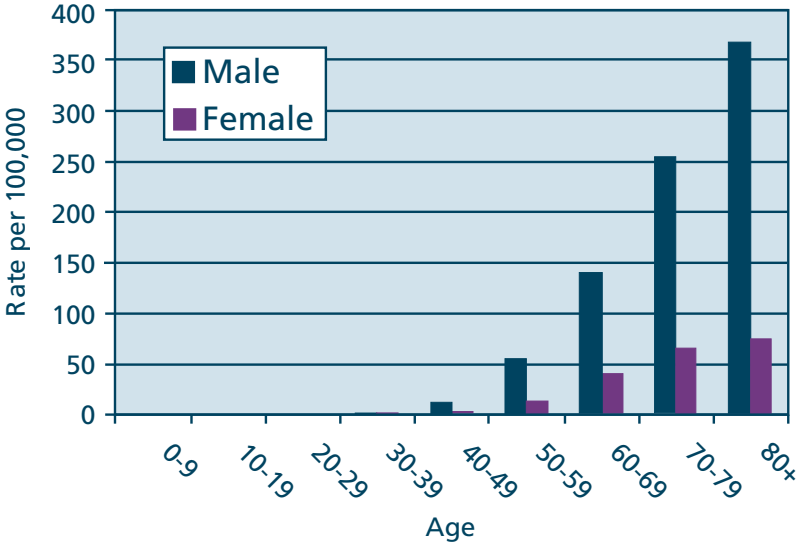
The age-adjusted mortality rates for bladder cancer in both men and women of Maine were not statistically different from the U.S. rates.

Age-Adjusted Mortality Rates by Sex, Maine and U.S. Bladder Cancer, 1995-1996



Bladder cancer is more common in older people. The incidence of bladder cancer is much higher in men than women.

Maine Age-Specific Incidence Rates Bladder Cancer, 1995-1996





# Oral & Throat Cancer

## **Oral and Throat Cancer in the U.S.**

Oral and throat cancer is the 10th most common cancer in the U.S. In 1996 an estimated 29,490 new cases of oral and throat cancer were diagnosed in the U.S. Two thirds of the cases were in men, for whom it is the 7th most common cancer.

In 1996, 8,260 people in the U.S. died from oral and throat cancer. Through the 1980's and early 1990's the incidence and mortality rates of this cancer have changed very little.

In the U.S. an estimated 75% of oral and throat cancers are associated with tobacco or alcohol, alone or in combination.

## Risk Factors for Oral and Throat Cancer

- In the U.S. an estimated 75% of oral and throat cancers are associated with tobacco or alcohol, alone or in combination.
- A person who is a heavy smoker and drinker is 35 times more likely to get oral or throat cancer than a person who does not smoke or drink.
- Smokeless/chewed tobacco (snuff) causes high rates of this cancer in parts of the southern U.S.
- A diet low in fresh fruits and vegetables can promote oral and throat cancer.

## Prevention of Oral and Throat Cancer

- Not smoking and reducing alcohol intake are the most effective ways for Americans to reduce their chances of getting oral and throat cancer.
- A smoker's risk of getting oral and throat cancer can be cut in half within 5 years of quitting. Ten years after quitting, the risk may be close to a non-smoker's.

## Early Detection of Oral and Throat Cancer

### Why is it important?

- Cases detected early (local disease) have about an 82% chance of living for at least five more years.
- Cases detected late (disease that has spread to another part of the body) have only a 21% chance of living for five more years.

## How to Improve your Chances of Detecting Oral and Throat Cancer Early

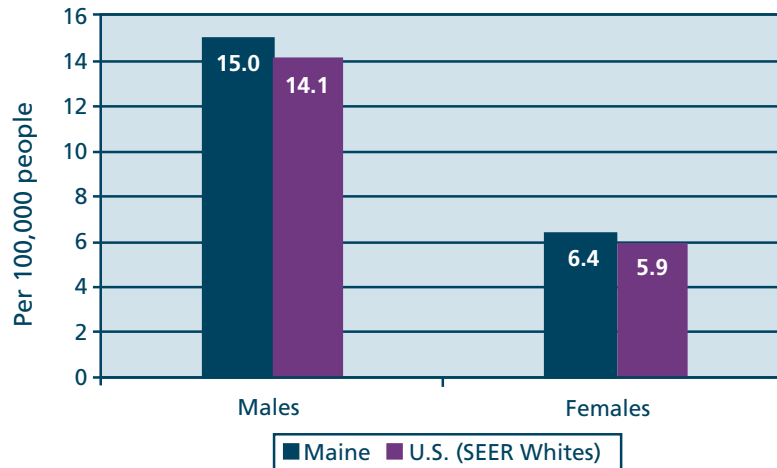
- See your dentist regularly and ask about being examined for these kinds of cancer.

## Burden of Oral and Throat Cancer in Maine

- Between 1995 and 1996 an average of 99 cases were diagnosed in men and 52 cases in women per year.
- 26 men and 12 women died from oral and throat cancer per year.
- Over 65% of the cases in Maine occur in people over 60 years old.

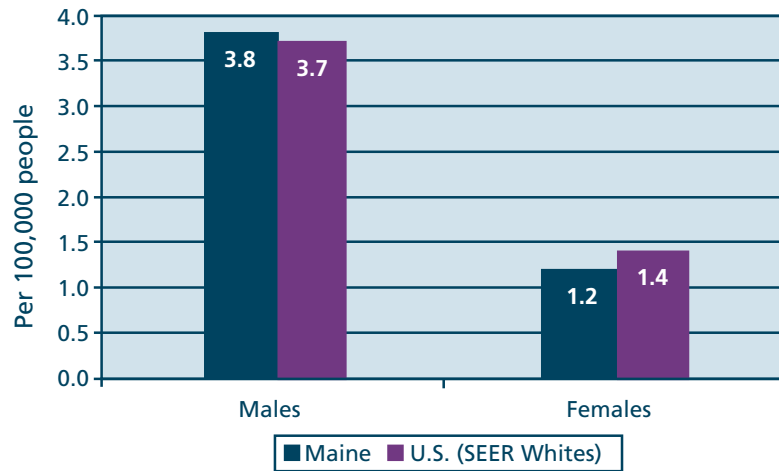
The age-adjusted incidence rates of oral and throat cancer in Maine men and women were not statistically different from the U.S. rates.

