

Summary Report

Halton Region Cancer Incidence and Mortality Report, 2008-2012

Cancer represents a significant burden of illness and is the most common cause of death in both Halton Region and in Ontario. Cancer refers to a collection of related diseases in which cells of the body begin dividing uncontrollably, forming abnormal growths called tumours. Unlike benign (non-cancerous) tumours that stay in one place in the body, malignant (cancerous) tumours invade surrounding tissues. Cancer can occur almost anywhere in the human body.¹

The purpose of the [Halton Region Cancer Incidence and Mortality Report, 2008-2012](#) is to provide health department programs and community partners with updated information that can help with program planning and policy development. The report also helps fulfill the Ontario Public Health Standards by reporting on the assessment of population health data related to cancer cases and deaths.

Facts about cancer

1 in 2

Ontarians will develop cancer in their lifetime²

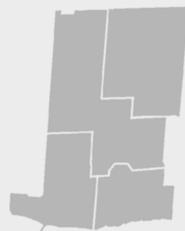


1 in 4

Ontarians will die from cancer²



From 2008 to 2012, there were an average of **2,477** newly diagnosed cancers and **903** cancer deaths every year in Halton.



From 2008 to 2012 combined, the most commonly occurring cancers in Halton were:



Lung
Cancer



Colorectal
Cancer



Prostate
Cancer
(men)



Breast
Cancer
(women)

These cancers accounted for **roughly half** of all **newly diagnosed** cancer cases and **nearly half** of all **cancer-related deaths** in Halton.

Key Terms

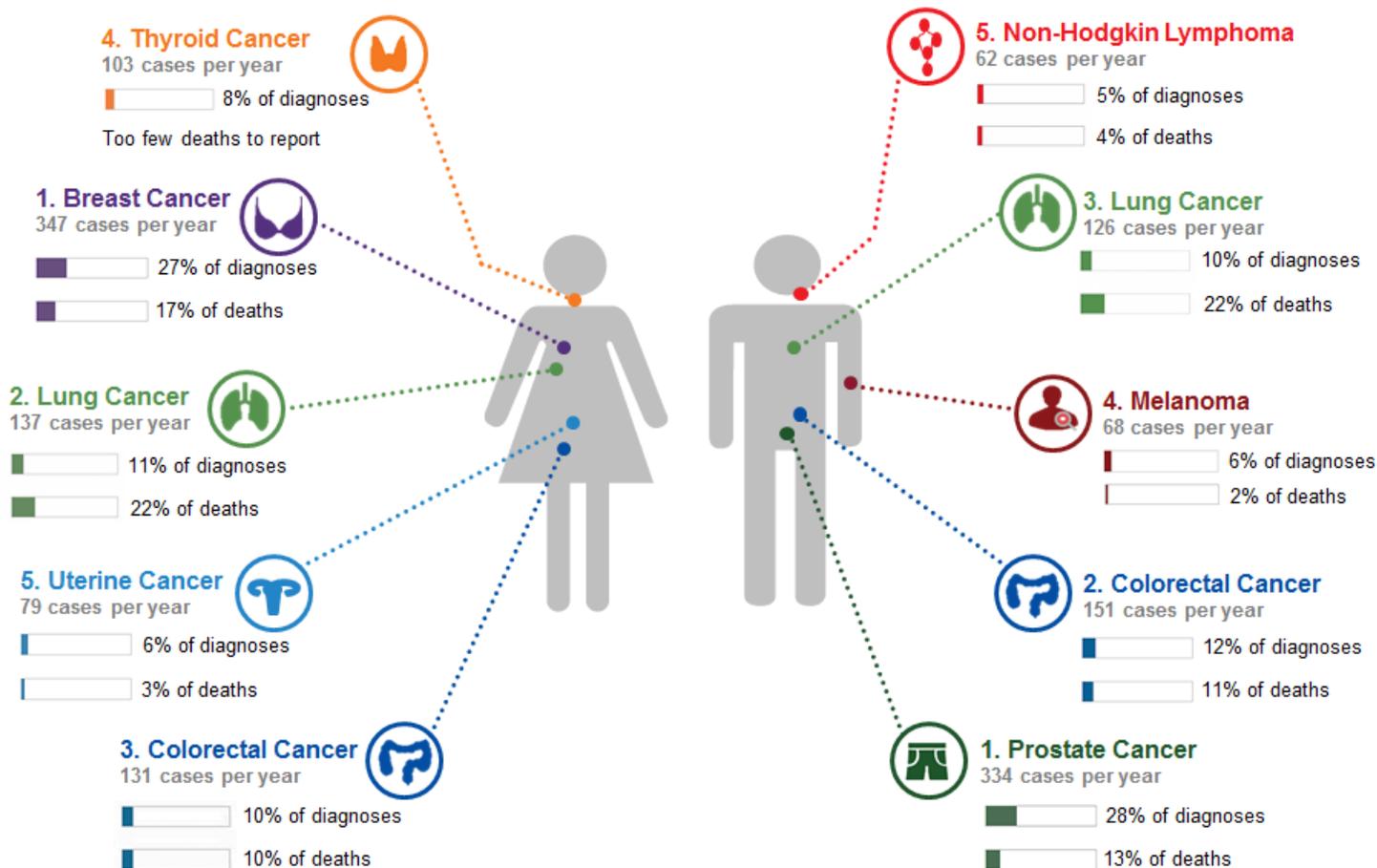
Incidence rates refer to the number of newly diagnosed cases of cancer per 100,000 people, per year.

