

Recent trends in prostate cancer mortality show a continuous decrease in several countries

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Prostate specific antigen (PSA) screening was introduced to detect prostate cancer at an early stage and to reduce prostate cancer-specific mortality. Until results from clinical trials are available, the efficacy of PSA screening in reducing prostate cancer mortality can be estimated by surveillance of prostate cancer mortality trends. Our study analyzes recent trends in prostate cancer mortality in 38 countries. We used the IARC-WHO cancer mortality database and performed joinpoint analysis to examine prostate cancer mortality trends and identified 3 patterns. In USA, and to a lesser extent in Germany, Switzerland, Canada, France, Italy and Spain, prostate cancer-specific mortality decreased to a level lower than before the introduction of PSA screening. In Australia, New Zealand, Austria, Finland, The Netherlands, Norway, United Kingdom, Hungary, Slovakia, Israel, Singapore, Sweden and Portugal, mortality from prostate cancer decreased but rates remain higher than before the introduction of PSA screening. Prostate cancer mortality continued to increase in Belgium, Denmark, Greece, Ireland, Bulgaria, Czech Republic, Belarus, Ukraine, Russian Federation, Romania, Poland, Argentina, Chile, Cuba, Mexico, Japan, China Hong Kong and the Republic of Korea. The trends in prostate cancer mortality rates in examined countries suggest that PSA screening may be effective in reducing mortality from prostate cancer.

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Prostate specific antigen (PSA) screening aims to detect early stage prostate cancer, allowing curative treatment and consequently to reduce prostate cancer-specific mortality at a population level. The effectiveness of PSA screening remains under debate. Randomised trials are ongoing in the USA and Europe to provide formal evidence that PSA screening can significantly reduce prostate cancer-specific mortality, and to define the best screening strategy.¹ The US trial (part of the prostate, lung, colorectal and ovarian cancer—PLCO screening trial) has enrolled 38,350 men in the screening arm.^{2,3} The European Randomised Study of Screening for Prostate Cancer recruited 183,000 subjects in 8 European countries.^{1,4,5} The latter trial also evaluates adverse effects of PSA screening, including false positive or negative results, overdiagnosis and overtreatment of localised, low grade disease. The final results of these trials are expected in 2008–2010.⁵

Since its introduction in the late 1980s, PSA screening is rapidly spreading, particularly in the USA. According to the National Health Interview Survey 2000, over 50% of men aged >65 years had a PSA test in the previous year.⁶ In Europe, PSA screening was introduced later and the rates of opportunistic screening are lower than in the USA.^{4,5,7,8} In recent years, many changes in prostate cancer treatment have occurred, including new surgical approaches for localised disease, improved irradiation techniques and antiandrogenic therapy. Only clinical trials can distinguish between the respective contributions of screening or therapeutic progress to the decrease in mortality. But from a general public health point of view, to observe a decrease in mortality, even before the availability of experimental evidence, might suggest that things are going in the right direction. Until conclusive scien-

tific results on the efficacy of PSA screening are reached, trends in prostate cancer mortality can help to evaluate the impact of screening.

Moreover, in the case of prostate cancer, mortality data have become nowadays the only unbiased current descriptive statistics. Incidence rates, inflated by a large proportion of preclinical diagnoses due to PSA, have reached levels higher than 200 cases/100,000/year in some USA populations and higher than 150 in some European ones (crude rates).⁹ Those rates are the sum of the true incidence and of the anticipation of cases. For the same reason, population based survival statistics are biased by a large proportion of anticipated diagnoses (lead time bias at population level) showing 5-year survival proportions higher than 90% (observed survival) in some European countries.¹⁰ Incidence and survival data seems to have today little or no role for evaluating the effectiveness of PSA practice.

Several systematic analyzes of mortality time trends of prostate cancer were published.^{8,11–23} The majority of these studies presented data until 2001, and 2 regional studies (Umbria in Italy and Tyrol in Austria) reported data until 2004.^{20,22} Overall, published analyzes reported a significant decrease in mortality rates in the USA, Canada and Austria, followed by the United Kingdom, France, Italy, Germany, and more recently by Australia, and Spain.

The aim of our study is to examine and critically discuss the most recent international trends in prostate cancer mortality.

Material and methods

Data sources, country selection and period

We used the World Health Organisation mortality data provided from the International Agency for Research on Cancer (IARC-WHO).²⁴ This database, updated in 2006, contains cancer mortality statistics for selected sites and countries. For prostate cancer mortality, data are available for 49 countries, in Europe, North America and Oceania, as well as some populations in Central and South America, East and Southeast Asia. With the exception of Israel, the database does not include the Middle East and African countries.

We examined the data of all 49 countries. We excluded countries with unstable time trends due to low prostate cancer mortality rates and/or small populations. The remaining 38 countries are listed in Table I.

