The State of Cancer 2023

FLORIDA CANCER CONNECT

ABOUT THE CANCER CONNECT COLLABORATIVE

First Lady Casey DeSantis announced the Cancer Connect Collaborative on Febuary 23, 2023, an expansion of Florida Cancer Connect that will assemble a team of medical professionals to analyze and rethink Florida's approach to combatting cancer.

The Collaborative will break down longstanding silos between researchers, cancer facilities, and medical providers to improve cancer research and treatment.

Florida is home to more than 200,000 cancer patients treated at over 300 world-class health care facilities statewide.

It currently averages 10 to 12 years from discovery for a cancer treatment or surgery patent that advances cancer care to be shared and adopted into practice.

THE FLORIDA CANCER CONNECT COLLABORATIVE'S FIVE MAIN OBJECTIVES

1 DATA

Data regarding the proliferation and treatment of cancer should be both timely available and easily accessible. The Collaborative will seek to identify the reasons data are slow to move or hard to access and dismantle those barriers.

2 BEST PRACTICES

When it comes to treating cancer, best practices shouldn't be proprietary. The Collaborative will seek to streamline, encourage, and incentivize the sharing of treatment best practices among public and private entities so that everyone is treated with the most effective treatment possible.

3 INNOVATION

Cutting the red tape and fully unleashing the power of innovation in the battle against cancer. Technology improves at an exponential rate, yet application lags. The Collaborative will identify the reasons that technology gets held up—whether it be special interests, over-litigiousness, or bureaucratic red tape—and recommend ways to eliminate these barriers.

4 FUNDING

The Collaborative will provide recommendations for the implementation of the Governor's proposed $170 million in funding to improve the pace of cancer research and novel technologies. For record breaking funding, the Florida taxpayer deserves results. The Collaborative will deliver.

5 HONESTY

We know a lot about cancer—what causes it, and in many cases, what preventative steps can minimize the risk of a diagnosis. It's time to open the tap on cancer information. The Collaborative will identify the ways to ensure this is done.

A MESSAGE FROM FIRST LADY CASEY DESANTIS

Cancer can happen to anyone and is often unexpected. When you or a loved one goes through the process of fighting this terrible disease, it is an emotional and overwhelming time. Between finding critical information on treatment and resources to trying to understand the disease, it can be hard to know where to turn.

When I was going through my cancer fight, I saw the need for a centralized hub that housed everything patients and caretakers could need while dealing with this disease. That is why we launched Florida Cancer Connect, a website where Floridians can find the support and resources they need.

As part of this initiative, we also launched the Florida Cancer Connect Collaborative (Collaborative), a team of medical professionals that will help revolutionize Florida's approach to combatting cancer. This initiative will break down silos between researchers, cancer facilities, and medical providers to improve cancer research and treatment.

This report is one of Florida's many steps to tap into available cancer information to give Floridians the tools they need to fight this disease. We have put together this information to arm Floridians with clear and honest information about each type of cancer, including Florida-specific cancer trends, symptoms, prevention, screening, and more.

We hope that with this information, Floridians will feel more prepared if this disease affects their lives and know that there is hope. Together, we will continue to fight until no more lives are lost to cancer.

Have faith and stay strong,

Mrs. DeSantis is First Lady of Florida.

Florida Cancer Connect

CONTENTS

HISTORIC DATA MISSION

In March 2023, First Lady Casey DeSantis charged the Florida Department of Health and the Agency for Health Care Administration to assess cancer recurrence in Florida. This was the Cancer Connect Collaborative's first action to remove data access barriers for easy and timely research. There is currently no collective population-level data system in the United States monitoring cancer recurrence, allowing Florida to be the first state in the nation to undergo such an essential mission.

While a survivor is in remission, the same cancer may recur, called a cancer recurrence. Survivors can also develop a second cancer—when they are diagnosed a different cancer type than before.

Historically, cancer mortality and survival data were the focus of cancer research. Now we recognize that it is essential to use cancer recurrence in research to adapt our understanding of the illness, improve cancer care, and inform treatment decisions.

To ensure this, all cancer facilities receiving funding from the Casey DeSantis Cancer Research Program will be required to report recurrence on a quarterly basis, starting July 1, 2023.

FLORIDA AT A GLANCE

Since 2014, cancer has been the second leading cause of death in Florida, after heart disease.

Between 2019-2021, the total number of cancer deaths in Florida: 138,174

NUMBER OF CASES

Average # of cases per year 2016-2020

129,530
Statewide

RATE

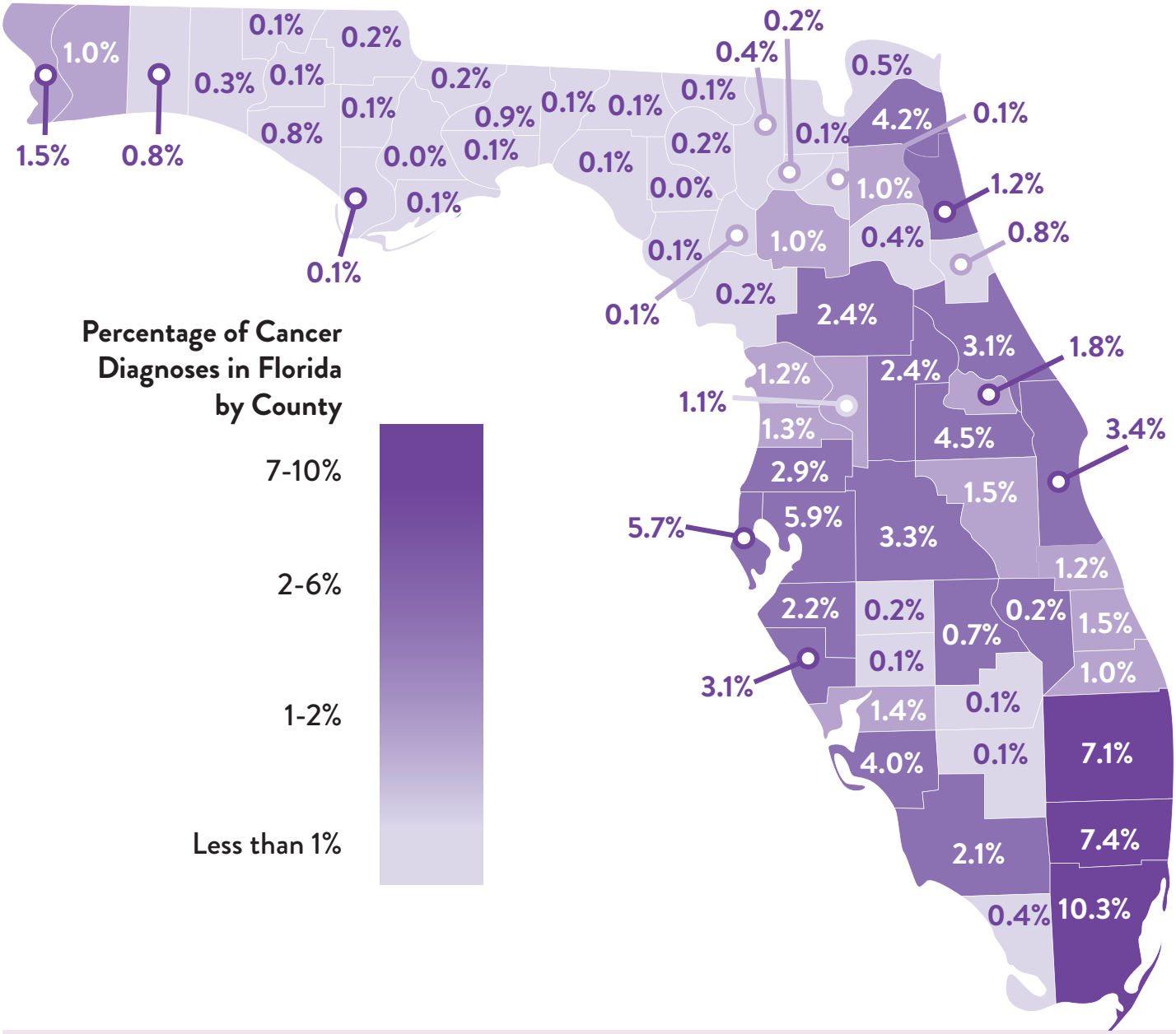
Cases per 100k people from 2016-2020

441.8
Statewide

CANCER IN FLORIDA: NEW CANCERS

All data represents 2016-2020 combined.