Age-Adjusted Incidence Rates by Sex, Maine and U.S.  
Oral and Throat Cancer, 1995-1996



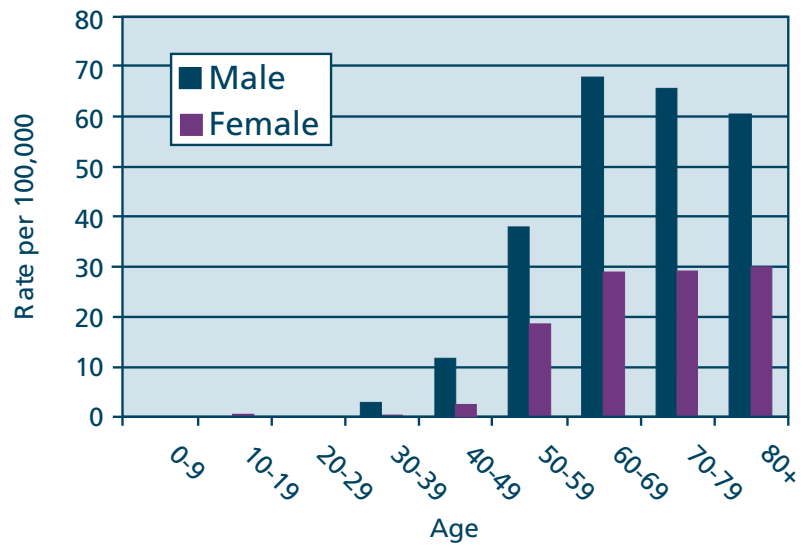
The age-adjusted mortality rates for oral and throat cancer were not statistically different for men and women in Maine than in the U.S.

**Age-Adjusted Mortality Rates by Sex, Maine and U.S.**  
Oral and Throat Cancer, 1995-1996



Oral and throat cancer is more common as people age. The age-specific rates are much higher for men than for women, reflecting increased use of tobacco products, including chewing tobacco, and intake of alcohol.

**Maine Age-Specific Incidence Rates**  
Oral and Throat Cancer, 1995-1996



# Cervical Cancer

## **Cervical Cancer in the U.S.**

Both incidence and mortality for invasive cancer of the cervix have declined steadily in this country over the past three decades. The U.S. incidence rates are generally lower than other parts of the world, such as India and South America. These trends are largely due to successful use of Pap smears to detect pre-malignant changes or early cancer. However, in spite of our ability to prevent this cancer, an estimated 15,700 women in the U.S. were diagnosed with cervical cancer and 4,900 died from it in 1996. Additionally, African American women are nearly twice as likely to get cervical cancer as White women.

The two most important measures a woman can take to reduce her chance of getting cervical cancer are to get regular Pap smears and to use safer sex practices

## Risk Factors for Cervical Cancer

Most cervical cancers (85%) are associated with human papilloma virus (HPV), a virus passed along through sexual contact. The following behaviors make HPV infection — and therefore cancer — of the cervix more likely:

- A higher number of sexual partners over a lifetime
- Sexual activity with a man who has had multiple sexual partners
- Early age at first intercourse

Other factors that may influence the development of cervical cancer are:

- Long-term oral contraceptive use
- Poor immune system function
- Infection with HIV/AIDS
- Smoking

## Prevention of Cervical Cancer

The two most important measures a woman can take to reduce her chance of getting cervical cancer are:

- Get regular Pap smears to screen for early cancer or lesions which may become cancerous (dysplasias)
- Use safer sex practices, such as condom use and decreasing the number of sexual partners, to lower exposure to infectious agents.

## Early Detection

### Why is early detection important?

- Cases detected early (local disease) have about a 92% chance of living for at least five more years.
- Cases detected late (disease that has spread to another part of the body) have only a 15% chance of living for five more years.

## How to Improve your Chances of Detecting Cervical Cancer Early:

See your health care provider about regular Pap smears. **Women with no risk factors** should do the following:

- Start having annual Pap smears at age 18 (earlier if sexually active)
- If three in a row are normal it might be possible to have a Pap smear every 2-3 years

**Women with the following risk factors** should discuss with their providers having Pap smears more often:

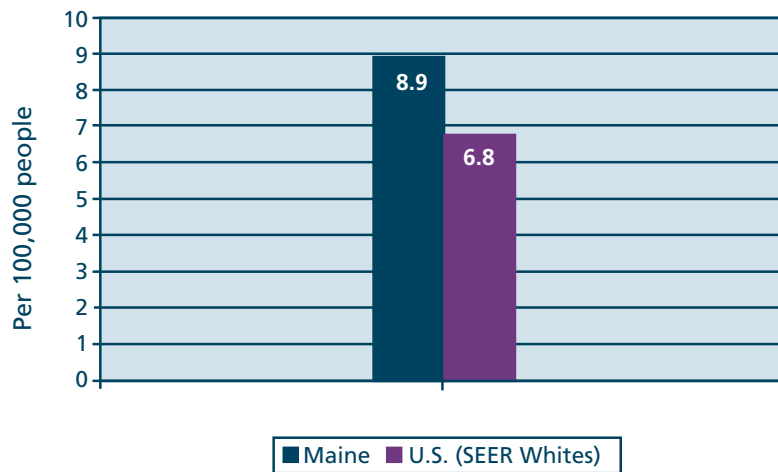
- A history of an abnormal Pap smear
- A history of genital warts or any Sexually Transmitted Disease
- Known HPV or HIV infection
- Early age at first sexual intercourse
- History of multiple sexual partners

## Burden of Cervical Cancer in Maine

- From 1995 to 1996, 70 women on average were diagnosed with cervical cancer each year.
- Each year 26 women died of cervical cancer on average.
- Over 70% of the cases in Maine occur in women under age 60.

