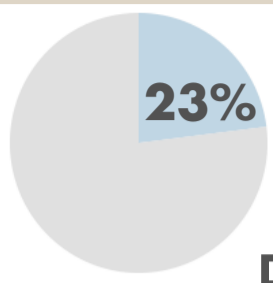


# CANCER IN MAINE

Cancer is the leading cause of death in Maine.



23% Nearly **1 in 4** deaths in Maine are due to cancer.

Every year, more than **8,000** Mainers are diagnosed with cancer and more than **3,000** Mainers die from cancer.



**Risk Factors** for cancer include:



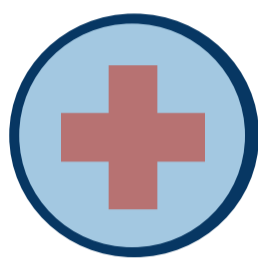
Tobacco Use



Physical Inactivity



Obesity



Viral Infection



Radon Exposure



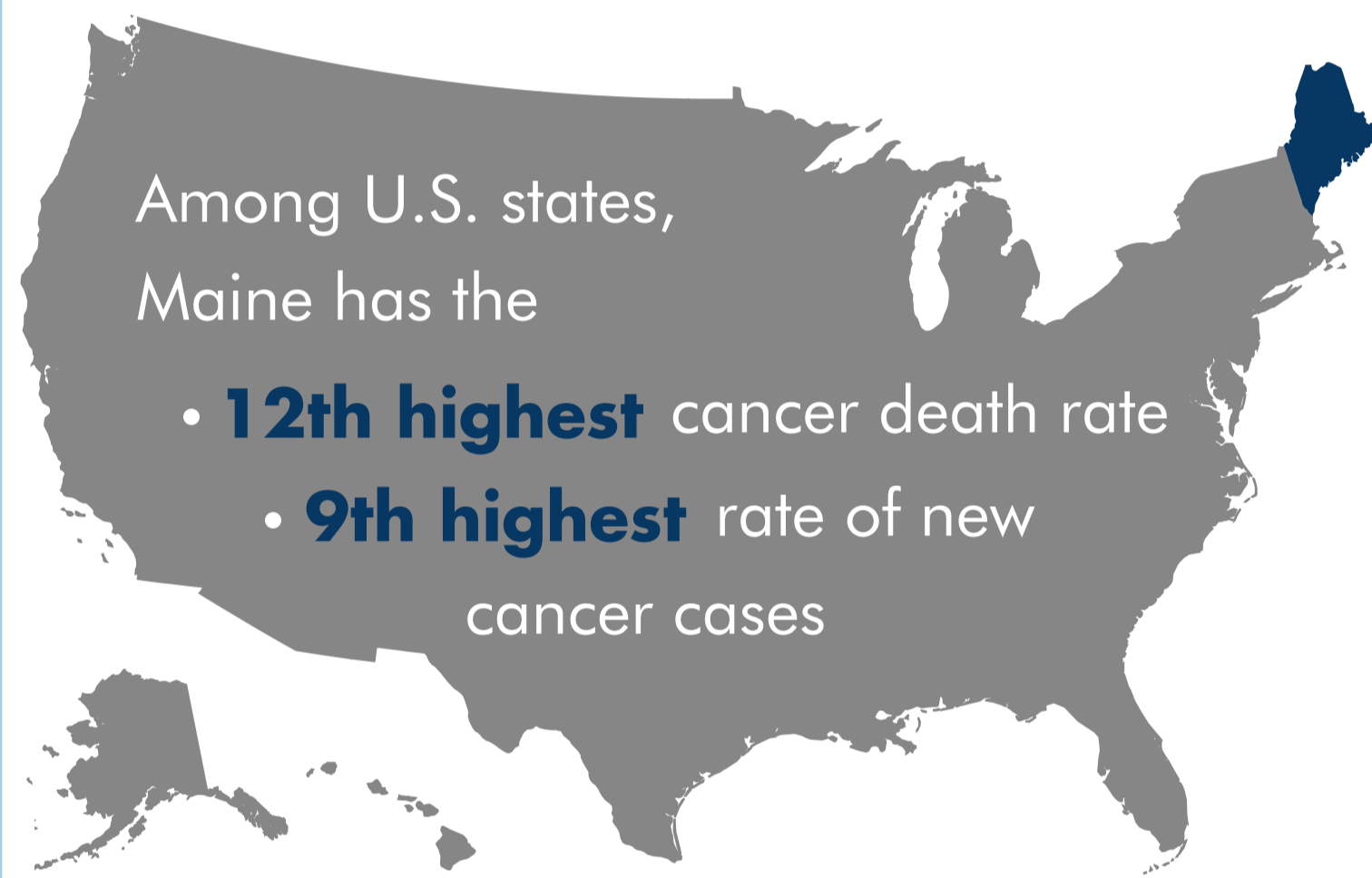
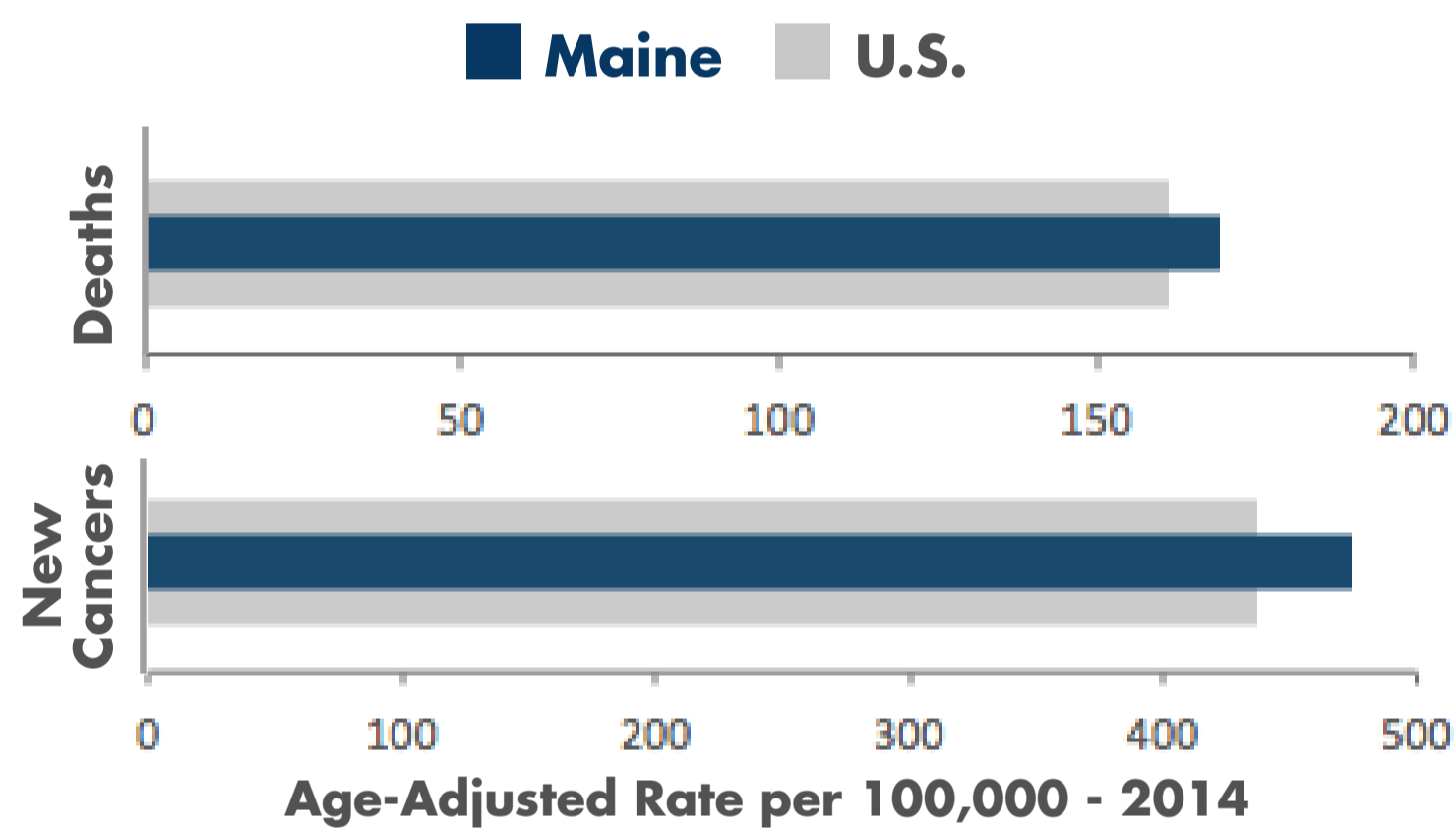
Arsenic Exposure



Cancer results in more than **\$698 million** in medical costs in Maine every year.