The percentage of total cancer diagnoses in Florida per county. Rates are based on patient residence, which may not necessarily be the location of diagnosis.



The top five most frequently diagnosed cancers in Florida are:

- Female Breast Cancer
- Lung and Bronchus
- Prostate
- Colorectal
- Melanoma

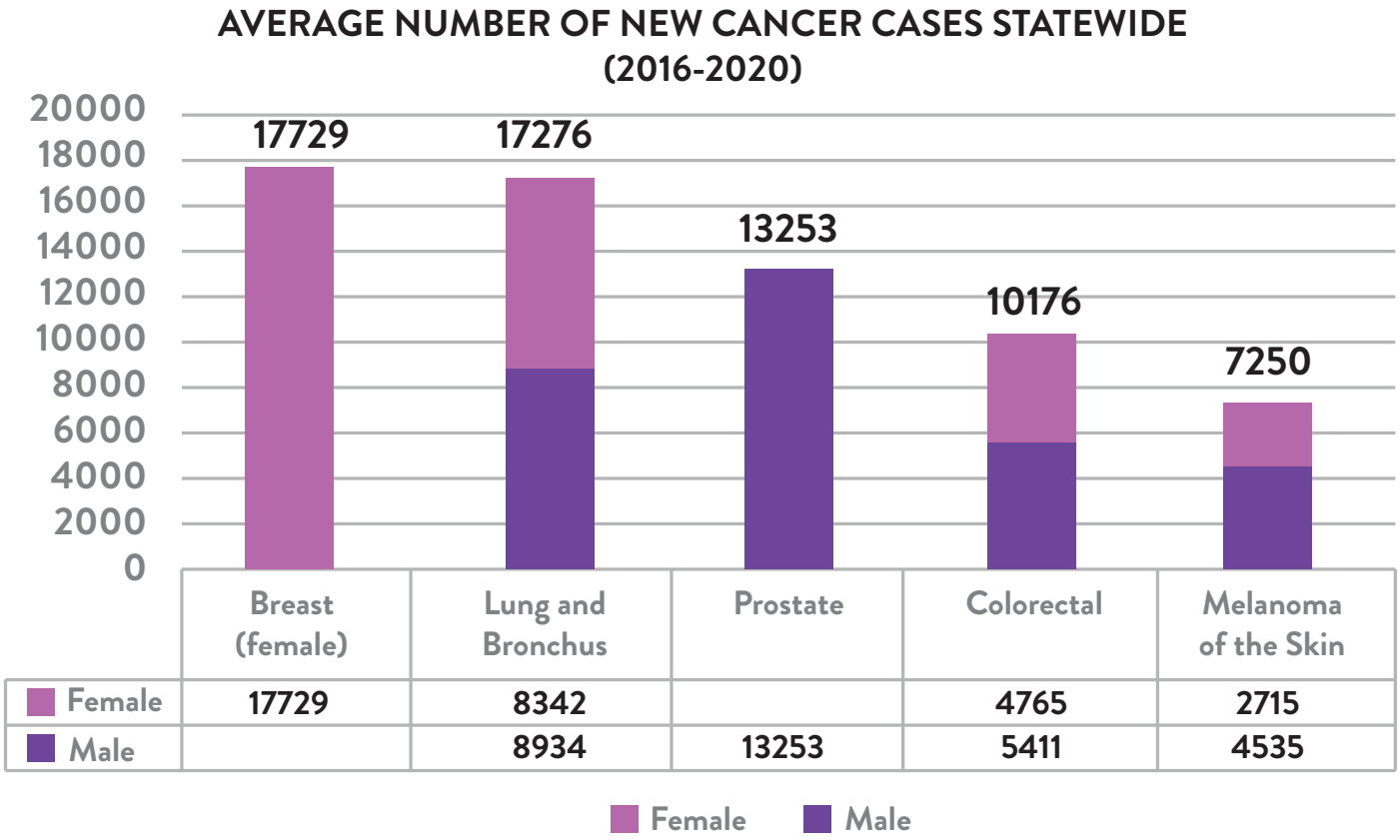
Since 2017, these top five cancers have accounted for just over half of all cancer diagnoses (50.3%) in Florida.

In **females:** the top five cancers were breast, lung and bronchus, colorectal, non-Hodgkin's lymphoma, and melanoma.

In **males:** the top five cancers were prostate, lung and bronchus, colorectal, melanoma, and bladder.

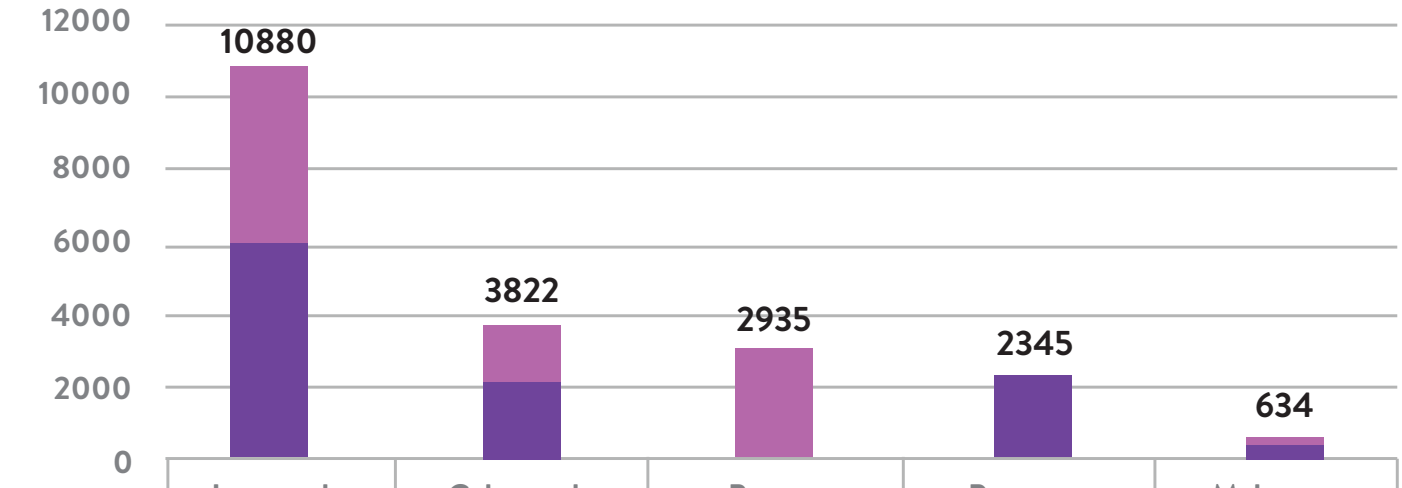
WOMEN ARE DISPROPORTIONATELY AFFECTED BY CANCER.

High breast cancer rates are attributed to this disparity.



Source: Florida Cancer Data System (FCDS). (2021).

AVERAGE NUMBER OF CANCER DEATHS STATEWIDE (2016-2020)



	Lung and Bronchus	Colorectal	Breast (female)	Prostate	Melanoma of the Skin
Female	4938	1738	2935		201
Male	5943	2084		2345	433

Source: Florida Cancer Data System (FCDS). (2021).

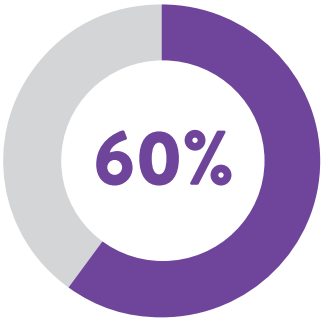
BREAST CANCER

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

Breast cancer is the most common type of cancer among women in Florida. Although rare, men can develop breast cancer too.