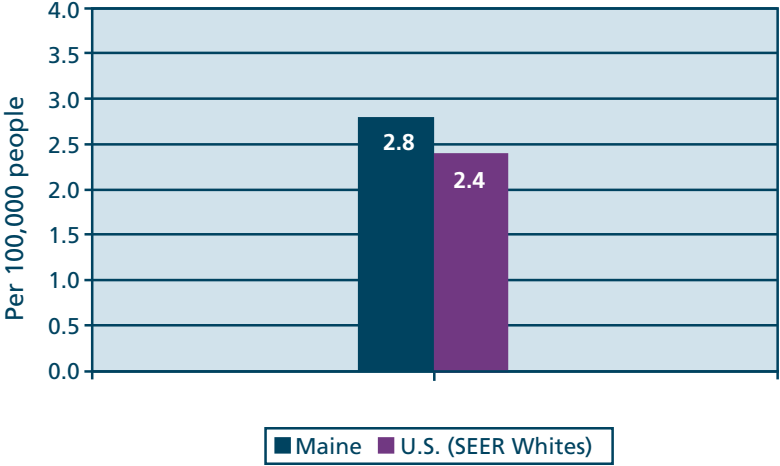
The age-adjusted incidence rates of cervical cancer in Maine were significantly higher (more cases) in Maine than the U.S.

Age-Adjusted Incidence Rates by Sex, Maine and U.S.  
Cervical Cancer, 1995-1996



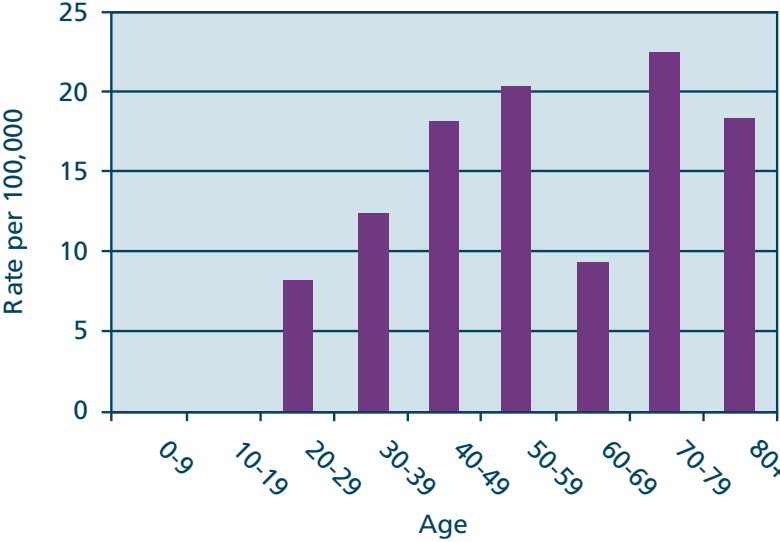
The age-adjusted mortality rate for cervical cancer in Maine was not statistically different from the U.S. rate.

Age-Adjusted Mortality Rates by Sex, Maine and U.S. Cervical Cancer, 1995-1996



Cervical cancer is one of the few cancers diagnosed in younger, as well as older, women. The age distribution is younger because the development of cervical cancer is strongly related to a sexually transmitted virus (human papilloma virus).

Maine Age-Specific Incidence Rates Cervical Cancer, 1995-1996





# Melanoma

## Melanoma in the U.S.

Melanoma incidence increased faster than any other cancer in the 1970's and 1980's. It is now the 7th most common cancer in the U.S. In 1996 an estimated 38,300 cases of melanoma were diagnosed in the U.S. and approximately 7,300 Americans died of the disease. Whites get melanoma ten times as often as African Americans and five times as often as Hispanics. Melanoma is the most common cancer in U.S. men aged 35-44 years and the second most common cancer, after breast cancer, in women from this age group. Incidence around the world varies a hundred-fold with the highest rates among Whites in Australia and the lowest rates in parts of Asia.

The most important thing people can do to reduce their chances of getting melanoma is to avoid sun exposure.

If you have a mole that is changing (for example in size or color or sensation) see your health care provider.

## Risk Factors for Melanoma

There are several factors that may increase a person's chance of getting melanoma:

- Family history of melanoma
- Large number of moles (nevi)
- Presence of atypical moles (dysplastic nevi)
- Intermittent blistering sunburns, especially in childhood and adolescence
- Skin that burns easily, tans poorly or freckles

## Prevention of Melanoma

The most important thing people can do to reduce their chances of getting melanoma is to:

- Avoid being outside in mid-day hours
- Use sunscreen
- Wear hats and long sleeves when in the sun

## Early Detection of Melanoma

### Why is early detection important?

- Cases detected early (local disease) have about a 96% chance of living for at least five more years.
- Cases detected late (disease that has spread to another part of the body) have only a 12% chance of living for five more years.

## How to Improve your Chances of Detecting Melanoma Early

Talk to your health care provider about **regular skin exams if you have any of the following:**

- Many moles on your skin
- A history of dysplastic nevi (atypical moles)
- Family members with melanoma or dysplastic nevi
- A history of melanoma

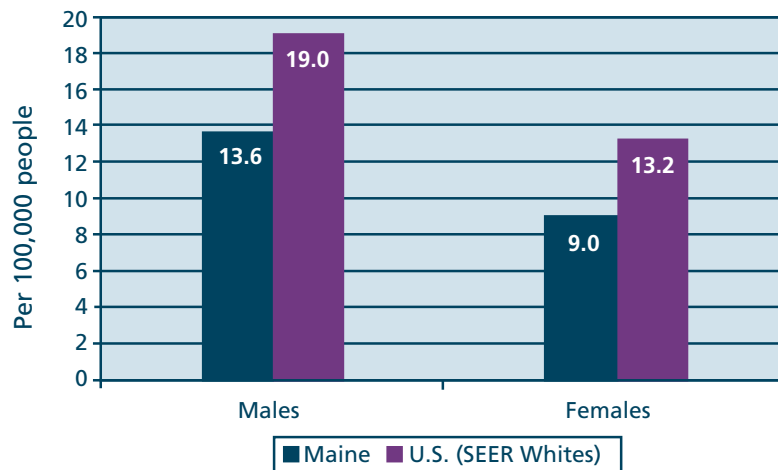
If you have a **mole that is changing** (for example in size or color or sensation) see your health care provider.

