Among Michigan men, prostate cancer is the most commonly diagnosed cancer and the second leading cause of cancer death.  

In 2019, it is estimated that there will be 4,580 new cases of prostate cancer and 980 deaths from prostate cancer in Michigan men.

Prostate Cancer Screening

- The Prostate-Specific Antigen (PSA) test is the most common screening test for prostate cancer.
- The United States Preventive Services Task Force (USPSTF) recommends for men aged 55-69 years to discuss with their physician the potential benefits and harms of screening.
- Arab men report discussing the PSA test with a doctor at a significantly lower rate compared to White and Black men (40% vs 72%, and 70% respectively).
- Most prostate cancers grow very slowly and never cause health problems.
- It is not clear if PSA screening can help men live longer.
- Harms of screening include: false-positive results, over diagnosis, and overtreatment.

Early Detection is Key!

- In 2015, about 90% of prostate cancers were diagnosed at either the localized or regional stage in Michigan.
- The five-year survival rate for prostate cancer at the localized or regional stage is almost 100%.
- The five-year survival rate for prostate cancer diagnosed at the distant stage falls to 30%.

Treatment Options for Prostate Cancer

There are three standard treatments for early stage prostate cancer: observation, surgery, and radiation. Active surveillance and watchful waiting are two forms of observation. Active surveillance usually includes doctor visits with a PSA test every six months. Watchful waiting is less intensive and relies on changes in a patient’s symptoms. Surgery and radiation are also treatment options, and while they may cure the patient, these options may also cause side effects such as incontinence and erectile dysfunction.
Michigan Prostate Cancer Morbidity, Mortality, and Disparities

- New diagnoses of prostate cancer have significantly decreased from 182 cases per 100,000 men in 1995 to 101 cases per 100,000 men in 2016.  
- Deaths from prostate cancer have significantly decreased from 37 deaths per 100,000 men in 1996 to 17 deaths per 100,000 men in 2016.  
- Black men have a significantly higher rate for new diagnoses and deaths compared to other races. 
- However, the rate of new diagnoses among Black men has significantly decreased from 300 cases per 100,000 men in 1995 to 154 cases per 100,000 men in 2016.  
- Age is the biggest risk factor with the majority of cases being diagnosed in men older than 65.  
- Black men are more often diagnosed with prostate cancer than men of other races and are also more likely to die from prostate cancer.  
- Having a father or brother with prostate cancer increases a man’s risk for developing the disease.

### Prostate Cancer Risk Factors

- **Age**: is the biggest risk factor with the majority of cases being diagnosed in men older than 65.  
- **Black men**: are more often diagnosed with prostate cancer than men of other races and are also more likely to die from prostate cancer.  
- **Having a father or brother with prostate cancer**: increases a man’s risk for developing the disease.

**Risk of Developing Prostate Cancer in the U.S. by Age and Race, 2013-2015**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Under 50</th>
<th>50-59</th>
<th>60-69</th>
<th>70+</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>1%</td>
<td>4%</td>
</tr>
<tr>
<td>Black</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>3%</td>
<td>8%</td>
</tr>
<tr>
<td>American Indian</td>
<td>&lt;1%</td>
<td>1%</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td>Asian</td>
<td>0%</td>
<td>2%</td>
<td>2%</td>
<td>5%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>


### Resources

For more information about prostate cancer or other topics related to cancer please visit the following websites:

- [www.michigan.gov/cancer](http://www.michigan.gov/cancer)
- [www.michigancancer.org](http://www.michigancancer.org)