Over **17,000** women are diagnosed with breast cancer every year on average (2016-2020).

Over **60%** of breast cancer diagnoses are detected early.



STAGE AT DIAGNOSIS

63.6% Early Stage

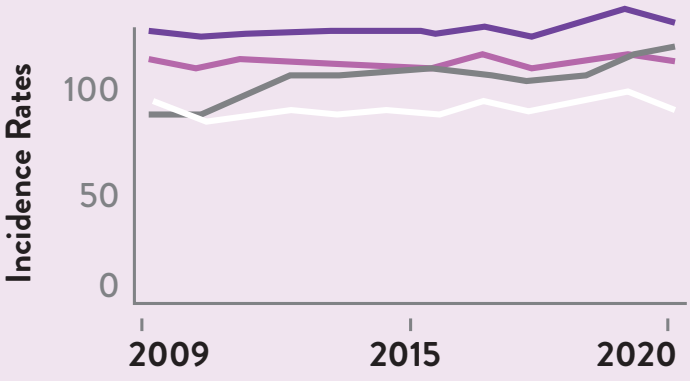
31.5% Late Stage

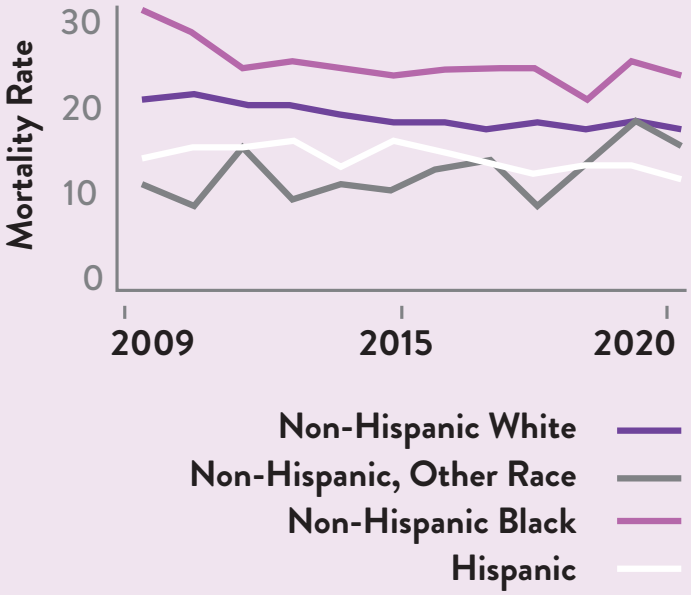
4.9% Unknown

DIAGNOSIS RATES

Non-Hispanic White women experience the highest rates of breast cancer, but are more likely to be diagnosed with localized breast cancer that has the highest chance effective treatment.

Mortality rates have fortunately decreased by over 5% in the past 10 years, partly due to improved screening, access, and treatment. However, non-Hispanic Black women are more often diagnosed at a later stage, contributing to a higher mortality rate than other populations.





PREVENTION AND SCREENING

Routine screening and self-breast exams are essential to women's wellness.

Healthy habits can prevent many cancers, including breast cancer. A healthy lifestyle includes eating nutritious foods, avoiding alcohol and tobacco, regular physical activity and adhering to recommended screening.

ALL WOMEN SHOULD:

Know the benefits and limitations linked to breast cancer screening, including family history and risk factors. Contact your health care provider if you are under age 40 and notice any signs such as change in breast or nipple appearance, discharge, or lump.

WOMEN AGES 40 TO 75 SHOULD:

Schedule a mammogram every two years with their health care provider, or with the local county health department if eligible for the Florida Department of Health's Florida Early Detection Program.

HIGH-RISK WOMEN SHOULD:

Schedule regular breast MRIs and mammograms every year, starting at age 30. If you are aware of breast cancer in your family, talk to your provider about risk assessment tools that women at high risk will help guide your screening and prevention.

Risk factors include:

- Known BRCA1 or BRCA2 gene mutation
- Direct relative (parent or sibling) with BRCA1 or BRCA2
- Had radiation therapy to the chest area between the ages of 10-30
- Have Li-Fraumeni Syndrome, Cowden Syndrome or Bannayan-Riley-Ruvalcaba Syndrome, or have first degree relatives with one of these.

WHAT TO LOOK FOR DURING A BREAST SELF-EXAM

Being familiar with your breasts can help you notice symptoms such as lumps, pain, discharge or changes in size. These should be reported to your health care provider.

SECOND CANCERS AND RECURRENCE

Breast cancer is the first cancer the State of Florida has been able to assess for second cancers and recurrence. Florida continues to expand this initiative to as many cancers as possible to further the transparency and understanding of what cancer means for all of us.

Second cancers, also called second primary malignancies, are new cancers that arise after a previous cancer diagnosis. Unlike cancer recurrence, which occurs when the same cancer returns, a second cancer is a distinct malignancy that is unrelated to a prior cancer diagnosis. An individual may develop a second cancer in the same or different organ or tissue as their first cancer. The National Cancer Institute reports that currently, nearly one in five cancers are diagnosed in patients with a history of cancer. Florida continues to collect and analyze statewide cancer data to further understand the differences among cancer recurrences and second cancers.

Among Florida women who were diagnosed with breast cancer between 2011 and 2015, 12.4% (9,622) developed a second cancer within 5 years.

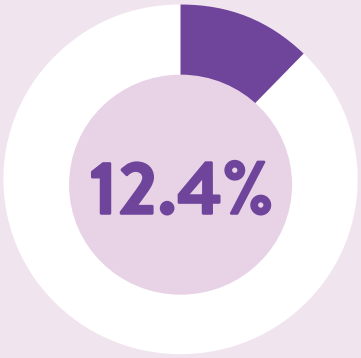
SURVIVING BREAST CANCER

Knowing the data above is another tool to fight this devastating disease. It is essential for women who are diagnosed and treated for breast cancer to request a survivorship care plan from their provider. A survivorship care plan is a record of your cancer and treatment history, as well as any checkups or follow-up tests you need in the future. This can include treatment summaries, follow-up schedules, and lifestyle changes to help avoid recurrence.

Women should speak to their health care providers about other tests that may be needed in the future along with any necessary lifestyle modifications.

It can be challenging to adapt to your body during and after breast cancer treatment, especially if you undergo a mastectomy. Seek help and support from other survivors, friends and family, support groups, or counseling to promote the best survivorship you can experience.

FLORIDA BREAST CANCER SURVIVORS WHO DEVELOP A RECURRENCE OR SECOND CANCER WITHIN 5 YEARS

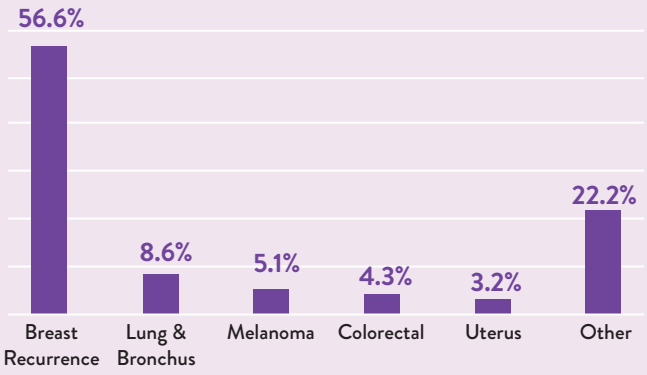


Based on 77,457 breast cancer survivors

The breakdown of the 12.4% of second cancers, by type is below.

56% of these cancers among survivors were breast cancer, which can also be classified as a recurrence. Lung and bronchus, melanoma, colorectal, and uterine cancer survivors were also among the top cancers found in this assessment.