## Burden of Melanoma in Maine

- On average 95 men and 73 women each year were diagnosed with melanoma between 1995 and 1996.
- 20 men and 14 women each year died from melanoma on average.
- In Maine, 46% of melanoma cases are diagnosed in people under age 60.

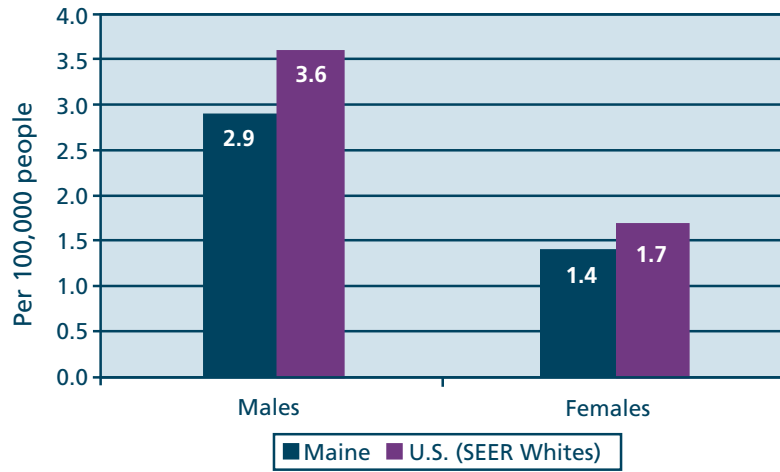
The age-adjusted incidence rates for melanoma were statistically lower (less cases) for both men and women in Maine compared with the U.S. This may be due to underreporting of cases diagnosed outside the hospital or the fact that melanoma is less common in northern U.S.

Age-Adjusted Incidence Rates by Sex, Maine and U.S.  
Melanoma, 1995-1996



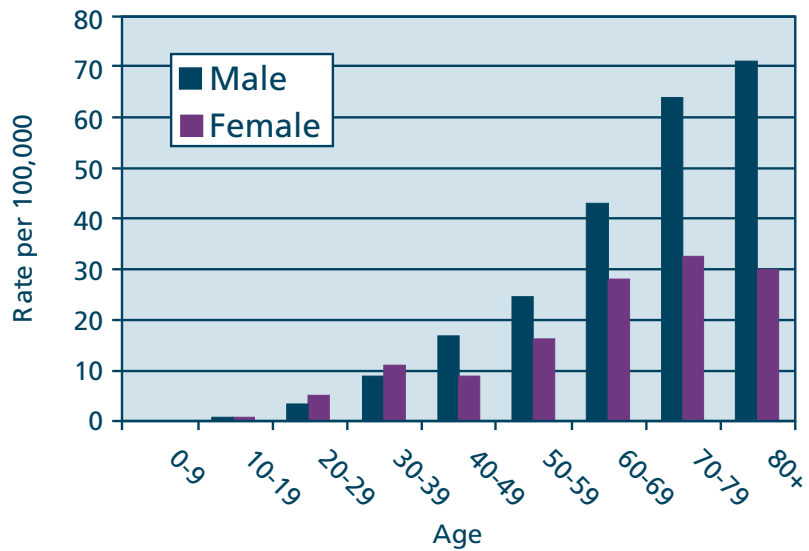
The age-adjusted mortality rates for melanoma in Maine were not statistically different from the U.S. for both males and females.

Age-Adjusted Mortality Rates by Sex, Maine and U.S. Melanoma, 1995-1996



Melanomas frequently occur in young people, including teenagers.

Maine Age-Specific Incidence Rates Melanoma, 1995-1996



# Data Tables

## Age-Adjusted Incidence Rates by Sex with 95% Confidence Intervals, Maine and U.S. Selected Sites, 1995-1996

Primary Site	MALES			FEMALES			MALES & FEMALES		
	Maine	95% CI	SEER Whites	Maine	95% CI	SEER Whites	Maine	95% CI	SEER Whites
All Sites	459.8	(448.3-471.6)	452.0	358.7	(349.3-368.4)	350.8	398.8	(391.6-406.2)	391.9
Lung and Bronchus	86.2	(81.2-91.5)	70.3	53.2	(49.6-57.1)	44.1	67.4	(64.5-70.5)	55.3
Breast	1.2	(0.7-2.0)	1.0	108.1	(102.9-113.5)	114.3	58.7	(56.0-61.6)	61.6
Prostate	116.0	(110.3-122.0)	130.0	—	—	—	—	—	—
Colon and Rectum	52.8	(48.9-56.9)	50.3	38.8	(35.9-41.9)	36.1	45.0	(42.6-47.4)	42.4
Urinary Bladder	36.4	(33.3-39.9)	30.3	9.4	(8.0-11.1)	8.1	21.0	(19.6-22.6)	17.7
Non-Hodgkins Lymphoma	17.2	(15.0-19.6)	20.3	13.5	(11.7-15.6)	12.7	15.0	(13.4-16.5)	16.3
Corpus Uteri	—	—	—	24.6	(22.1-27.3)	22.0	—	—	—
Kidney and Renal Pelvis	15.4	(13.3-17.8)	12.9	7.6	(6.2-9.2)	6.4	11.1	(9.9-12.4)	9.3
Brain and CNS	8.4	(6.8-10.2)	5.3	5.6	(4.3-7.0)	3.7	6.9	(5.9-8.0)	6.3
Melanoma	13.6	(11.7-15.8)	19.0	9.0	(7.5-10.7)	13.2	11.1	(9.8-12.3)	15.7
Oral Cavity and Pharynx	15.0	(13.0-17.4)	14.1	6.4	(5.2-8.0)	5.9	10.4	(9.2-11.7)	9.7
Leukemia	10.8	(9.1-12.9)	12.9	6.1	(4.4-8.3)	7.9	8.5	(7.4-9.7)	10.4
Pancreas	9.7	(8.1-11.6)	9.5	7.2	(5.9-8.7)	7.3	8.2	(7.2-9.4)	8.3
Ovary	—	—	—	14.9	(13.0-17.0)	15.3	—	—	—
Stomach	9.5	(8.0-11.4)	8.6	2.9	(2.1-3.8)	3.4	5.8	(5.0-6.7)	5.7
Larynx	8.9	(7.4-10.8)	6.6	2.8	(2.0-3.9)	1.4	5.5	(4.7-6.6)	3.8
Cervix Uteri	—	—	—	8.9	(7.4-10.6)	6.8	—	—	—
Multiple Myeloma	5.5	(4.3-7.0)	5.0	3.9	(3.0-5.1)	3.1	4.6	(3.8-5.5)	4.0
Thyroid	2.7	(1.9-3.8)	3.0	6.2	(5.0-7.8)	8.0	4.5	(3.7-5.4)	5.5
Esophagus	7.7	(6.3-9.4)	5.8	1.2	(0.8-1.9)	1.6	4.2	(3.5-5.0)	3.5
Hodgkin's Disease	3.4	(2.5-4.7)	3.2	2.6	(1.7-3.7)	2.5	3.0	(2.3-3.7)	2.8
Testis	4.0	(3.0-5.3)	5.0	—	—	—	—	—	—
Liver and Intrahepatic Bile Duct	2.8	(1.9-4.0)	4.7	1.1	(0.7-1.9)	1.9	1.9	(1.4-2.5)	3.2

