

Statistics

- Cancer is the 2nd most common cause of death in the US, exceeded only by heart disease.
- In the US, cancer accounts for nearly 1 of every 4 deaths.
- The National Cancer Institute estimates that approximately 11.1 million Americans with a history of cancer were alive in January 2005. Some of these individuals were cancer-free, while others still had evidence of cancer and may have been undergoing treatment.
- Nearly 1.5 million new cases of cancer were diagnosed in 2009.
- The American Cancer Society estimates that in 2009:
 - 53,550 new cancer cases in Michigan were diagnosed.
 - 20,450 cancer deaths occurred in Michigan.

Reduce Your Risk

Get Screened

Screening Recommendations

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.

Risk Factors

- 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

CancerCare
www.cancercare.org

Cancer Research and Prevention
Foundation
www.preventcancer.org

Centers for Disease Control and
Prevention
www.cdc.gov/cancer

Michigan Cancer Consortium
www.michigancancer.org

Michigan Department of
Community Health
www.michigan.gov/cancer

National Cancer Institute
www.cancer.gov

Reduce Your Cancer Risk

All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. Scientific evidence suggests that about one-third of cancer deaths expected to occur in 2009 will be related to overweight, obesity, physical inactivity, and poor 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.

Financial Costs of Cancer

The National Institutes of Health estimate overall costs for cancer in 2008 at \$228.1 billion:

- \$93.2 billion for direct medical costs (total of all health expenditures)
- \$18.8 billion for indirect morbidity costs (costs of lost productivity due to illness)
- \$116.1 billion for indirect mortality costs (cost of lost productivity due to premature death)



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 the following cancers and cancer-related issues:

- Breast Cancer
- Cancer Genomics
- Cancer Survivorship
- Cervical Cancer
- Childhood Cancers
- Colorectal Cancer
- End-of-Life Care
- Environmental / Occupational Cancers
- Healthy Lifestyles
- Ovarian Cancer
- Prostate Cancer
- Skin Cancer
- Tobacco Control / Lung Cancer

To learn more about the MCC, please visit www.michigancancer.org.

