

UNDERSTANDING PROSTATE CANCER AUSTRALIAN CAPITAL TERRITORY

This fact sheet gives you a summary of the prostate cancer burden in this region compared to Australian averages. To understand your individual risks, talk to your doctor.



Population	In this region	In Australia
Total male population	195,432	11,546,638
Australian born males	68%	67%
Males of indigenous status	2%	3%
Males over 50 years old	28%	33%
Median weekly household income	\$2070	\$1438

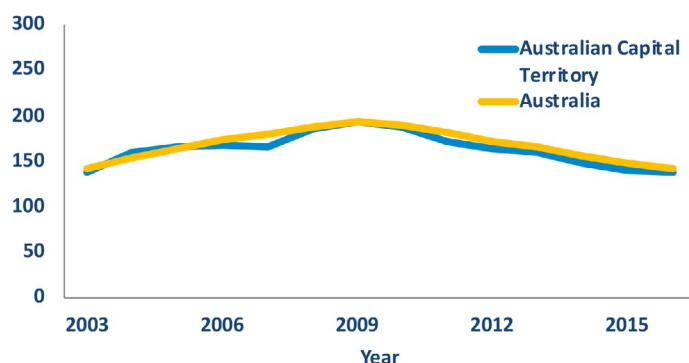
Comparing Prostate Cancer	In this region	In Australia
Men living with prostate cancer*	3,395	229,615
Number of new cases per year**	260	19,504
Median age at diagnosis**	67 years	68 years
Percentage of all male cancers**	29%	27%
Percentage of all male cancer deaths***	13%	12%

*Total number of cases between 1982-2016. **Average between 2012-2016. ***Average between 2014-2018.

Average rate of new cases per 100,000 men (2012-2016)	In this region = 145	In Australia = 150
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How likely are men to be diagnosed with prostate cancer in this region?

Rate of new cases per 100,000 men (2003-2016)



What are the chances of surviving prostate cancer in Australian Capital Territory?

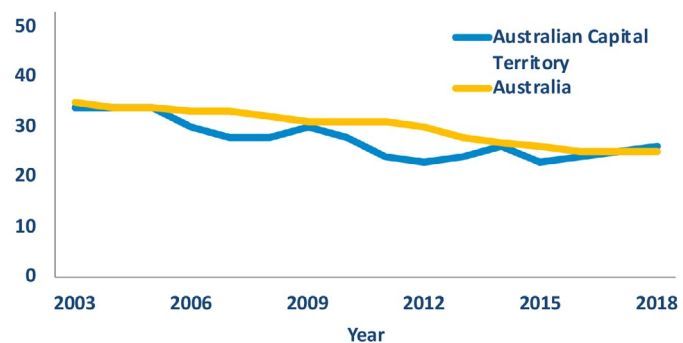
#For men aged 0-89 years at diagnosis between 2006-2015. Estimated to nearest whole number.

For every 100 men diagnosed	In this region	In Australia
Number of men who died from prostate cancer within 5 years#	3	6
Number of men who died from other causes within 5 years#	9	12
Number of men who survived for at least 5 years#	87	83

Average death rates per 100,000 men (2014-2018)	In this region = 25	In Australia = 25
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How likely are men to die from prostate cancer in this region?

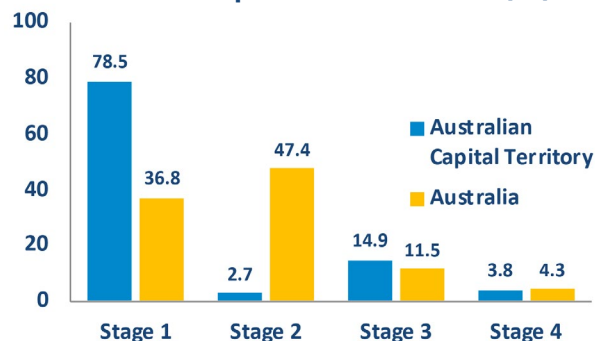
Rate of deaths per 100,000 men (2003-2018)



Cancer stage at diagnosis

Cancer stage indicates the presence of prostate cancer within or beyond the prostate, on a scale of 1 to 4. Stage 1 prostate cancer is contained within the prostate, whereas Stage 4 has spread outside the prostate.

Proportion of cases (%)



Tips for a healthy lifestyle

If you are diagnosed with prostate cancer, your overall health can impact your treatment options, recovery, and wellbeing throughout survivorship. Speak to your doctor to find out how you can improve your health.

*Age-standardised percentage



Quit Smoking
13%* of men in this region smoke cigarettes



Stay in shape
73%* of men in this region are overweight or obese



Move your body
60%* of total population in this region have no or low physical activity levels

What can you do to manage your risks?

- ✓ Know your family history of prostate cancer.
- ✓ Talk to a doctor about your risks.
- ✓ Maintain a healthy lifestyle.

For information and support please call **1800 22 00 99**, email enquiries@pcfa.org.au, or visit pcfa.org.au

Note: Regional geographical areas are based on the Statistical Area Level 4 main structure in the 2016 Australian Statistical Geography Standard. For more information on the data source and methodologies used in this fact sheet, visit <http://www.stargate.org.au>. Disclaimer: Information presented in this fact sheet is based on population groups and does not indicate/represent any specific individual.