TYPES OF SECOND CANCERS IN BREAST CANCER SURVIVORS BY CANCER TYPE



Footnote:
These data were extracted from the Florida Cancer Data System (FCDS) on 5/9/2023. The "Other" category of second cancer types comprises 32 distinct cancer types which individually make up 2% or less of total second cancer cases.
Cancer.org
dceg.cancer.gov

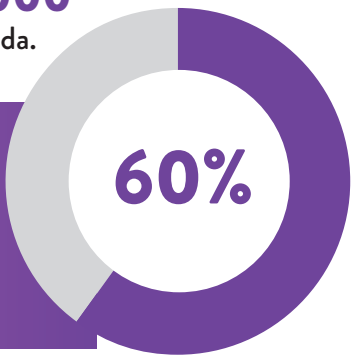
COLORECTAL CANCER

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. Sometimes it is called colon cancer, for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Colon and rectal cancers are two of the most frequently diagnosed cancers in the United States (Source: Federal Data).

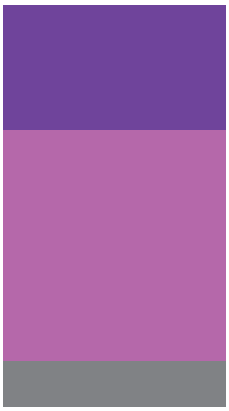
There is an average of **10,000** new cases every year in Florida.

Nearly **60%** of colorectal cancer diagnoses are detected late which increases mortality risk.



STAGE AT DIAGNOSIS

Cancer is easiest to treat when caught early.



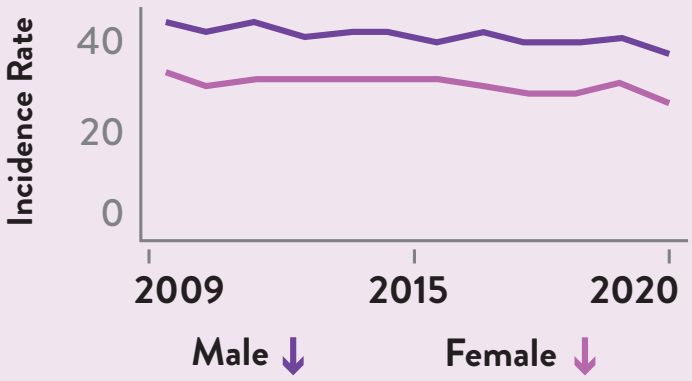
30.0% Early Stage

59.3% Late Stage

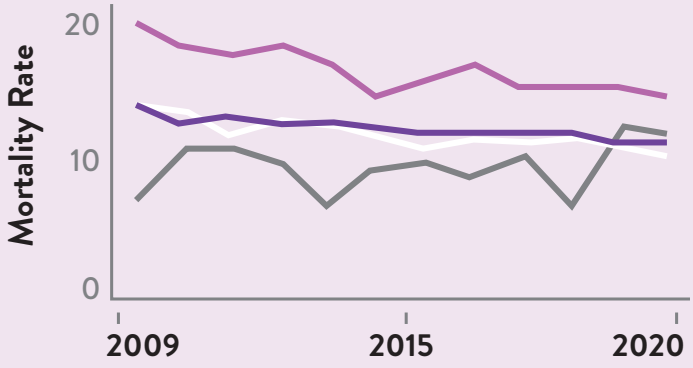
10.7% Unknown

DEMOGRAPHICS

Colorectal Cancer Rates by Sex



Colorectal Cancer Deaths



IN FLORIDA, MEN EXPERIENCE HIGHER RATES OF COLORECTAL CANCER DIAGNOSES THAN WOMEN.

Genetic differences between males and females potentially contribute to cancer gender differences. However, men tend to carry excess body fat, higher rates of cardiovascular disease, high blood pressure, and type 2 diabetes. Men also tend to consume more alcohol and red meat.

Since 2009, colon cancer mortality rates have significantly decreased among non-Hispanic Black men in Florida.

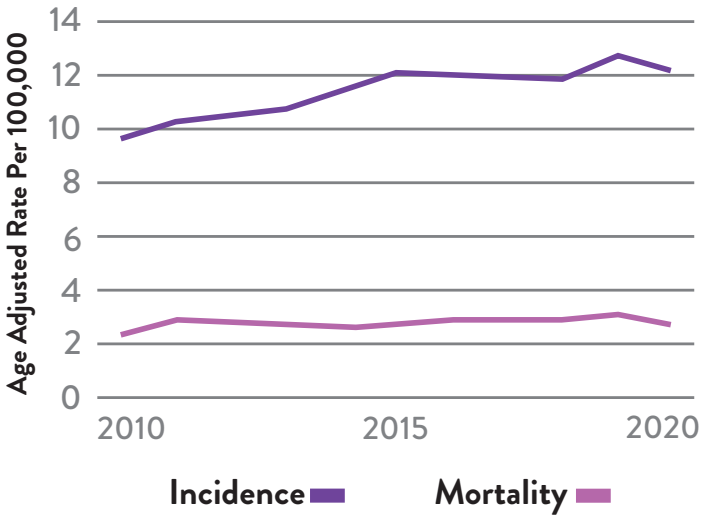
NEW COLORECTAL TRENDS

Globally, an increase in cancer diagnoses among younger age groups has been identified, specifically among colon cancer.

Since 1990, age-adjusted incidence rates have increased nearly 2 to 4% per year in many countries, and even higher increases among individuals younger than age 30. While researchers continue to investigate this trend, the exact reasons are unknown. (**Source:** science.org)

From 2010 to 2020, there colorectal cancer incidence significanty increased among Floridians less than age 50, with an annual increase reaching 4.2%. Fortunately, mortality in this age group has not followed the same trend.

COLORECTAL CANCER INCIDENCE AND MORTALITY RATES, AGES <50, FLORIDA, 2010-2020



All Floridians, including providers and patients, must be aware of these data and should stay informed of screening recommendations as they evolve.

In 2021, the United States Preventive Services Task Force screening recommendations have been updated to begin at 45 years old rather than the previous 50 year old recommendation.

If you are at a higher risk of colon cancer due to previous diagnoses or family history, talk to your health care provider about what screening and prevention protocols are best for your health.

SCREENING

Screening is lifesaving, and colon cancer is preventable with regular screening. It is essential to maintain regular health screenings and colonoscopies, especially men as they experience higher rates of this disease.

Cancers of the large intestine (colon) and rectum begin as pre-cancerous polyps or growths. Screening with a colonoscopy can find and remove most of these polyps before they ever become cancer.

- **Age 45-75:** Schedule regular screenings to manage risk and early detection.
- **Ages 76-85:** Talk with your health care provider about whether continuing to get screened is right for you. When deciding, consider your own preferences, overall health, and past screening history.

SYMPTOMS

If you notice any of the symptoms below, contact your health care provider immediately:

- A persistent change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool.
- Rectal bleeding or blood in your stool.
- Persistent abdominal discomfort, such as cramps, gas or pain.
- A feeling that your bowel doesn't empty completely.
- Weakness or fatigue.
- Unexplained weight loss.

WHAT IS A COLONOSCOPY?

During a colonoscopy, a long, flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the entire colon.

If necessary, polyps or other types of abnormal tissue can be removed through the scope during a colonoscopy. Tissue samples (biopsies) can be taken during a colonoscopy as well.

LUNG CANCER

Lung cancer is the most lethal cancer in Florida.

Smoking is the #1 cause of lung cancer.