Maine's cancer rates are higher than the U.S.

Maine has much **higher** rates of **cancer deaths** and **new cancer cases** than the U.S. overall.



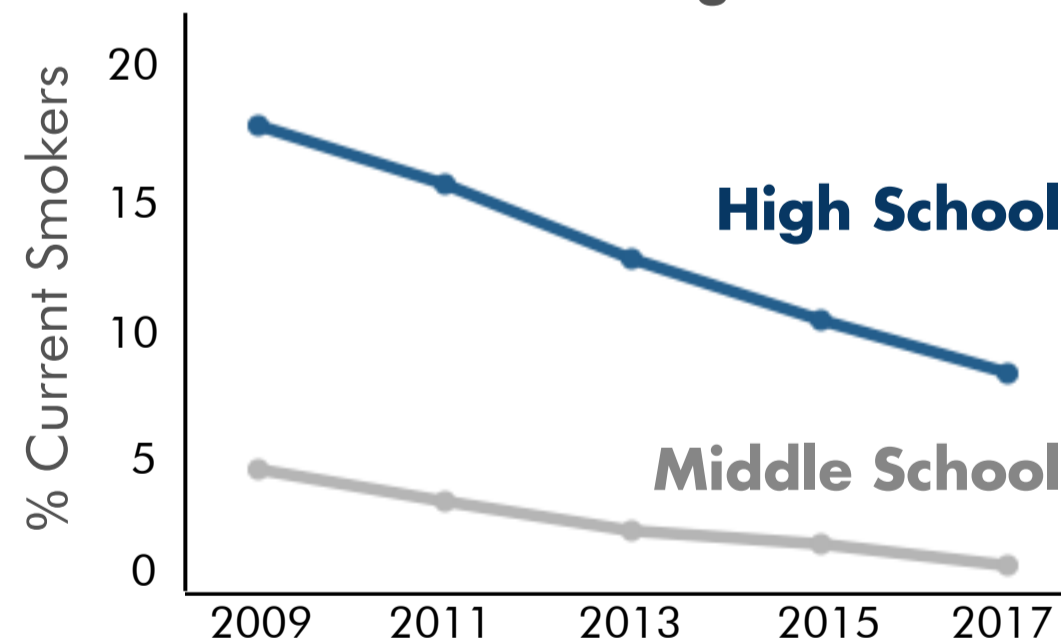
But public health programs are making a difference.

## Regular Screening



The Maine CDC Breast and Cervical Health Program has provided almost **20,000** Maine women with cancer screening services in the past decade.

## Youth Smoking Rates



The percent of Maine youth who smoke cigarettes has **declined** significantly since 2009.

## Environmental Testing



Radon testing in rental properties has almost **doubled** between 2012 and 2015 (21% and 40%).

## What can you do?

- ✓ Reduce cancer risk factors through promotion of no smoking; testing of air and water for environmental carcinogens; limiting sun exposure and tanning; active and healthy living.
- ✓ Promote regular cancer screening recommendations among adults; Human Papilloma Virus (HPV) vaccination among adolescents; and Lung and Hepatitis B & C screening for high risk individuals.
- ✓ Promote timely access to cancer treatment and survivorship care plans.

For more information, please visit: [www.maine.gov/dhhs/mecdc/population-health/ccf/](http://www.maine.gov/dhhs/mecdc/population-health/ccf/)

Sources: Behavioral Risk Factor Surveillance System; Maine Integrated Youth Health Survey; U.S. Centers for Disease Control and Prevention; Chronic Disease Cost Calculator; Maine Center for Disease Control and Prevention, Maine 2017 Annual Report of Cancer; Maine CDC Breast and Cervical Health Program, 2003-2013; funding from US CDC National Breast and Cervical Cancer Early Detection Program.