Mortality rates refer to the number of deaths due to cancer per 100,000 people, per year.

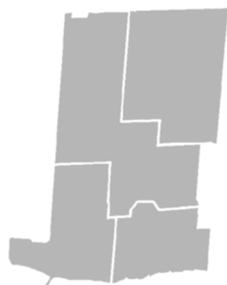
Most common cancers male and female

The most common types of cancer differ for males and females. These differences by sex were similar in both Halton and Ontario. From 2008 to 2012 combined, the top five cancers for males and females in Halton were as follows:

Top five cancers, by sex, Halton Region, 2008-2012



Did you know?



The Halton Region Health Department supports many cancer initiatives within the community some of which include;

- Supporting the creation of healthy public policy (e.g. tobacco policies that enforce smoke-free playgrounds).
- Working with community partners to promote physical activity and access to nutritious food, and to reduce exposures to tobacco, alcohol, and other environmental concerns.
- Raising awareness about the importance of cancer screening.
- Monitoring cancer levels in the population.

Trends over time

Between 1986 and 2012, the incidence rate of cancer increased in both Halton and Ontario. During this same time period, mortality rates due to cancer decreased in both areas.

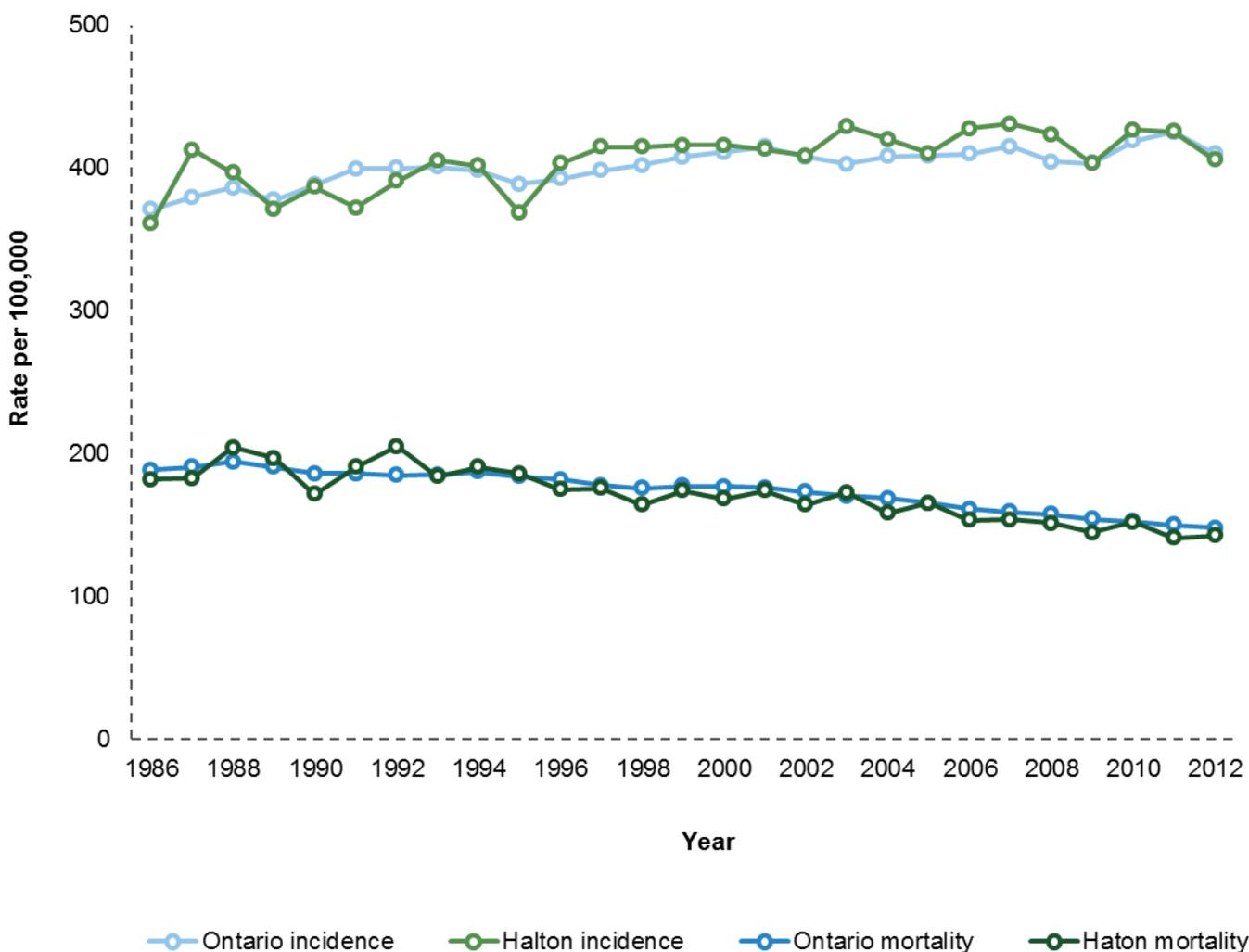


The increase in incidence may reflect greater cancer detection due to changes in screening practices and improved screening technology.



The decrease in mortality is likely attributable to increased screening and early detection, improved treatment, and decreases in some cancer risk factors such as smoking.³

Age-standardized cancer incidence and mortality rates, Halton and Ontario, 1986-2012



Halton versus Ontario differences in incidence and mortality

Halton's incidence and mortality rates for 2008-2012 **were similar** to Ontario's for most cancers, except for the following where statistically significant differences were observed:

Difference	Incidence Rate	Mortality Rate
Halton rate higher than Ontario rate	 All cancers combined, females  Breast Cancer  Thyroid Cancer  Melanoma	 Prostate Cancer (men)
Halton rate lower than Ontario rate	 Lung Cancer	 All cancers combined, both sexes  All cancers combined, males  Lung Cancer  Colorectal Cancer

Cancer risk factors

Cancer is a complex disease. Very few cancers are due to a single identifiable cause. Most cancers stem from exposure over time to a mix of many risk factors, which are defined as substances or conditions that increase the risk of developing cancer.

Some of the most common risk factors include:

						
Lifestyle e.g. diet, physical activity, tobacco and alcohol use	Age	Environment e.g. pollution, sun exposure	Sex	Infection e.g. Viruses, bacteria, weakened immune system	Genetics	Built Environment e.g. working conditions