NUMBER OF CASES

Average # of cases per year 2016-2020

17,280
Statewide

Symptoms vary individually, but can present through:

- Perpetual and deteriorating coughing
- Chest pain
- Wheezing and shortness of breath
- Coughing up blood
- Lethargy
- Unexpected weight loss

SCREENING AND PREVENTION

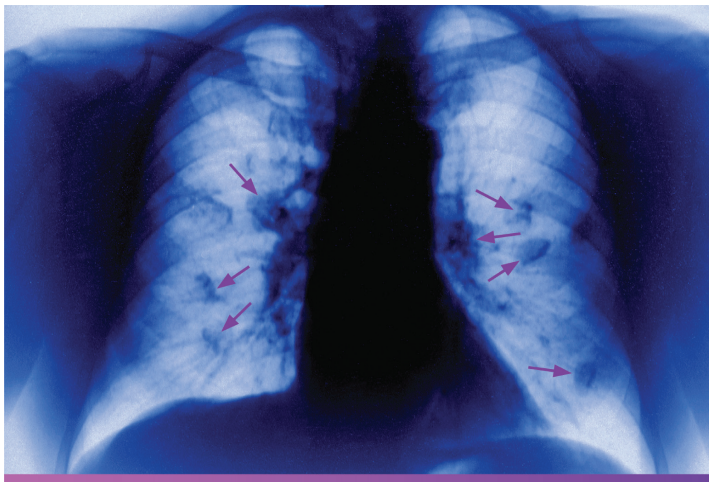
Screening technology and research continues to improve nationwide, creating new pathways for early detection of lung cancer.

PREVENTION:
Tobacco use and secondhand smoke exposure is attributed to about a third of all cancers. Quitting tobacco use is the most important step a person can take to prevent cancer and other chronic conditions such as heart disease, stroke and emphysema.

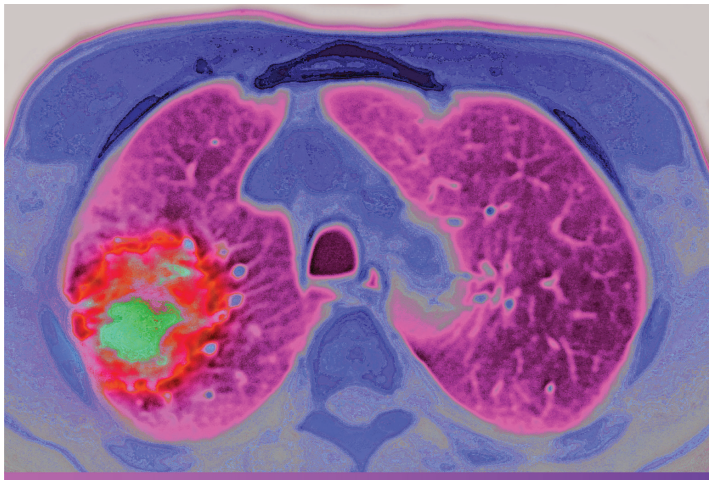
SCREENING:
Screening technology and research continues to improve nationwide, creating new pathways for early detection of lung cancer, like the low-dose computed tomography scan (LDCT). The LDCT is a non-invasive scan of the lung that is painless and only takes a few minutes. This scan can detect cancer at an earlier stage compared to chest X-ray exams. Patients will lie on a table that slides into a CT scanner. (Lung Cancer Early Detection | Lung Cancer Screening)

Ages 55-80: The **United States Preventive Service Task Force** recommends annual lung cancer screening for adults with a 20-pack-per year smoking history.

Studies show **current and former heavy tobacco smokers** who have an annual low-dose computed tomography scan (a computer linked to an x-ray machine,) lower their risk of dying from lung cancer by 15-20% when they receive an annual low-dose computed tomography scan, compared to an annual chest X-ray examination.



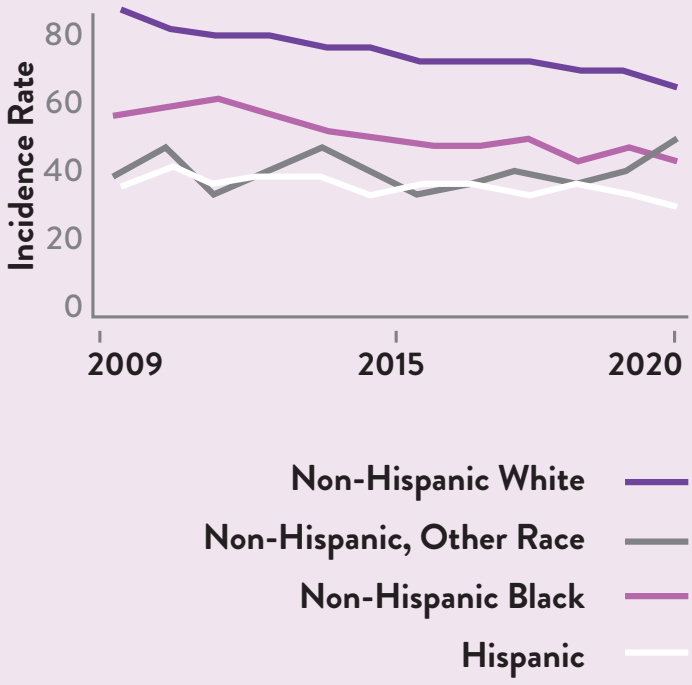
Malignant Tumors. Visceral Metastases. X Ray, Frontal View.



Lung Cancer seen on an axial plane chest MRI scan.

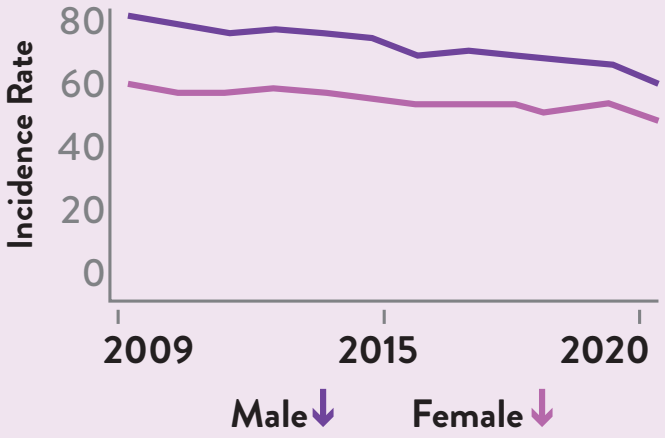
DEMOGRAPHICS

Lung cancer incidence rates are highest among non-Hispanic White individuals.



Men are also diagnosed at higher rates than women. While incidence rates have decreased since 2009, men continue to be diagnosed at higher rates than women. This could be due to occupational (i.e. higher male presence in labor workforce), and biological differences (i.e. males have higher rates of chronic disease such as diabetes and high blood pressure).

Lung cancer rates have decreased as a result of comprehensive tobacco control efforts, improved screening, cancer treatment, and survivor care.



SKIN CANCER

Skin cancer is the most common cancer in the United States, and Florida has a higher rate than the national average.

Florida's skin cancer rate:
25 per 100,000

National rate:
23 per 100,000

Anyone can get skin cancer; however, higher risk factors include:

- Lighter natural skin color.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and high quantity of moles.
- Family or personal history of skin cancer.
- Older age.

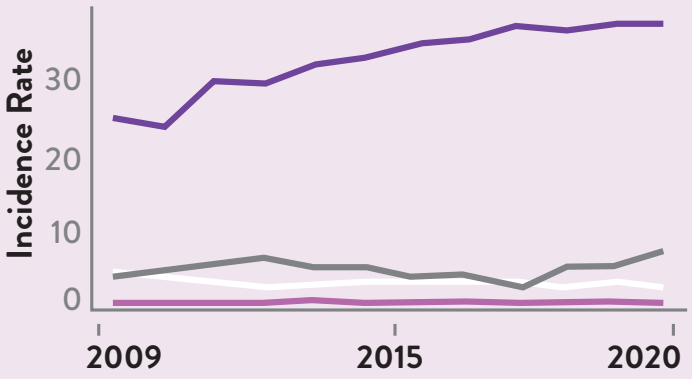
There are three major types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Melanoma is the least common, but the most fatal cancer because it is more likely to spread to other parts of the body. However, nearly 80% of cases are detected and treated early.