Note: All rates are age-adjusted to the 1970 U.S. standard population.

\*SEER rates for Whites only

## Age-Adjusted Mortality Rates by Sex with 95% Confidence Intervals, Maine and U.S. Selected Sites, 1995-1996

Primary Site	MALES			FEMALES			MALES & FEMALES		
	Maine	95% CI	US Whites	Maine	95% CI	US Whites	Maine	95% CI	US Whites
All Sites	223.5	(215.6-231.7)	203.05	152.6	(146.7-158.7)	138.7	181.1	(176.4-186.0)	164.8
Lung and Bronchus	78.3	(73.6-83.3)	67.35	42.4	(39.2-45.7)	34.9	57.8	(55.1-60.7)	48.8
Prostate	26.1	(23.5-29.0)	22.45	—	—	—	—	—	—
Breast	0.1	(0.0-0.6)	0.25	25.1	(22.6-27.8)	24.4	13.8	(12.5-15.3)	13.6
Colon and Rectum	20.5	(18.2-23.2)	20.45	16.2	(14.4-18.3)	13.9	18	(16.5-19.5)	16.7
Pancreas	10.8	(9.1-12.8)	9.45	7.7	(6.4-9.1)	7.0	9	(8.0-10.2)	8.1
Ovary	—	—	—	9.3	(7.9-11.0)	7.8	—	—	—
Non-Hodgkin's Lymphoma	8.4	(6.9-10.2)	8.85	6.4	(5.3-7.8)	5.9	7.3	(6.4-8.3)	7.2
Esophagus	6.3	(5.0-7.9)	5.85	1.3	(0.8-1.9)	1.3	3.5	(2.9-4.3)	3.4
Leukemia	6.8	(5.5-8.4)	8.5	3.7	(2.9-4.7)	4.9	5	(4.3-5.9)	6.4
Kidney and Renal Pelvis	6.6	(5.3-8.2)	5.1	3.0	(2.2-4.1)	2.4	4.5	(3.8-5.4)	3.6
Urinary Bladder	6.9	(5.6-8.5)	5.7	1.7	(1.2-2.5)	1.7	3.8	(3.2-4.6)	3.3
Stomach	4.8	(3.7-6.2)	5.2	2.3	(1.6-3.1)	2.4	3.3	(2.7-4.1)	3.6
Brain and CNS	6.7	(5.4-8.4)	5.3	3.3	(2.4-4.4)	3.7	4.9	(4.1-5.8)	4.4
Cervix Uteri	—	—	—	2.8	(2.1-3.9)	2.4	—	—	—
Corpus Uteri	—	—	—	2.7	(2.0-3.7)	3.2	—	—	—
Oral Cavity and Pharynx	3.8	(2.8-5.1)	3.65	1.2	(0.7-2.0)	1.4	2.4	(1.9-3.1)	2.4
Liver and Intrahepatic Bile Duct	3.8	(2.8-5.0)	4.7	1.3	(0.8-2.0)	2.2	2.4	(1.8-3.0)	3.3
Multiple Myeloma	3.8	(2.9-5.1)	3.55	2.2	(1.6-3.1)	2.4	2.8	(2.3-3.5)	2.9
Melanoma	2.9	(2.1-4.1)	3.6	1.4	(0.9-2.2)	1.7	2.1	(1.6-2.7)	2.6
Larynx	2.1	(1.4-3.1)	2.1	0.3	(0.1-0.9)	0.5	1.1	(0.7-1.6)	1.2
Hodgkin's Disease	0.7	(0.3-1.4)	0.55	0.6	(0.2-1.3)	0.4	0.6	(0.4-1.1)	0.5
Testis	0.4	(0.1-0.9)	0.25	—	—	—	—	—	—
Thyroid	0.4	(0.1-0.9)	0.35	0.3	(0.1-0.8)	0.4	0.3	(0.2-0.6)	0.4

Note: Note: All rates are age-adjusted to the 1970 U.S. standard population.

