

## STATISTICS\*

- Cancer is the 2nd most common cause of death in the US, exceeded only by heart disease.
- One of every four U.S. deaths is due to cancer.
- The National Cancer Institute estimates that approximately 10.8 million Americans with a history of cancer were alive in January 2004. Some of these individuals were cancer-free, while others still had evidence of cancer and may have been undergoing treatment.
- Over 1.4 million new cases of cancer will be diagnosed in 2008.
- The American Cancer Society estimates that in 2008:
  - 51,150 new cancer cases in Michigan will be diagnosed.
  - 21,210 cancer deaths will occur in Michigan.

\*Cancer Facts and Figures, American Cancer Society, 2008

## SCREENING & EARLY DETECTION

Regular screening examinations by a health care provider can result in the detection and removal of precancerous growths, as well as the diagnosis of cancers at an early stage when they are most treatable.

Screening can detect the following cancers at earlier stages when treatment is more likely to be successful:

- breast
- colon
- rectum
- cervix
- prostate
- oral cavity
- skin

Cancers that can be prevented or detected earlier by screening account at least half of all new cancer cases.

## WHO IS AT RISK OF DEVELOPING CANCER?

Anyone can develop cancer.

Since the risk of being diagnosed with cancer increases as individuals age, most cases occur in adults who are middle-aged or older.

About 77% of all cancers are diagnosed in persons 55 and older.

## RESOURCES

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

CancerCare  
[www.cancercares.org](http://www.cancercares.org)

Cancer Research and Prevention Foundation  
[www.preventcancer.org](http://www.preventcancer.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/cancer](http://www.cdc.gov/cancer)

Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)

Michigan Department of Community Health  
[www.michigan.gov/cancer](http://www.michigan.gov/cancer)

National Cancer Institute  
[www.cancer.gov](http://www.cancer.gov)

## LEARN HOW TO REDUCE YOUR CANCER RISK

Did you know that all cancers caused by cigarette smoking and heavy use of alcohol could be prevented? Have you heard that about one-third of the cancer deaths expected to occur in 2008 will be related to overweight or obesity, physical inactivity, and nutrition, and thus could be prevented?

Here are some things you can do to help reduce your cancer risk:

- Get cigarettes and any other kind of tobacco out of your life. Smoking is the biggest cancer risk by far and remains the most preventable cause of death in our society.
- Eat a lot of different fruits and vegetables every day. Cut down on fat. Choose low-fat milk, low-fat cheese, and low- or non-fat yogurt. Try lean meats, skinned chicken or turkey, or fish. Eat more whole grain cereals and breads.
- If you drink alcohol, whether beer, wine, or spirits, moderate your consumption.
- Increase your daily physical activity level.
- Be careful when you are out in the sun. Too much sun causes skin cancer and ages the skin faster. Protect yourself with sunscreen (at least SPF 15) when you go outdoors.

## MICHIGAN CANCER CONSORTIUM

The Michigan Cancer Consortium (MCC) is a dedicated group of public, private, and voluntary organizations committed to reducing the human and economic impact of cancer in Michigan. MCC members are collaborating to address cancer control priorities in Michigan.

These priorities focus on the following cancers and cancer-related issues:

- Breast Cancer
- Cervical Cancer
- Colorectal Cancer
- Lung Cancer
- Prostate Cancer
- End-of-Life Care



Please visit [www.michigancancer.org](http://www.michigancancer.org) to learn more about the MCC, its priorities, and membership information.

## FINANCIAL COSTS OF CANCER

The National Institutes of Health estimate overall costs for cancer in 2007 at \$219.2 billion:

- \$89.0 billion for direct medical costs (total of all health expenditures)
- \$18.2 billion for indirect morbidity costs (costs of lost productivity due to illness)
- \$112.0 billion for indirect mortality costs (cost of lost productivity due to premature death)

There are over 100 types of cancer.