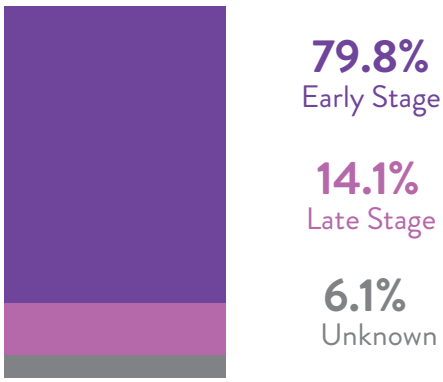
DEMOGRAPHICS

Non-Hispanic White individuals have the highest rates of melanoma in Florida.

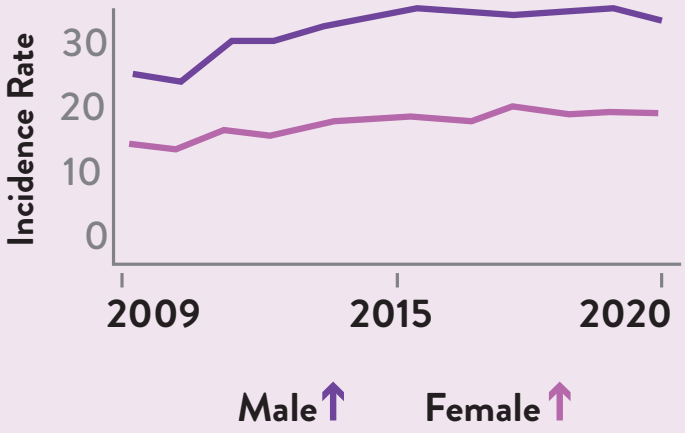


STAGE AT DIAGNOSIS

Cancer is easiest to treat when caught early.



OVERALL, MALES HAVE HIGHER INCIDENCE RATES OF MELANOMA THAN FEMALES.



SUN EXPOSURE

The sun is the purest form of vitamin D, which supports bone health, immune health, and overall wellness. Our sunshine state is the best place to find that natural vitamin D, but it is essential to practice safe habits when enjoying the sun.

TANNING AND YOUR HEALTH

There is no such thing as a healthy tan. Tanning outside or indoors can have negative effects on your health. Tanning is how your body defends itself from harmful ultraviolet radiation. The skin tries to prevent further damage by producing melanin. Unfortunately, this damage is cumulative over time from your first tan to your last. Tanning ages your skin and increases your chances of developing skin cancer. Studies show there are more skin cancer cases due to tanning than there are lung cancer cases due to smoking.

SYMPTOMS

Applying sun protection should be an everyday habit that will help prevent sunburn and reduce the risk of skin cancer when enjoying the Florida sunshine.

A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that won't heal, or a change in the appearance of a mole. Not all skin cancers look the same. Talk with your health care provider if you notice the following changes in your skin or notice any of the signs of melanoma.

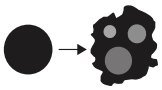
ABCDEs OF MELANOMA MOLES AND SPOTS:

Asymmetrical: Does it have an irregular shape with two parts that look very different?

Border: Is the border irregular or jagged?

Color: Is the color uneven?

Diameter: Is it larger than the size of a pea?

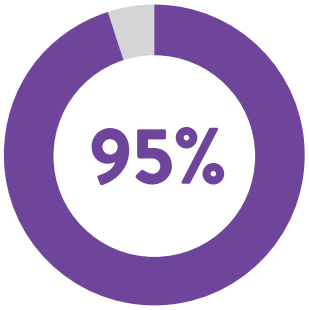


Evolving: Has it changed during the past few weeks or months?

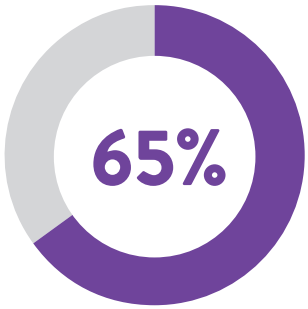
PROSTATE CANCER

Prostate cancer is among the most common cancers diagnosed in men.

Annually, there are 3 million new cases in the United States, and an average of 13,000 new cases in Florida.



The survival rate for prostate cancer can reach **95%** when detected as early as possible.



Fortunately, over **65%** of prostate cancer diagnoses in Florida are detected early.

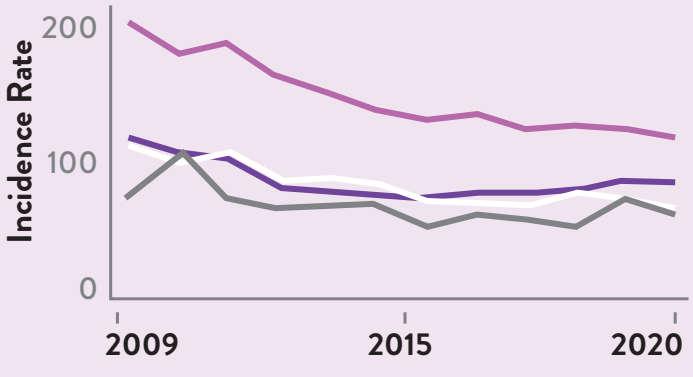
STAGE AT DIAGNOSIS

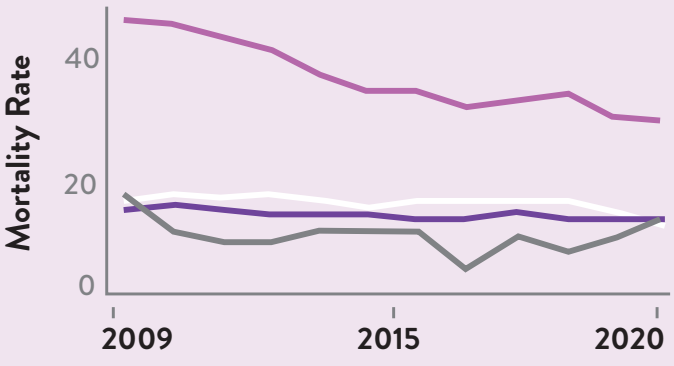
Prostate cancer is easiest to treat when caught early.

Black men experience the highest rates of prostate cancer, however, there have been decreasing trends since 2009 as rates have improved and continue to stabilize. This could be attributed to improved screening and early detection, as well as advancements in treatment options.

DEMOGRAPHICS

Prostate cancer death rates have decreased among men since 2009.





Non-Hispanic White
Non-Hispanic, Other Race
Non-Hispanic Black
Hispanic

Non-Hispanic White
Non-Hispanic, Other Race
Non-Hispanic Black
Hispanic

SCREENING AND SYMPTOMS

Early detection is crucial.

Men Age 40: Non-Hispanic Black men have higher rates of prostate cancer, and should discuss screening at age 40 with their provider.

Men Age 50: Talk with a health care provider about the pros and cons of screening for prostate cancer to determine if it is the right choice for you.

Prostate cancer may have no signs or symptoms in early stages. More advanced prostate cancer can present through:

- Trouble urinating
- Decreased force in urine stream
- Blood in urine
- Blood in semen
- Bone pain
- Erectile dysfunction
- Unknown or unintentional weight loss

SURVIVING PROSTATE CANCER

Men who are diagnosed and treated for prostate cancer should request a survivorship care plan from their provider. This can include treatment summaries, follow-up schedules, and lifestyle changes to help avoid recurrence.

It can be challenging to adapt to your body during and after prostate cancer treatment. Seek help and support from other survivors, friends and family, support groups, or counseling to promote the best survivorship you can experience.

