

PEI Colorectal Cancer Trends Report Summary

KEY MESSAGES

- The PEI Cancer Registry with the Cancer Treatment Centre, Health PEI, and the PEI Chief Public Health Office has produced a statistical report about the state of colorectal cancer in PEI.
- Colorectal cancer is the second most frequently diagnosed cancer in PEI.
- On average, over 120 people are diagnosed with colorectal cancer each year in PEI.
- The risk of colorectal cancer in PEI tends to be higher than in Canada.
- The risk of colorectal cancer has decreased significantly in PEI women but not in men over the last 20 years.
- The risk of colorectal cancer increases as people age. The median age at diagnosis in PEI was 72.7 years old for women and 70.5 years old for men.
- The percentage of the different stages indicates that colorectal cancers are diagnosed commonly at all stages. Finding cancer at an early stage will improve mortality and survival.
- Although the risk of dying from colorectal cancer is decreasing, there are still approximately 45 Islanders a year who die from colorectal cancer.
- Deaths due to colorectal cancer have been significantly decreasing in women but not changing to a great extent in men in PEI.
- The five-year relative survival rate is fair at 66% and is not significantly different in men and women.
- The younger patients had the lowest five-year survival rate likely due to having later stage cancers at diagnosis.
- There are 638 Islanders living with colorectal cancer who were diagnosed in the last 10 years.
- Non-modifiable risk factors include increasing age, being male, genetics, history of inflammatory bowel disease, and a family history of colorectal cancer.
- Modifiable risk factors for colorectal cancer include being overweight, being inactive, and having a diet high in red meat and processed meat as well as low in dietary fibre.
- The high inactivity level and low consumption of fruits and vegetable in PEI increases the risk for colorectal cancer.
- Polyps in the colon and rectum may become cancerous over many years. Identifying polyps and early cancers with colorectal cancer screening and then removing them is an effective cancer control.

HELPFUL INFORMATION

- The PEI Colorectal Cancer Screening Program launched in 2011 for all Islanders aged 50-74 who do not have a family history of colorectal cancer. Since that time, the number of early non-invasive cancers (stage 0, defined as colorectal cancer that has not moved beyond the inner layer of the colon or rectum) has increased by eight times. Removing early cancers and polyps will eventually improve incidence, mortality, and survival rates.
- The PEI colorectal screening kits are available from your primary care provider or you can request one by mail. <https://www.princeedwardisland.ca/en/information/health-pei/colorectal-cancer-screening-program>

RECENT PUBLIC COMMENT

- Ongoing concerns over the number of new cancers diagnosed every year on PEI.
- Growing concern nationally and internationally about increasing rates of colorectal cancers in adults younger than 50 years old.

CONTACT INFORMATION

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