



The cancers presented in this fact sheet were selected because they are more common, have modifiable risk factors or are screen-able. This fact sheet is the first in a series covering lifetime risk. Cancer Epidemiology Services (CES) plans to release future individual fact sheets, each dedicated to a specific cancer site mentioned in this initial release.

What is Lifetime Risk?

- Lifetime risk is the probability of developing cancer over the course of one's lifespan.
- Lifetime risk can be expressed as a percentage: "49% of NJ males will develop cancer in their lifetime"; or as '1 in ___': 1 in 2 NJ males will develop cancer in their lifetime.
- Lifetime risk reflects the average experience of people but does not take into account an individual's behavior and other risk factors. For example, although 1 in 33 males will develop melanoma of the skin over their lifetime, the risk for men who have a history of more than average sun exposure are likely to be higher.

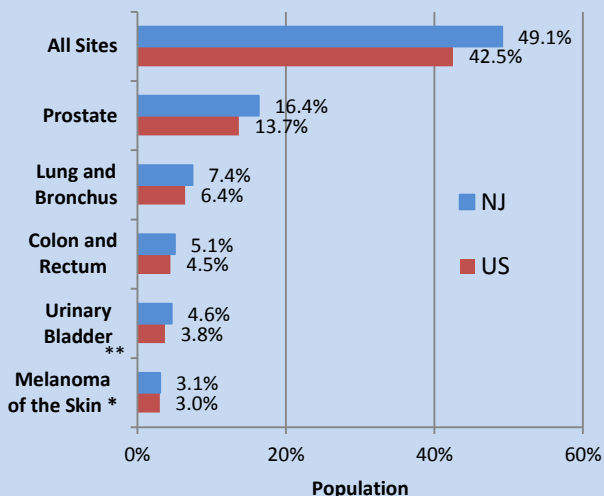
Lifetime Risk of Developing Cancer (New Jersey)

Cancer Type	%	1 in ___		Cancer Type	%	1 in ___
All Sites	49.1	2		All Sites	45.4	2
Prostate	16.4	7		Breast	12.9	8
Lung and Bronchus	7.4	14		Lung and Bronchus	6.6	15
Colon and Rectum	5.1	20		Colon and Rectum	5.0	20
Urinary Bladder **	4.6	22		Melanoma of the Skin *	2.0	49
Melanoma of the Skin *	3.1	33		Urinary Bladder **	1.5	68
				Cervix Uteri	0.7	146

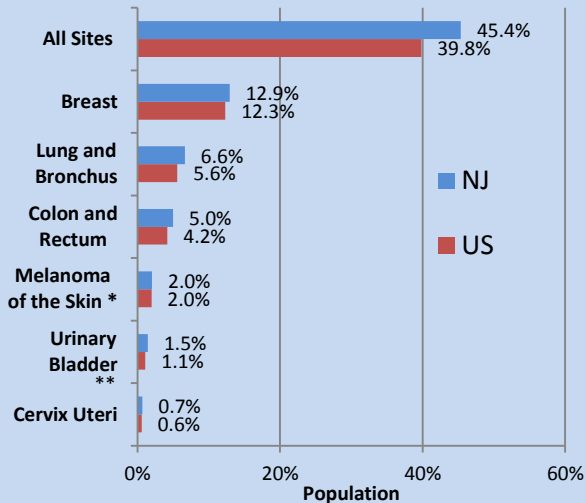
Lifetime Risk of Developing Cancer (United States)

Cancer Type	%	1 in ___		Cancer Type	%	1 in ___
All Sites	42.5	2		All Sites	39.8	3
Prostate	13.7	7		Breast	12.3	8
Lung and Bronchus	6.4	14		Lung and Bronchus	5.6	18
Colon and Rectum	4.5	22		Colon and Rectum	4.2	24
Urinary Bladder **	3.8	26		Melanoma of the Skin *	2.0	51
Melanoma of the Skin *	3.0	33		Urinary Bladder **	1.1	90
				Cervix Uteri	0.6	169

Lifetime Risk of Developing Cancer, Males, 2010-2012, NJ and US



Lifetime Risk of Developing Cancer, Females, 2010-2012, NJ and US



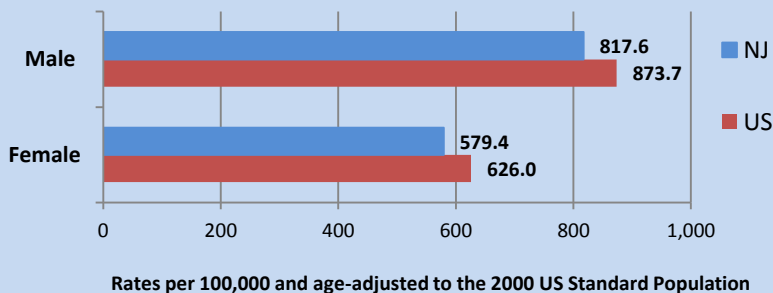
* White only ** Urinary bladder includes invasive and *in situ* (all other sites are invasive)

Cancer Risk Factors

- Cancers may be caused by a variety of factors acting alone or together, usually over a period of many years.
- Scientists estimate that most cancers are due to lifestyle factors that include cigarette smoking, heavy use of alcohol, diet (high fat and low fiber), lack of physical activity, and being overweight or obese.
- Other risk factors for some cancers include reproductive patterns, sunlight exposure, certain infections and occupational exposures.
- A family history of cancer may also increase a person's chances of getting a cancer.

Death Rates

Death Rates Due to All Causes by Sex, 2010-2012, NJ and US



- Improved cancer screening may result in death rate declines.
- The NJ death rate due to all causes is statistically significantly lower for both males and females compared to the US (see technical notes).
- Since cancer is a disease of aging, living longer and surviving other causes of death will increase the likelihood of developing cancer.

Technical Notes are available at

http://www.nj.gov/health/ces/documents/reports/totalca_lifetime_risks_2010-2012_technicalnotes.pdf