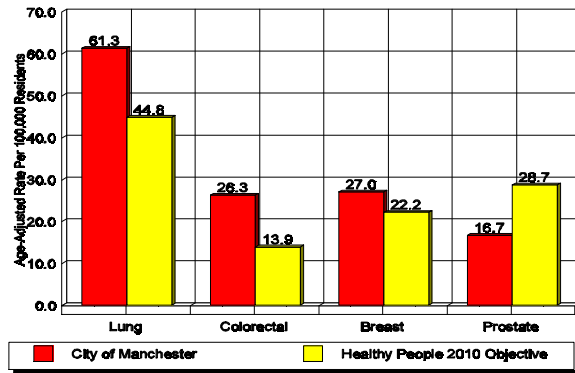




City of Manchester Department of Health CANCER REPORT CARD

Deaths Due to Select Cancers Age-Adjusted Mortality Rates Per 100,000 Residents Manchester and Healthy People 2010 Objectives, 1999-2001



HEALTHY PEOPLE 2010 OBJECTIVE: Reduce death rates from lung, colorectal, breast, and prostate cancers.

Half of all men and one-third of all women will develop cancer during their lifetime.² In the year 2004, an estimated 1.3 million cancers are expected to develop.² In Manchester, as in the United States, cancer is the second leading cause of death, accounting for 22 percent of all deaths.³ Both locally and nationally, four types of cancer account for the majority of new cases and deaths: lung, colorectal, breast and prostate cancer. During the years 1999-2001, 642 deaths from cancer occurred in Manchester residents.⁸ Manchester death rates from lung, colorectal and breast cancers exceed national objectives. However, in Hillsborough County, death rates from all four cancers declined, on average, during the years 1997 and 2001.

Everyone is at risk for developing cancer. Increasing age, genetics or family history, and gender are cancer risk factors that are not modifiable. However, several modifiable risk factors may play a role in the etiology of certain cancers. These important modifiable factors relate to lifestyle and include smoking, excess weight, sedentary lifestyle, and poor nutrition. Modifiable risk factors that may influence the development of cancer are not uncommon among Manchester residents. For example, 26 percent of adults smoke cigarettes, 17 percent experience less than 10 minutes of physical activity weekly, and 58 percent are overweight or obese.³ Among age-appropriate adults living in the Manchester-Nashua Metropolitan Statistical Area, half have not undergone colon cancer screening by sigmoidoscopy or colonoscopy.⁹ Among age-appropriate women, 64 percent of women reported ever having a mammogram; of them, 14 percent were not in compliance with breast cancer screening recommendations.⁹

Average Annual Number of Deaths, Death Rate, Decline in Death Rate, Incidence Number, and Incidence Rate for Lung, Colorectal, Breast, and Prostate Cancers Hillsborough County, New Hampshire, 1997-2001.⁹

Cancer Type	Average Annual Number of Deaths	Average Annual Death Rate*	Average Annual Decline in Death Rate	Average Annual Incidence Number	Average Annual Incidence Rate*
Lung	177	53.5	2.0%	225	67.7
Colorectal	76	23.0	2.6%	175	52.9
Breast	52	26.5	1.5%	255	134.5
Prostate	34	30.9	0.4%	267	183.6

*Per 100,000 population

WHO PAYS? Cancer is among the most expensive diseases. In 2003, estimated overall costs related to cancer exceeded 189 billion dollars. Of this, direct medical costs accounted for 64 billion dollars, and indirect costs (due to lost productivity from illness or death) accounted for 125 billion dollars.²



WHAT WORKS? RECOMMENDATIONS FOR THE COMMUNITY:

- Advocate for a Tobacco Free Environment.** Support broad tobacco prevention and cessation efforts in schools, work, and other community settings, and support the establishment of smoke-free public places, including restaurants.
- Promote Public Education Campaigns** on the benefits of being active, maintaining a healthy weight, eating a nutritious diet, being screened for certain cancers; and on the harms of being exposed to tobacco, tobacco smoke, and excessive solar radiation.
- Support Healthy Choices for All.** Increase the availability of affordable fresh produce and healthy food choices to all persons, regardless of socioeconomic status. Promote the development of community gardens in center city neighborhoods.
- Make Manchester “Walkable”.** Encourage efforts that enhance the “walk-ability” and “bike-ability” of the community.
- Support Access to Preventive Screening.** Ensure access to breast and cervical cancer screening tests to uninsured or under-insured age-appropriate women in the community. From the years 2000 to 2004, over 1,300 women received breast cancer screening by mammography at one of three locations in Manchester.¹⁰
- Adopt Radon-proof Construction Practices** for new housing units.

RECOMMENDATIONS FOR THE INDIVIDUAL:

- Follow the “4 Cornerstones of Healthy Living”.** Do not smoke, control your body weight, exercise regularly and eat a healthful balanced diet.
- Be Screened for Cancer.** Generally: women aged 40 and older should undergo mammography at least every-other-year; men and women aged 50 and older should undergo colon cancer screening by colonoscopy, sigmoidoscopy, stool blood tests, or other interventions; men aged 50 and older should consider the risks and benefits of prostate cancer screening. There is no available screening test for lung cancer.
- Know Your Family History of Cancer** and share this information with your health care provider.
- Beware of Contributing Risk Factors.** Avoid second-hand tobacco smoke and avoid excess exposure to the sun, which can contribute to skin cancer, including melanoma.
- Assess Your Home for Radon,** a naturally occurring radioactive gas related to cancer.



FOR MORE INFORMATION ON HOW TO REDUCE CANCER RISK IN THE MANCHESTER COMMUNITY, PLEASE CONTACT:

- ✓ Manchester Health Department (603) 624-6466
- ✓ Let No Women Be Overlooked Breast and Cervical Cancer Program, New Hampshire Department of Health and Human Services (800) 852-3345 extension 4931
- ✓ American Cancer Society, New Hampshire Office (603) 472-8899