\*US rates for Whites only

# Data Tables

**Age-Adjusted Incidence Rates by County with 95% Confidence Intervals, Maine, and U.S.  
Most Common Sites, 1995-1996**

County	All Sites	Lung	Colorectal	Prostate (Males)	Breast (Females)
Androscoggin	421.0 (394.9-448.7)	78.6 (67.5-91.5)	54.0 (45.2-64.5)	121.8 (101.6-145.9)	98.9 (81.9-119.4)
Aroostook	380.5 (353.7-409.3)	57.7 (47.5-70.0)	53.3 (43.7-64.8)	156.2 (131.9-184.8)	90.3 (72.5-112.1)
Cumberland	363.4 (347.8-379.8)	56.4 (50.3-63.2)	40.4 (35.5-46.0)	87.2 (75.7-100.2)	113.7 (101.9-126.9)
Franklin	342.7 (299.3-392.1)	62.6 (44.6-87.0)	42.4 (28.2-62.9)	80.5 (51.8-122.9)	112.3 (79.5-157.2)
Hancock	487.6 (449.4-528.8)	81.0 (66.2-98.9)	62.8 (49.8-78.9)	115.9 (89.9-149.0)	126.2 (100.6-157.2)
Kennebec	422.8 (398.9-448.1)	68.8 (59.3-79.7)	47.2 (39.7 - 56.1)	127.9 (108.7-150.3)	113.7 (97.2-132.9)
Knox	384.3 (346.6-426.1)	63.1 (48.4-81.9)	42.6 (31.0-58.1)	103.6 (76.7-139.0)	103.6 (77.7-137.4)
Lincoln	410.0 (367.3-457.6)	73.6 (56.2-95.8)	41.0 (28.6-58.2)	117.9 (86.7-159.3)	104.9 (76.1-143.7)
Oxford	392.2 (359.3-428.1)	69.5 (56.1-85.9)	45.1 (35.1-57.9)	119.2 (94.1-150.7)	94 (72.0-122.4)
Penobscot	432.4 (410.1-455.9)	77.1 (67.9-87.6)	44.2 (37.4-52.2)	136.7 (118.4-157.8)	101.3 (86.7-118.2)
Piscataquis	343.9 (294.0-401.9)	58.9 (39.6-86.4)	31.6 (18.1-53.5)	113.0 (73.9-170.1)	112.2 (72.9-169.8)
Sagadahoc	321.3 (280.8-367.5)	56.1 (39.6-78.7)	37.9 (25.0-56.6)	42.6 (22.5-77.0)	110.1 (79.3-151.7)
Somerset	372.9 (339.6-409.4)	59.6 (46.6-76.0)	52.3 (40.3-67.6)	116.2 (90.0-149.3)	108.5 (84.6-138.7)
Waldo	395.9 (354.3-442.2)	67.7 (51.1-89.3)	31.8 (21.0-47.3)	80.9 (55.8-116.2)	130.9 (99.9-170.8)
Washington	464.0 (420.9-511.3)	99.1 (79.8-122.6)	53.6 (40.4-70.8)	137.0 (104.6-178.7)	83.6 (59.7-116.0)
York	390.6 (371.0-411.3)	66.0 (58.0-75.1)	36.9 (31.2-43.6)	126.6 (110.3-145.1)	114.1 (99.7-130.4)
Maine	398.8 (391.6-406.2)	66.3 (62.2-70.7)	45.2 (41.9-48.7)	116.0 (110.3-122.0)	108.1 (102.9-113.5)
SEER (Whites)	391.0 (390.0-393.7)	55.3 (54.6-56.0)	42.4 (41.8-43.0)	130.0 (128.4-131.6)	114.3 (113.0-115.7)

Note: All rates are age-adjusted to the 1970 U.S. standard population.

# Technical Notes

## Reportable Cancers and Site Definitions

Not all cancers diagnosed in Maine are reported to the MCR. Cancers that are reported include all malignant cancers that are in situ or invasive with the exception of basal and squamous cell carcinoma of the skin. Site definitions are consistent with those used by the National Institute of Health's Surveillance, Epidemiology and End Results (SEER) Program for calculating rates. Therefore, this report excludes all in situ cancers, with the exception of in situ bladder cancer. For a complete listing of site and histology codes used for calculating rates, see ICD-O Codes on page 50 -51.

## Age-adjusted rates

### Why age adjust?

Different communities have different age structures. The age structure of a community determines what kind of health problems will be more common. A community made up of more families with young children will have more bicycle accidents than a community with more individuals who are older. Likewise, a community with more individuals who are older will have more chronic disease, including cancer. Age adjustment allows rates of disease to be compared between different communities with different age structures.

### How is age-adjustment done?

Age adjustment is done using a statistical procedure called the direct method. The steps for age-adjustment are:

1. The number of cases and population of new cancer cases are divided into 5-year age grouping (i.e. 0-4, 5-9, 10-14 ...80-84, 85+).
2. Incidence rates are calculated for each age group (called age-specific rates) by dividing the number of cases in an age group by the population in that age group.
3. A standard population is chosen (we used the 1970 United States Standard population). The proportion of the standard population is determined for each age group. This is the weight.
4. The age-specific rate is multiplied by the weight of the respective age group, making a weighted rate.
5. The weighted rates are added together, giving the age-adjusted rate.

*Technical Notes continued on next page*



Here's an example using all cancers reported in Maine that were diagnosed in 1995:

Age Group	Number of New Cancer Cases (a)	Population in Maine (b)	Rates per 100,000 ((a/b) x 100,000)	Weights (d)	Weighted rate (c x d)
0 - 4 yrs.	11	74513	14	0.084	1.2
5 - 9 yrs.	9	86918	10.4	0.098	1.0
10 - 14 yrs.	11	90552	12.1	0.102	1.2
15 - 19 yrs.	15	85510	17.5	0.094	1.6
20 - 24 yrs.	22	80002	27.5	0.081	2.2
25 - 29 yrs.	44	79689	55.2	0.066	3.7
30 - 34 yrs.	87	100104	86.9	0.056	4.9
35 - 39 yrs.	120	109492	109.6	0.055	6.0
40 - 44 yrs.	190	102875	184.7	0.059	10.9
45 - 49 yrs.	279	89702	311	0.060	18.5
50 - 54 yrs.	379	66641	568.7	0.055	31.1
55 - 59 yrs.	499	53207	937.8	0.049	46.0
60 - 64 yrs.	638	50032	1275.2	0.042	54.1
65 - 69 yrs.	942	50711	1857.6	0.034	63.9
70 - 74 yrs.	1001	44140	2267.9	0.027	60.8
75 - 79 yrs.	886	33773	2623.4	0.019	49.5
80 - 84 yrs.	553	22873	2417.7	0.011	27.2
85+ yrs.	396	20648	1917.9	0.007	14.3
<b>Total</b>	<b>6082</b>	<b>1241382</b>	<b>489.9</b>	<b>1.000</b>	<b>398.1</b>

In the above example, the rate before age adjustment (the crude rate) is 489.9 per 100,000 people and the age adjusted rate is 398.1 per 100,000 people.

