



# PEI Cancer Trends Report 1982-2016

## Summary

### HIGHLIGHTS

#### **New Cases of Cancer:**

- In PEI, the number of new cases of cancer continues to rise mostly from the aging of our population.
  - There were almost twice as many new cases of cancer diagnosed in 2016 (906 cases) as there were in 1982 (457 cases).
  - The age-standardized incidence rate in males increased from 580 new cases per 100,000 in 1982 to 604 per 100,000 in 2016. Similarly, the increase in females was 437 new cases per 100,000 in 1982 to 478 per 100,000 in 2016.
  - While the age-standardized incidence rate has increased over this longer time period, incidence rates in the last 10 years have decreased significantly in males and have stabilized in females.
- Although not significantly different, the cancer incidence rates overall and for the most common cancers in PEI males tend to be higher than the incidence rates in Canadian males. Cancer rates in PEI females tend to be similar to female rates in Canada.

#### **Cancer Deaths in PEI:**

- The number of yearly deaths in PEI due to cancer increased by 19% from 268 deaths in 1992 to 318 deaths in 2016. The increase is attributed to the aging of our population.
- The age-standardized mortality rate in males decreased from 339 deaths per 100,000 in 1992 to 227 per 100,000 in 2016. Similarly, the decrease in females was 201 new cases per 100,000 in 1992 to 150 per 100,000 in 2016.
- The age-standardized mortality rate has been significantly decreasing in females and males during this time period.

#### **Survival from Cancer in PEI:**

- The 5-year relative survival rates for all cancers combined in males was 59% and for females was 65% for 2012-2016.
- For most age groups, survival from cancer has improved since the 1990s.
- The improved relative survival is attributed to the types of cancers currently diagnosed along with improved detection and treatments of cancer.
- Similar to other Canadian provinces, lung and pancreatic cancers have poor overall 5-year relative survival rates while breast cancer, prostate cancer, and melanoma have excellent overall 5-year relative survival rates.

#### **Number of People with a Cancer Diagnosis who are Alive in PEI today:**

- The ten-year prevalence of cancer is the proportion of Islanders diagnosed from 2007 through 2016 who are still alive on January 1, 2017. The ten-year prevalence for all cancers in PEI is 2.8%



indicating that more than 1 in 36 islanders have had a personal cancer experience in the last 10 years.

### Types of Cancer in PEI:

- Over half of all new cancers and cancer deaths in PEI are from lung, colorectal, prostate, and breast cancers.
  - Prostate cancer is the most commonly diagnosed cancer in PEI males. The age-standardized incidence rate has decreased both dramatically and significantly in the last 10 years. This change has been attributed to the reduction in the use of PSA testing as a screening tool.
  - Breast cancer is the most commonly diagnosed cancer in PEI females with 27% of cancers diagnosed in Island females. There were just over 110 cases diagnosed per year over the last decade. For the years of 2014-2016, the average annual age-standardized incidence of breast cancer in Island females was 128 cases in 100,000 females. The age-standardized incidence rate has not changed significantly since the early 1980s. However, the age-standardized mortality rate has decreased significantly since the early 1990s. Improved survival is a result of prevention, early detection, and improved treatment.
  - Age-standardized lung cancer incidence and mortality rates in PEI males have decreased over the past decades. The age-standardized incidence rate in females has been increasing while the mortality rate has been stable. The difference between males and females has been attributed to decreasing smoking rates in males earlier than females.
  - Colorectal cancer (CRC) is the second most commonly diagnosed cancer in Canada and PEI. For PEI males in 2016, the incidence and mortality rates were 88 per 100,000 males and 31 per 100,000 males, respectively. For PEI females in 2016, the incidence and mortality rates were 47 per 100,000 females and 15 per 100,000 females, respectively. Recent reports show the incidence of CRC in North America has been decreasing for the last two decades except those younger than 50 years old. This is true in PEI as well. Mortality due to CRC has decreased over time in PEI. As the uptake of colorectal screening increases, the rates of colorectal cancer diagnoses and deaths should decrease.

### CONCLUSIONS

- Currently there is a high burden of cancer in PEI and with the aging population this trend will likely continue.
- Ongoing planning will need to consider PEI cancer trends to ensure that all Islanders have access to the needed cancer services.
- Screening tests are available for some cancers and should be encouraged for all those of appropriate age. Please see <https://www.princeedwardisland.ca/en/information/health-pei/cancer-screening-and-early-detection>
- Prevention should be encouraged as well as healthy lifestyles to reduce the cancer burden in PEI.

### CONTACT INFORMATION

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