

# Texas Cancer Council

## CANCER PROFILES



November 2002

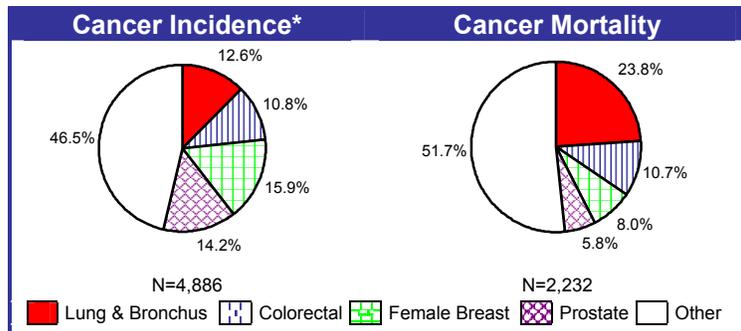
### Bexar County

#### Cancer Deaths in Bexar County

Cancer was the second leading cause of death in Bexar County in 2000. An estimated one in three Texans will develop cancer sometime during their lifetime. It is estimated that up to 80 percent of all cancer deaths may be preventable.

Cancer Deaths in 2000	Bexar County	Texas
Number of Cancer Deaths	2,232	33,298
Cancer as Percent of All Deaths	21.9%	22.2%

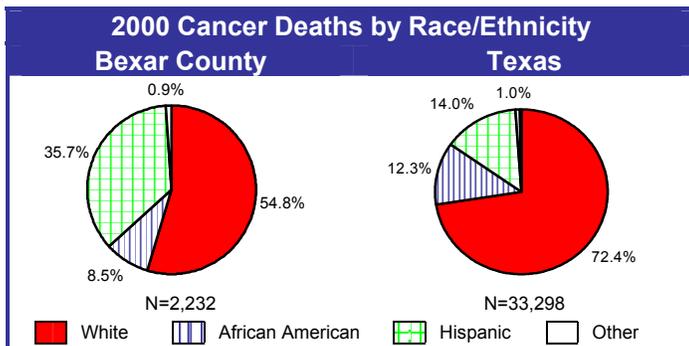
#### Cancer in Bexar County in 2000 by Type



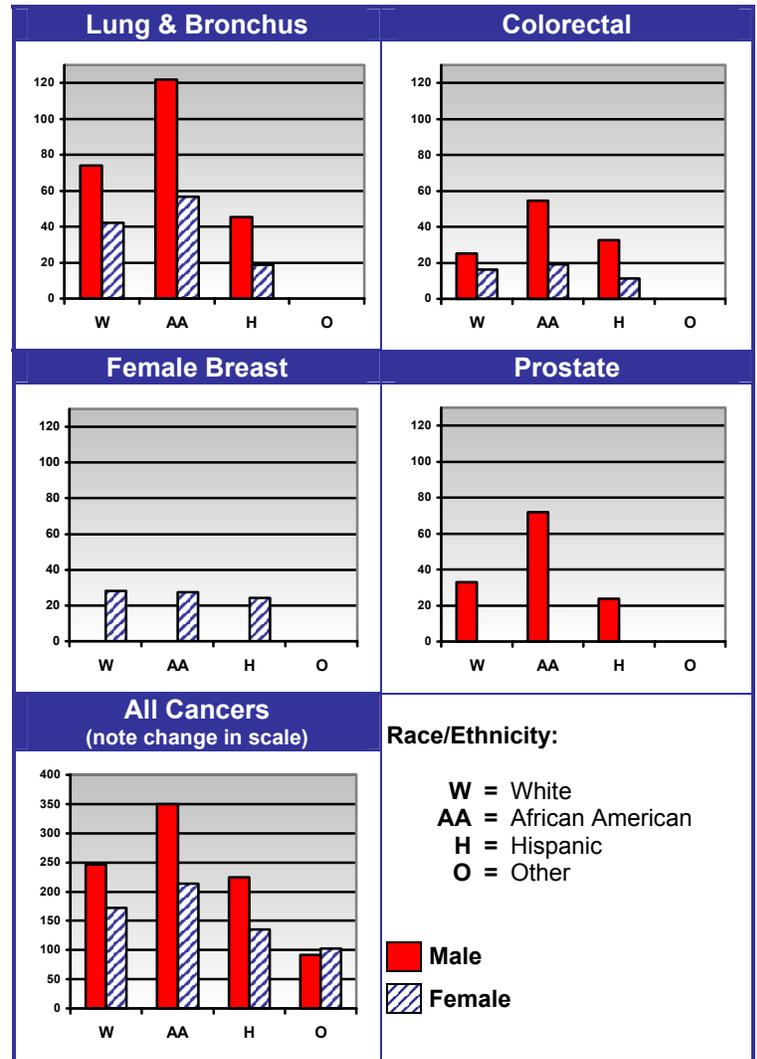
☆ Other cancer types contributing to incidence included non-Hodgkin's lymphomas, urinary bladder, melanomas of the skin, corpus uteri, leukemia, kidney, pancreatic, oral, ovarian, and cervical.

☆ Other cancer types contributing to mortality included pancreatic, non-Hodgkin's lymphomas, liver, leukemia, brain, stomach, kidney, ovarian, esophageal, urinary bladder, and multiple myeloma.