## A Few Words about County Rates

The number of new cancers in a county varies from year to year. Cancer rates therefore also vary from year to year. With a smaller number of cases, there is more variation from year to year. Here is an example of random variation in the number of cases: One county might have 4 cases of brain cancer one year, 9 cases the next year, no cases the next year, 8 the next and 3 the next year. Over the five years there are an average of 5 cases. In general, when there are less than 30 cases a year it can be difficult to distinguish between such normal variation in the number of cases and meaningful changes in the cancer rates. The limited number of years presented in this report (two) and the small population of Maine counties mean caution must be used when presenting rates of cancer in some counties. To avoid presenting unstable numbers (with lots of variation), this report presents county-level data for the four most common cancer sites — lung, breast (female only), prostate and colon-rectum, as well as all cancers combined.

## U.S. SEER Rates

### What is SEER?

The National Cancer Institute funds the Surveillance, Epidemiology and End Results (SEER) cancer registries. SEER collects information on cancers from a statistical sample of the United States population composed of 13 population-based registries. These registries represent approximately 14 percent of the US population. The sample is designed to be fairly representative of the U.S. population. Because the non-white population of Maine is less than 2%, the SEER rates for Whites only were used for all comparisons in this report.

### Why is caution needed in interpreting comparisons using an all-white population?

Rates of cancer vary by race. These differences are due to cultural differences in personal habits, dietary practices, and environmental exposures that may change the risk of cancer in a population. In addition, many ethnic and racial minorities are at a disadvantage relative to access and availability of health care, preventative services and health education in part due to language differences as well as low income and education. Thus minorities may experience increased cancer incidence and mortality. In the U.S., people of white race have a higher risk of female breast cancer, melanoma and bladder cancer than persons of other races. Whites have a lower risk compared to other races for prostate, colorectal and cervical cancer. Because the non-white population of Maine is relatively small, in the future we will need to combine a number of years of data to be able to reliably report rates in these groups.

## Changes in Case-Finding Starting in 1995

Beginning in 1995, physicians, non-hospital facilities, and pathology labs were added to the list of reporting sources for the registry. In that year, the Maine Cancer Registry also began using death clearance death certificates as an additional method of case-finding.

# Glossary of Terms

**Age:** The person's age at the time of diagnosis (incidence rates) or death (mortality rates).

**Age-Adjusted Rates:** A rate that has been statistically modified to eliminate the effect of varying age distributions in different populations. Age adjustment is a statistical method that is used to allow health measures (like rates of disease, death, or injuries) to be compared between communities with different age structures.

**Age-Specific Incidence Rates:** The number of new cases diagnosed per 100,000 people, over a given time period for a specific age group. In this report, all rates are reported as an average for 1995 and 1996 and age groups are divided into ten-year groupings (i.e. 0-9, 10-19 ...80+).

**Burden:** For this report, burden is the average number of new cases and deaths that occurred during a given time period.

**Confidence Interval:** A range around a measurement conveying the amount of precision. In general, the wider the range, the less precise the number.

**Death Clearance:** The process in which death certificates with a cause of death related to cancer are used to identify cases not already reported to the Maine Cancer Registry. This process also provides vital status information for cases already in the registry.

**Family History:** The occurrence of a disease in a close blood relative, such as a parent, sibling, or child, that may increase one's risk of being diagnosed with that disease.

**Five-Year Relative Survival Rates:** The proportion of people, when other causes of death are taken into account, who are alive five years after diagnosis.

**ICD-9:** The Ninth Revision of the International Classification of Diseases, the classification system used for all mortality data included in this report. The ICD-9 is published by the World Health Organization.

**ICD-O:** The International Classification of Diseases for Oncology, the standards reference for classifying cancers. The ICD-O is a further classification of the ICD-9 that is specifically for classifying cancer. All cancers diagnosed for this report were classified using the second edition. The ICD-O is published by the World Health Organization.

**Incidence Rate:** The number of new cases of a disease occurring in a period of time divided by the size of the population at risk of becoming a case during that period of time. The result is often multiplied by a base number, such as 1,000 or 100,000.

**Mortality Rate:** The number of deaths attributed to a disease during a specific period of time divided by the size of the population during that period of time. The result is often multiplied by a base number, such as 1,000 or 100,000.

**Prevalence:** The proportion of a defined population affected by a disease at a specified point in time. The numerator of the proportion comprises all those who have the disease at that instant, regardless of whether it was diagnosed recently or long ago. Diseases with a long duration tend to have a higher prevalence than short-term illnesses.

**SEER:** SEER is the Surveillance, Epidemiology and End Results, of the National Cancer Institute. SEER collects information on cancers from a statistical sample of the United States population composed of 13 population-based registries representing 14% of the U.S. population.

**Site:** The anatomical site (organ or organ system) in which the cancer starts, for example, the lungs, colon or bone marrow.

**Stage:** The extent to which a cancer has progressed.

**Statistically Significant:** The difference between two rates is considered statistically significant if the difference would have occurred by chance less than five times out of 100. If a difference is statistically significant, it is not likely due to random chance.

# ICD-O Codes

Site Category	ICD-O-2 Site Codes
<b>Oral Cavity and Pharynx</b> Lip Tongue Major Salivary Gland Floor of Mouth Gum and Other Mouth Nasopharynx Tonsil Oropharynx Hypopharynx Pharynx	<b>C000-C148</b> <b>Excludes histologies 9590-9989</b> C000-C009 C019-C029 C079-C089 C040-C049 C030-C039, C050-C059, and C060-069 C110-C119 C090-C099 C100-C109 C129, C130-C139, and C141 C140 and C142-C148
<b>Digestive System</b> Esophagus Stomach Small Intestine Colon Rectum and Rectosigmoid Anus and Anocanal Liver Intrahepatic Bile Duct Gallbladder Other Biliary Pancreas Retroperitoneum Peritoneum Other Digestive Organs	<b>C150-C269, C480-C482, and C488</b> <b>Excludes histologies 9590-9989</b> C150-C159 C160-C169 C170-C179 C180-C189 C199-C209 and C260 C210-C212 and C218 C220 C221 C239 C240-C249 C250-C259 C480 C481-C482 C268-C269 and C488
<b>Respiratory System</b> Nasal Cavity and Sinuses Larynx Lung and Bronchus Trachea and Pleura	<b>C300-C399</b> <b>Excludes histologies 9590-9989</b> C300-C301 and C310-C319 C320-C329 C340-C349 C339 and C381-C399
<b>Bones and Joints</b>	<b>C400-C419</b> <b>Excludes histologies 9590-9989</b>
<b>Soft Tissue (including Heart)</b>	<b>C380, C470-C479, C490-C499</b> <b>Excludes histologies 9590-9989</b>
<b>Melanoma of Skin</b>	<b>C440-C449</b> <b>Includes histologies 8720-8790 only</b>
<b>Breast</b>	<b>C500-C509</b> <b>Excludes histologies 9590-9989</b>
<b>Eye</b>	<b>C690-C699</b> <b>Excludes histologies 9590-9989</b>