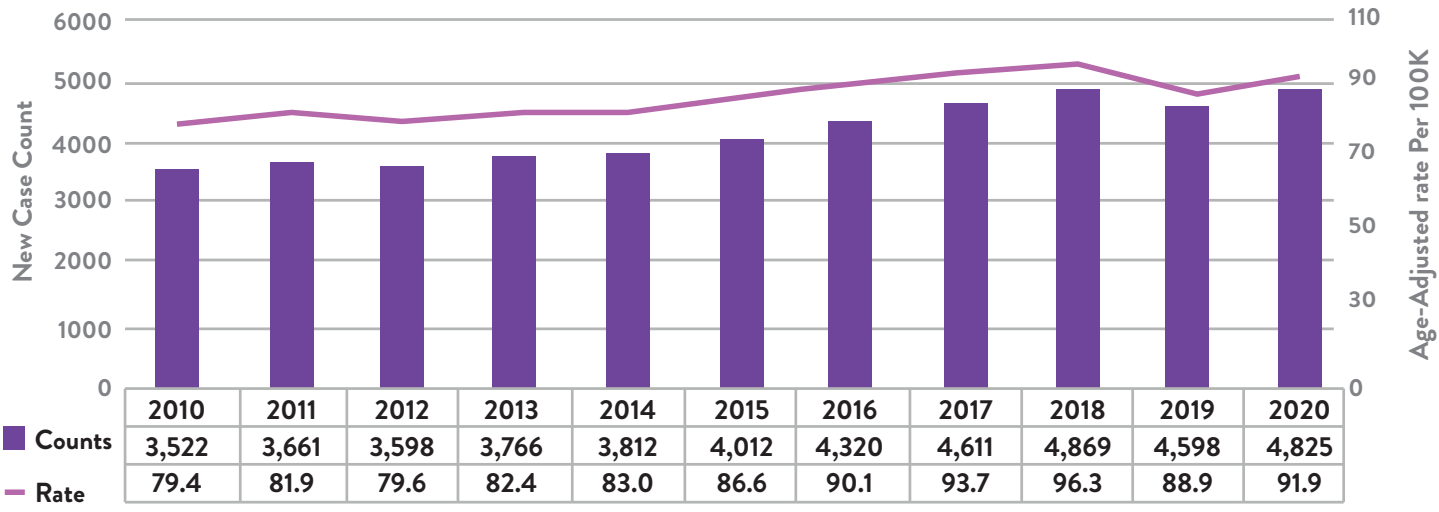
SILENT WARNINGS

Unveiling New Cancer Trends

Globally, an increase in cancer diagnoses among younger age groups has been identified, specifically colon cancer. Since 1990, age-adjusted incidence rates have increased nearly 2 to 4% per year in many countries, and even higher increases among individuals younger than age 30. While researchers continue to investigate this trend, the exact reasons are unknown. (**Source:** https://www.science.org/doi/10.1126/science.ade7114)

This trend has also been detected in Florida, showing an increase in cancer diagnoses over the past 10 years.

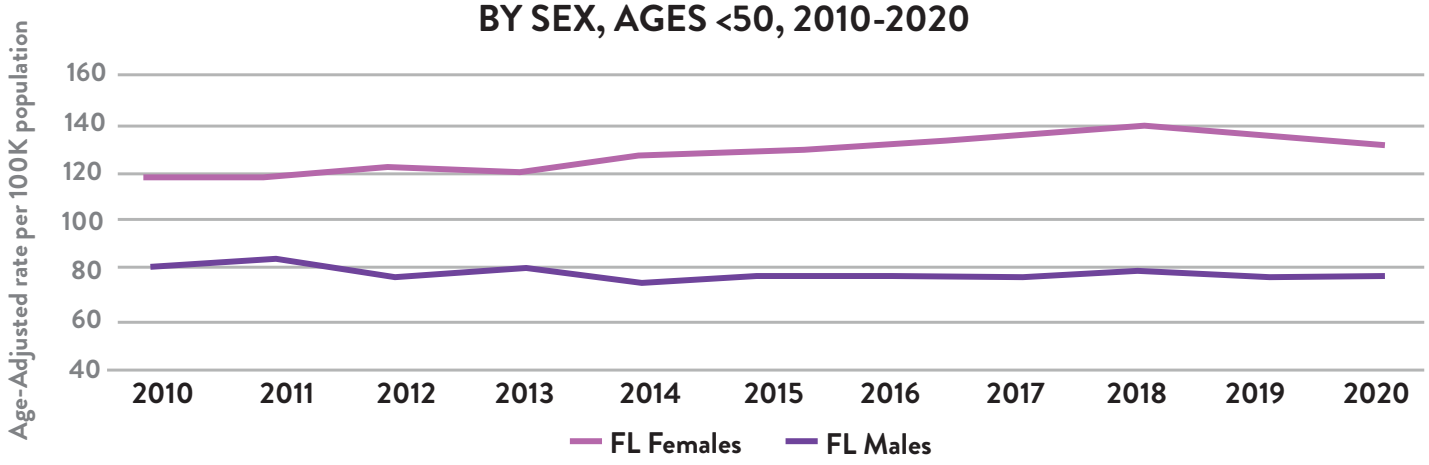
CANCER INCIDENCE COUNTS AND RATES AGES 20-39, FLORIDA, 2010-2020



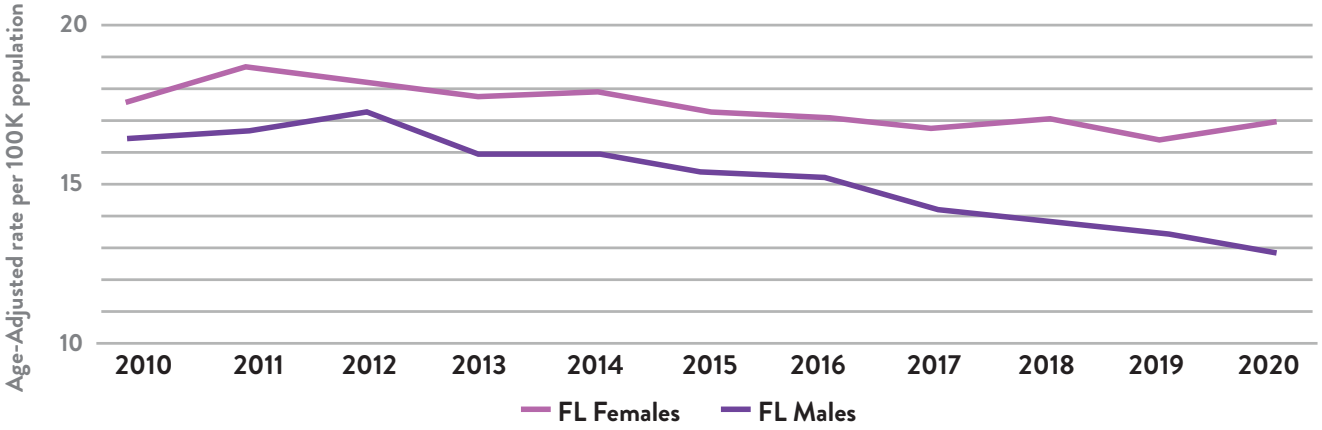
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Counts	3,522	3,661	3,598	3,766	3,812	4,012	4,320	4,611	4,869	4,598	4,825
Rate	79.4	81.9	79.6	82.4	83.0	86.6	90.1	93.7	96.3	88.9	91.9

BREAKDOWNS BY SEX

US AND FLORIDA AGE-ADJUSTED CANCER INCIDENCE RATES BY SEX, AGES <50, 2010-2020



US AND FLORIDA AGE-ADJUSTED CANCER MORTALITY RATES BY SEX AGES <50, 2010-2020



Florida females are at a higher risk of early onset cancer compared to males, and this has increased between 2010 to 2020.

From 2010 to 2020, the incidence of early onset cancer, diagnosed before the age of 50, increased among Florida females from an age-adjusted rate of 118.6 cases per 100,000 to 131.5, but the age-adjusted incidence of male early onset cancer remained relatively stable during the same time.

Florida females are also at a higher risk of mortality due to early-onset cancer. Overall, mortality due to early onset cancer in Florida declined from 2010 to 2020, but males experienced a more substantial decrease than women. This gap has increased over the past 10 years, continuing the pattern of gender disparities of cancer.

Specific cancers were found to have increased among younger individuals, ages 20-39, over the past 10 years in Florida:

- **Breast Cancer**
- **Colon Cancer**
- **Non-Hodgkin Lymphoma**
- **Leukemia**

It is essential for all Floridians, from providers and stakeholders to families and patients, to understand how this affects our young communities and how to prevent cancer from taking the futures they deserve.