#### How Cancer Affects Races/Ethnic Groups\*\* in Bexar County



#### 2000 Bexar County Cancer Mortality Rates† by Race/Ethnicity and Cancer Type



#### Notes:

\* Expected, not actual cancer cases, due to incomplete year 2000 Texas cancer data at publication. Year 2000 expected cases determined by applying California 1995-1999 age-, sex- & race/ethnic-specific incidence rates to 2000 county-specific population. Source: Texas Cancer Registry, 2002.

\*\* Deaths in persons of unknown race are not reflected in the race/ethnicity breakdown.

† Rates are per 100,000 and age-adjusted to the 2000 U.S. standard. Rates are not calculated for five or fewer deaths due to instability of the rate. Rates presented are derived from data provided by the Texas Cancer Registry, 2002.

## Population at Risk

**Cancer incidence rises with age**; adults in mid-life or older are most affected. In Texas, as in the nation, the growing numbers of older adults will increase the number of people affected by cancer, thereby making present-day prevention efforts all the more imperative. In addition, **medically underserved segments** of the Texas population are affected to a greater degree.

- ☆ **African Americans** are more likely to have cancer discovered late and have a higher mortality rate.
- ☆ **Hispanics** often face financial and language barriers that impede their access to screening and treatment.
- ☆ **Rural and low-income populations** have geographic and financial barriers to prevention and treatment resources.

## Cancer Risks & Recommendations from the American Cancer Society (ACS)\*

**Tobacco-Related Cancers** – In addition to being responsible for 87% of *lung cancers*, smoking is associated with *cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterine cervix, kidney, and bladder*. Smoking accounts for at least 30% of all cancer deaths, is a major cause of heart disease, cerebrovascular disease, chronic bronchitis, and emphysema, and is associated with gastric ulcers. Avoidance of tobacco products greatly reduces risk.

**Colorectal Cancers** – Risk factors include personal or family history, polyps, inflammatory bowel disease, diets high in fat and low in fiber, smoking, and alcohol use.

Beginning at age 50, both men and women should follow one of these five screening options:

- Yearly fecal occult blood test (FOBT) plus flexible sigmoidoscopy every 5 years
- Flexible sigmoidoscopy every 5 years
- Yearly fecal occult blood test (FOBT)
- Colonoscopy every 10 years
- Double-contrast barium enema every 5 years

**Female Breast Cancer** – Risk factors include age, personal or family history of breast cancer, increased breast density, a long menstrual history, obesity after menopause, never having children or having their first child after age 30, and high alcohol consumption.

The ACS recommends women over 40 have an annual mammogram and clinical breast examination, and perform monthly breast self-examination. Women ages 20-39 should have a clinical breast examination by a health care professional every 3 years and perform breast self-examination monthly.

**Prostate Cancer** – The incidence of prostate cancer increases with age; more than 70% of all prostate cancers are diagnosed in men over age 65. African Americans have the highest incidence rates in the world. Dietary fat may play a role.

All men over 50 should talk with their doctor about having the prostate-specific antigen (PSA) test and digital rectal examination every year. Men at increased risk (African-American men and men who have a first-degree relative diagnosed with prostate cancer at a young age) should consider these tests at a younger age.

**Cervical Cancer** – Cervical cancer risk is linked to sexually transmitted infections with certain types of human papilloma virus, cigarette smoking, and low socioeconomic status.

The Pap test should be performed annually with a pelvic exam in women who are, or have been, sexually active or are 18 and older. After 3 or more consecutive exams with normal findings, the Pap test may be performed less frequently at the discretion of the physician.

**Skin Cancers** – A primary risk factors for skin cancer is too much ultraviolet radiation exposure. Others include fair skin, certain familial conditions, and large congenital moles.

Limit or avoid sun exposure from 10 a.m. - 4 p.m.. When outdoors, cover up and use sunscreen with a solar protection factor (SPF) of 15 or higher. Because of increased risk of melanoma in later life, children, in particular, should be protected from the sun. Annual skin examinations by a physician and monthly self-exams can assist in detecting early cancers.

## Cancer Resources Available in Bexar County

*The following resources include both public and private entities that have reported to the Texas Cancer Data Center that they provide services in the county.*

- ☆ 16 Acute and/or general care hospitals
- ☆ 8 Hospitals with American College of Surgeons (ACoS) approved cancer programs
- ☆ 2 Freestanding cancer treatment centers
- ☆ 45 On-site & 1 mobile accredited mammography facility
- ☆ 42 Home health agencies which serve the county
- ☆ 11 Hospices which serve cancer patients in the county

## Helpful Cancer Information Sources

- ☆ Texas Cancer Council <http://www.tcc.state.tx.us>
- ☆ Texas Cancer Data Center <http://www.txcancer.org>
- ☆ American Cancer Society 1-800-227-2345
- ☆ Cancer Information Service 1-800-4-CANCER
- ☆ Texas Cancer Registry 1-800-252-8059



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The Texas Cancer Council is the state agency promoting cancer awareness and prevention, early diagnosis, treatment and quality of life through collaborative and innovative programs and services.

TCDC is an information service, funded by the Texas Cancer Council, dedicated to empowering Texans with the knowledge needed to reduce the human and economic impact of cancer.