Site Category	ICD-O-2 Site Codes
<b>Female Genital System</b> Cervix Uterus Ovary Vagina Vulva Other Female Genital Organs	<b>C530-C589</b> <b>Excludes histologies 9590-9989</b> C530-C539 C540-C559 C569 C529 C510-C519 C570-C589
<b>Male Genital System</b> Prostate Testis Penis Other Male Genital Organs	<b>C619-C639</b> <b>Excludes histologies 9590-9989</b> C619 C620-C629 C600-C609 C630-C639
<b>Urinary System</b> Bladder Kidney and Renal Pelvis Ureter Other Urinary Organs	<b>C670-C689</b> <b>Excludes histologies 9590-9989</b> C670-C679 C649-C659 C669 C680-C689
<b>Brain &amp; Other Nervous System</b> Brain Other Nervous System	<b>C710-C729</b> <b>Excludes histologies 9590-9989</b> C710-C719 C710-C719 (meningioma), C700-C709, C720-C729
<b>Endocrine System</b> Thyroid Other Endocrine	<b>C379, C739, C740-749, and C750-C759</b> <b>Excludes histologies 9590-9989</b> C739 C379, C740-C759
<b>Lymphomas</b> Hodgkins Disease Non-Hodgkins Lymphoma	Includes histologies 9650-9667 only Includes histologies 9590-9595 and 9670-9715 only
<b>Multiple Myeloma</b>	<b>Includes histologies 9731-9732 only</b>
<b>Leukemias</b> Acute Lymphocytic Chronic Granulocytic Acute Myeloid Chronic Myeloid Other Leukemia	<b>Includes histologies 9800-9941 only</b> Includes histologies 9821 and 9828 only Includes histologies 9863 and 9868 only Includes histologies 9861, 9867, and 9871-9874 only Includes histologies 9863 and 9868 only Includes histologies 9823, 9820, 9822, 9824-9826, 9860, 9862, 9864, 9866, 9891, 9893, 9890, 9892, 9894, 9801, 9841, 9803, 9842, 9931, 9800, 9802, 9804, 9827, 9830, 9840, 9850, 9870, 9880, 9900, 9910, and 9930-9941 only
<b>Unknown and Ill-Defined Sites</b>	<b>Excludes histologies 9690-9989</b> Includes histologies 9720-9723, 9740, 9741, 9760-9764, 9950-9989 only Includes C760-C768, C809 for histologies 8000-9589 only Includes C420-C424 for histologies 8000-9589 only Includes C770-C779 for histologies 8000-9589 only

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# Information Resources

## Internet Sites

- American Cancer Society (ACS) <http://www.cancer.org>
- International Association of Cancer Registries (IACR) <http://www-dep.iarc.fr/>
- National Cancer Registrars Association (NCRA) <http://www.ncra-usa.org>
- CDC Cancer Prevention and Control Program <http://www.cdc.gov>
- National Library of Medicine <http://www.nlm.nih.gov>
- North American Association of Central Cancer Registries (NAACCR) <http://www.naacr.org>
- National Cancer Institute (NCI) <http://www.nci.nih.gov/>
- SEER Program of National Cancer Institute <http://www-seer.ims.nci.nih.gov>
- CancerNet <http://www.cancernet.com>
- Oncolink (extensive cancer information and links to other sites) <http://www.oncolink.upenn.edu>
- Post Office (zip codes for known addresses) [http://www.usps.gov/ncsc/lookups/lookup\\_citystzip.html](http://www.usps.gov/ncsc/lookups/lookup_citystzip.html)
- Switchboard (addresses and phone numbers) <http://www.switchboard.com>
- The American College of Surgeons <http://www.facs.org>
- The Department of Defense Breast Cancer Guide <http://www.bcdg.org>
- Breast Cancer Information Service <http://bcis.org>
- National Breast Cancer Foundation <http://nationalbreastcancer.org>
- American Association for Cancer Research <http://www.aacr.org>
- Wiley Interscience Publications Online (Journals) <http://www.interscience.wiley.com>
- Oxford University Press (Professional books and journals) <http://www.oup.co.uk/>
- International Agency for Research on Cancer (IARC) <http://www.iarc.fr>
- National Cancer Policy Board <http://www.nas.edu/cancerbd>
- U.S. Department of Health and Human Services <http://www.dhhs.gov>
- National Center for Health Statistics (NCHS) <http://www.cdc.gov/nchs>
- World Health Organization <http://www.who.int>

## Publications

North American Association of Central Registries (NAACCR) Publications:

- **Annual Incidence and Mortality monographs**
  - Cancer in North America, Volume One: Incidence
  - Cancer in North America, Volume Two: Mortality
- **Standards for Cancer Registries:**
  - Volume I: Data Exchange Standards and Record Description
  - Volume II: Data Standards and Data Dictionary
  - Volume III: Standards for Completeness, Quality Analysis, and Management of Data
  - Volume IV: Standard Data Edits

## Organizations

- Centers for Disease Control and Prevention (CDC)
- National Cancer Registrars Association (NCRA)
- National Cancer Institute (NCI)
- American College of Surgeons (ACoS)
- American Joint Committee on Cancer (AJCC)
- American Cancer Society (ACS)
- North American Association of Central Cancer Registries (NAACCR)
- Surveillance Epidemiology and End Results (SEER)





## **Maine Cancer Registry**

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