TOP TEN CANCERS IN FLORIDA, AGES 20-39 COUNT, 2010-2020 (YEARS COMBINED)*

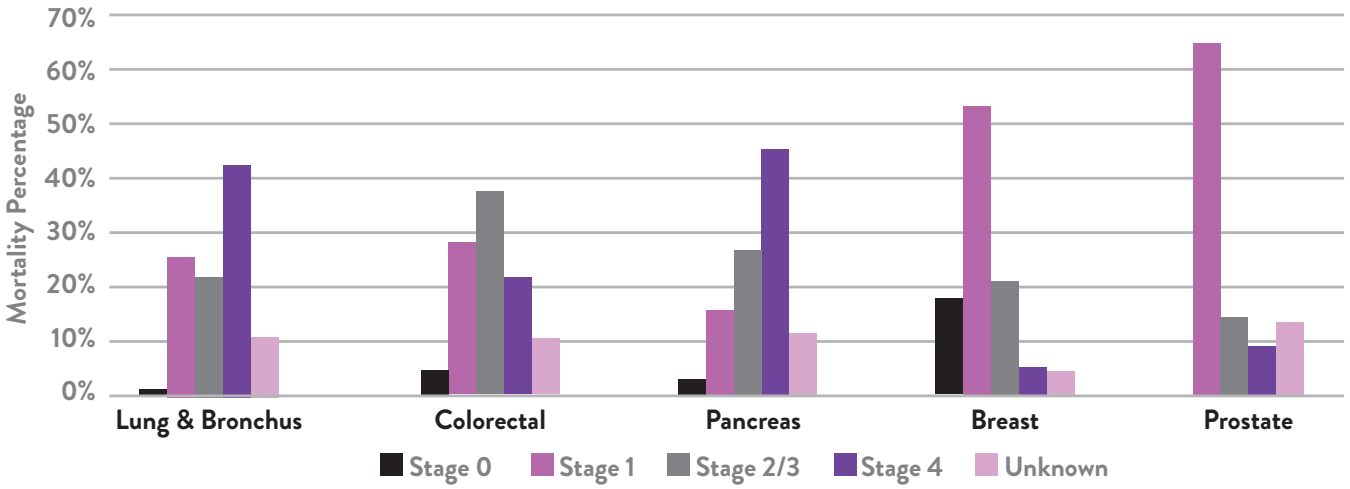
Rank	Most Frequently Diagnosed	Highest Number of Deaths
1	Breast 6,966	Breast 768
2	Thyroid 6,103	Leukemia 583
3	Melanoma of the Skin 3,615	Brain 509
4	Testis 2,922	Colorectal 499
5	Non-Hodgkin Lymphoma 2,774	Cervix Uteri 399
6	Colorectal 2,660	Non-Hodgkin Lymphoma 339
7	Cervix Uteri 2,297	Lung and Bronchus 272
8	Leukemia 2,194	Soft Tissue including Heart 239
9	Hodgkin Lymphoma 2,148	Stomach 212
10	Brain 1,685	Melanoma of the Skin 202

SCREENING AND EARLY DETECTION

Detecting cancer early will save your life.

While there has been much progress in cancer prevention, screening, and treatment, Florida continues to improve our understanding and response to cancer. Data are the foundation of Florida's steps forward to stop cancer before it's too late.

TOP 5 CANCERS (MORTALITY) BY STAGE AT DIAGNOSIS, FCDS 2017-2021



Staging data is estimated based on cancer cell growth data from the Florida Cancer Data System.

- Stage 0 = In situ: Abnormal cells are present but have not spread to nearby tissue.
- Stage 1 = Local: Cancer is limited to the place where it started, with no sign that it has spread.
- Stage 2 or 3 = Regional: Cancer has spread to nearby lymph nodes, tissues, or organs.
- Stage 4 = Distant: Cancer has spread to distant parts of the body.
- Unknown = Not enough information to make determination.

WHAT YOU NEED TO KNOW

Cancer deaths in Florida have decreased over the past 20 years, but there is still significant progress that needs to be made by increasing cancer screening among Floridians to detect cancer in earlier stages and support treatment efforts.

Each of the top 5 most common cancers have early detection or screening tests that can detect cancer in an early stage when it is most treatable.

FEMALE BREAST CANCER

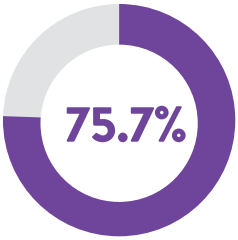
Over **20%** of women aged 50-74 years are not meeting the recommended screening guidelines for breast cancer (see page 7 for recommendations.)

Breast cancer is the most frequently diagnosed cancer type among Florida women. Mammography is one of the most effective methods of early detection since it can identify cancer several years before physical symptoms develop.

Women should:

- Know their family history that could impact risk factors.
- Be familiar with their breasts to monitor any changes of size, symmetry, or skin appearance.
- Know the signs and symptoms of breast cancer and what to expect when screening results are abnormal.
- Discuss when and how often to undergo breast cancer screening with their provider.

COLON CANCER



In 2020, **75.7%** of Florida adults reported having a colorectal screening based on the most recent clinical guidelines (see page 9 for recommendations.)

By adhering to recommended screening, colorectal cancer can be prevented. Screening with colonoscopies can not only detect cancer early, but it can also be used to remove polyps in the colon and rectum before they develop into a cancerous growth.

Colorectal cancer screening can be intimidating and embarrassing. Screening using home stool tests are also reliable and can detect cancer early.

There are three types of stool tests approved by the Food and Drug Administration:

- Guaiac fecal occult blood test
- Fecal immunochemical test (FIT)
- Multitargeted stool DNA test (FIT-DNA)

With these tests, stool samples are collected by the patient using a kit and sent to a health care provider. **The best screening test for any person is the one that's completed.**

LUNG CANCER

In Florida, it is estimated that only **3%** of those at high risk of lung cancer (i.e. smokers and former smokers) were screened.

Lung cancer is the deadliest cancer type in Florida. Screening for lung cancer with annual low-dose computed tomography (LDCT) scans among those at high risk can reduce the lung cancer death rate by up to 20%. This low percentage may be due to low awareness or knowledge of the benefits among both patients and providers.

Current and former smokers should talk to their health care providers about non-invasive and quick screening through LDCT scans.

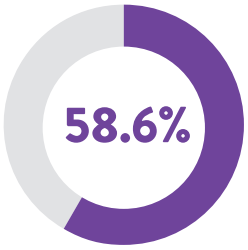
SKIN CANCER

Skin cancer is more prevalent in Florida than the national average. White individuals are at the highest risk of skin cancer.

Exposure to ultraviolet rays from the sun causes most skin cancers. Overexposure to ultraviolet rays from tanning beds can also be dangerous. The most common sign of skin cancer is a change to your skin.

The best way to protect the skin is to cover it up with sunscreen, shade, and clothing. Visual examination of the skin, both self-examination and by a health care provider, will help identify new moles or changes to your skin. This can include a new growth, a sore that does not heal or change in color, enlarging or irregular shape of a mole. Be sure to check less visible areas of your skin like behind the ears sand soles of the feet. Talk to your health care provider if you notice any changes in your skin.

PROSTATE CANCER



In 2020, **58.6%** of men aged 50 and older in Florida reported never screening for prostate cancer through a Prostate Specific Antigen test. Black men are at even higher risk of late detection, which negatively impacts treatment options and success.

Prostate cancer screening is performed using a blood test called a prostate specific antigen (PSA) test which measures the level of PSA in the blood. PSA is a substance made by the prostate. Higher levels of PSA in the blood may indicate prostate cancer, however, other conditions can also affect PSA levels.

Men who are 55 to 69 years old should talk to their health care provider about the benefits of screening for prostate cancer, including the benefits and harms of other tests and treatment.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