Cancer in Older Persons: Common, Preventable, and Often Treatable

Aging is associated with increasing numbers of new cancers and cancer deaths


Cancer Prevention

- Don’t smoke or chew tobacco
- Use sunblock and a hat
- Increase physical activity
- Eat fruits and vegetables
- Avoid being overweight
- Check stool for blood yearly
- Check breasts for lumps and have regular mammograms
- Have regular prostate checks
- Have regular pelvic exams and discuss with your doctor the need for Pap smears.

Signs of Possible Cancer

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness

If you have any of these symptoms, talk to your doctor.

CAUTION is From the American Cancer Society.

Cancer in Men and Women Aged 75 and Over

Deaths

<table>
<thead>
<tr>
<th>Cancer Site</th>
<th>Incidence</th>
<th>Mortality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>27%</td>
<td>20%</td>
</tr>
<tr>
<td>Prostate</td>
<td>20%</td>
<td>15%</td>
</tr>
<tr>
<td>Colorectal</td>
<td>11%</td>
<td>13%</td>
</tr>
<tr>
<td>Pancreas</td>
<td>4%</td>
<td>7%</td>
</tr>
<tr>
<td>Non-Hodgkin Lymphoma</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Leukemias</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Bladder</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Stomach</td>
<td>3%</td>
<td>2%</td>
</tr>
</tbody>
</table>

New Cases

<table>
<thead>
<tr>
<th>Cancer Site</th>
<th>Incidence</th>
<th>Mortality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prostate</td>
<td>28%</td>
<td>24%</td>
</tr>
<tr>
<td>Lung</td>
<td>17%</td>
<td>19%</td>
</tr>
<tr>
<td>Colorectal</td>
<td>15%</td>
<td>13%</td>
</tr>
<tr>
<td>Bladder</td>
<td>9%</td>
<td>5%</td>
</tr>
<tr>
<td>Non-Hodgkin Lymphoma</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Leukemia</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Pancreas</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Stomach</td>
<td>3%</td>
<td>3%</td>
</tr>
</tbody>
</table>

For Men:

- 28% Lung
- 24% Breast
- 17% Colorectal
- 15% Lung
- 9% Bladder
- 3% Non-Hodgkin Lymphoma
- 3% Leukemia
- 3% Pancreas
- 3% Stomach

For Women:

- 24% Breast
- 19% Colorectal
- 15% Lung
- 9% Uterus
- 3% Non-Hodgkin Lymphoma
- 3% Pancreas
- 3% Bladder
- 3% Leukemia
- 3% Stomach

Rate per 100,000 Incidence Mortality

Graph showing incidence and mortality rates by age and gender.