Some cancer risk factors are non-modifiable, such as age, sex, or genetics. Other known cancer risk factors for cancer include modifiable lifestyle behaviours, such as alcohol consumption, poor diet, physical inactivity, sun exposure, tobacco use, and not being screened regularly for cancer.

For more information on cancer risk factors please visit Halton's [Health Statistics](#).

Cancer screening

Cancer screening saves lives by finding cancer in earlier, more treatable stages. However, how much money a person has affects whether they are able to get screened for cancer. People with lower incomes often have trouble accessing health care services. As a result, cervical, breast, and colorectal cancer screening rates in Halton generally increase as neighbourhood income increases.



Cervical Cancer Screening

- In Ontario, it is recommended that women who are or have been sexually active have a Pap test **every three years** starting at age 21.
- From 2011 to 2013, **67%** of screen-eligible women in Halton completed at least one Pap test within this three-year period.



Breast Cancer Screening

- In Ontario, it is recommended that women ages 50-74 who are of *average breast cancer risk* have a mammogram **every two years**.
- From 2012 to 2013, **61%** of screen-eligible women in Halton completed at least one mammogram within this two-year period.



Colorectal Cancer Screening

- In Ontario, it is recommended that individuals ages 50-74 who are of *average colon cancer risk* complete a fecal occult blood test (FOBT) **every two years**.
- In 2013, **64%** of screen-eligible individuals in Halton were up to date with colorectal cancer screening. Individuals were considered up to date if they had undergone a FOBT in the last two years, a flexible sigmoidoscopy in the last five years, or a colonoscopy in the last 10 years.

Data Notes

Rates presented in this report were adjusted (age-standardized) to allow for comparisons of rates between populations with different age structures. For more information on methods and limitations, see the full [Halton Region Cancer Incidence and Mortality Report, 2008-2012](#).

Data Sources:

- SEER*Stat Package Release 10 – Ontario Cancer Registry, Cancer Care Ontario, Date Extracted: August 2015.
- Cancer Screening Evaluation and Reporting, Cancer Care Ontario, via the Cancer Quality Council of Ontario's Cancer System Quality Index, Date Extracted: December 2014.

References:

1. National Cancer Institute. (2016). What Is Cancer? Retrieved May 12, 2016 from <http://www.cancer.gov/about-cancer/what-is-cancer>
2. Cancer Care Ontario. (2016). Ontario Cancer Statistics 2016. Retrieved July 6th, 2016 from <https://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=360956>
3. Cancer Care Ontario. (2010). Cancer in Ontario: Overview, A Statistical Report. Retrieved April 11, 2016 from <https://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=81843>