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TABLE 1 – SELECTED COUNTRIES AND PERIOD OF DATA AVAILABILITY, BY CONTINENTAL AREA

Western Europe	
Austria (1955–2004)	
Belgium (1954–1997)	
Denmark (1951–2001)	
Finland (1952–2004)	
France (1950–2002)	
Germany (1973–2004)	
Greece (1961–2003)	
Ireland (1950–2002)	
Italy (1951–2002)	
Netherlands (1950–2004)	
Norway (1951–2003)	
Portugal (1955–2003)	
Spain (1951–2003)	
Sweden (1951–2002)	
Switzerland (1951–2002)	
U.K. (1950–2002)	
Central and Eastern Europe	
Belarus (1981–2003)	
Bulgaria (1964–2004)	
Czech Republic (1986–2004)	
Hungary (1955–2003)	
Poland (1959–2003)	
Romania (1969–2004)	
Russian Federation (1980–2004)	
Slovakia (1992–2002)	
Ukraine (1981–2004)	
Middle East	
Israel (1975–2003)	
Far East	
China, Hong Kong (1960–2002)	
Japan (1950–2003)	
Republic of Korea (1985–2002)	
Singapore (1963–2003)	
North America	
Canada (1950–2002)	
USA (1950–2002)	
Central and South America	
Argentina (1966–1970; 1977–1996)	
Chile (1955–1982; 1984–1994)	
Cuba (1970–1996)	
Mexico (1958–1973; 1981–1983; 1985–1995)	
Oceania	
Australia (1950–2002)	
New Zealand (1950–2000)	

For most countries mortality data were available from the beginning of the 1950s until the years 2002–2004. Some data were missing for Belgium, Argentina, Chile, Cuba and Mexico. Since our aim was to estimate the effect of the PSA screening introduction, we limited our study to the period 1975–2004.

Statistical analyzes

The IARC-WHO mortality database provides age standardised (World Standard Population) mortality rates with their standard errors and computing tools for overall, age-specific and cohort time trend analysis. We conducted joinpoint analyzes of age standardised mortality rates using the Joinpoint Regression Program (version 3.0).²⁵ This procedure fits a model based on a minimum number of joinpoints (the points in which there is a change in slope) observed in a series of rates over time. Joinpoint regression analyzes assume a log-linear model. This programme starts with a model with zero joinpoints and adds more joinpoints, with a maximum of three, until the new model has a statistically significant difference compared to the previous one. The generation of models and the test of significance were performed using the Monte Carlo Permutation method. We performed this analysis for all 38 countries. For 3 of them (USA, Germany and Switzerland) we also used the computing facilities of the IARC-WHO database to calculate age-specific and cohort mortality time trends.



FIGURE 1 – Prostate cancer mortality interpreting scheme: (a) decrease till a level lower than before the PSA era; (b) decrease, but with the recent level still over the previous one; (c) the mortality still increases; (α) baseline; and (β) momentary “hump.”

Choosing the patterns for data interpreting

After performing the analysis, we grouped the results according to 3 different general patterns (Fig. 1). Pattern (a) shows a decline in prostate cancer mortality to a level lower than before the PSA era; pattern (b) shows a decrease not yet below the pre-PSA era level; and pattern (c) corresponds to a continuous increase in prostate cancer mortality.

Our analysis of mortality data is a classical descriptive one, and formal statistical analysis (joinpoint regression) was used only for analysing the time trend. The patterns were chosen *a posteriori* as a simple organization for reading the results, without formal testing. The 3 patterns correspond to a public health perspective: non yet a gain in mortality (*i*), yet a tendency (*ii*) or not yet a tendency (*iii*) toward a control of prostate cancer mortality.

Figure 1 also includes a baseline (α) as reference level, and a momentary hump (β) in mortality that can be observed for some countries after the generalisation of the PSA test.

Results

Among the 38 countries included in our study, 7 populations showed a mortality decrease to a level lower than before the introduction of PSA screening, 13 countries showed a mortality decrease with mortality rates still higher than before the introduction of PSA screening, and 18 showed a mortality increase.

Pattern a: Mortality decreased to a level lower than before the introduction of PSA screening

USA, Canada, France, Germany, Spain, Italy and Switzerland presented similar patterns: a rise and fall of prostate cancer mortality, with lower levels in recent years compared to the mid-1970s (Fig. 2, pattern (a)). In the USA, Germany and Switzerland the recent level was well below the initial one, and the decreasing trends started in the mid-1990s. In Spain too, the fall in mortality reached a level clearly below the previous one, but it started later. Canada had a pattern similar to the USA both in terms of period and slope, but the mortality reduction was still smaller. In France and Italy, recent mortality rates were slightly below the level of the 1970s, but the mortality decrease started before the PSA era.

Pattern b: Mortality decreased with mortality rates still higher than before the introduction of PSA screening

In Australia, New Zealand, Austria, Finland, The Netherlands, Norway, United Kingdom, Hungary, Slovakia, Israel, Singapore, Sweden and Portugal after a temporary rise, prostate cancer mortality declined at the end of the 1990s. However, the most recent mortality rates were still higher than in the pre-PSA era (Fig. 2, pattern b). For most countries in this group the patterns were relatively similar to that of the previous group but delayed in time, as the falling trend started some years later.

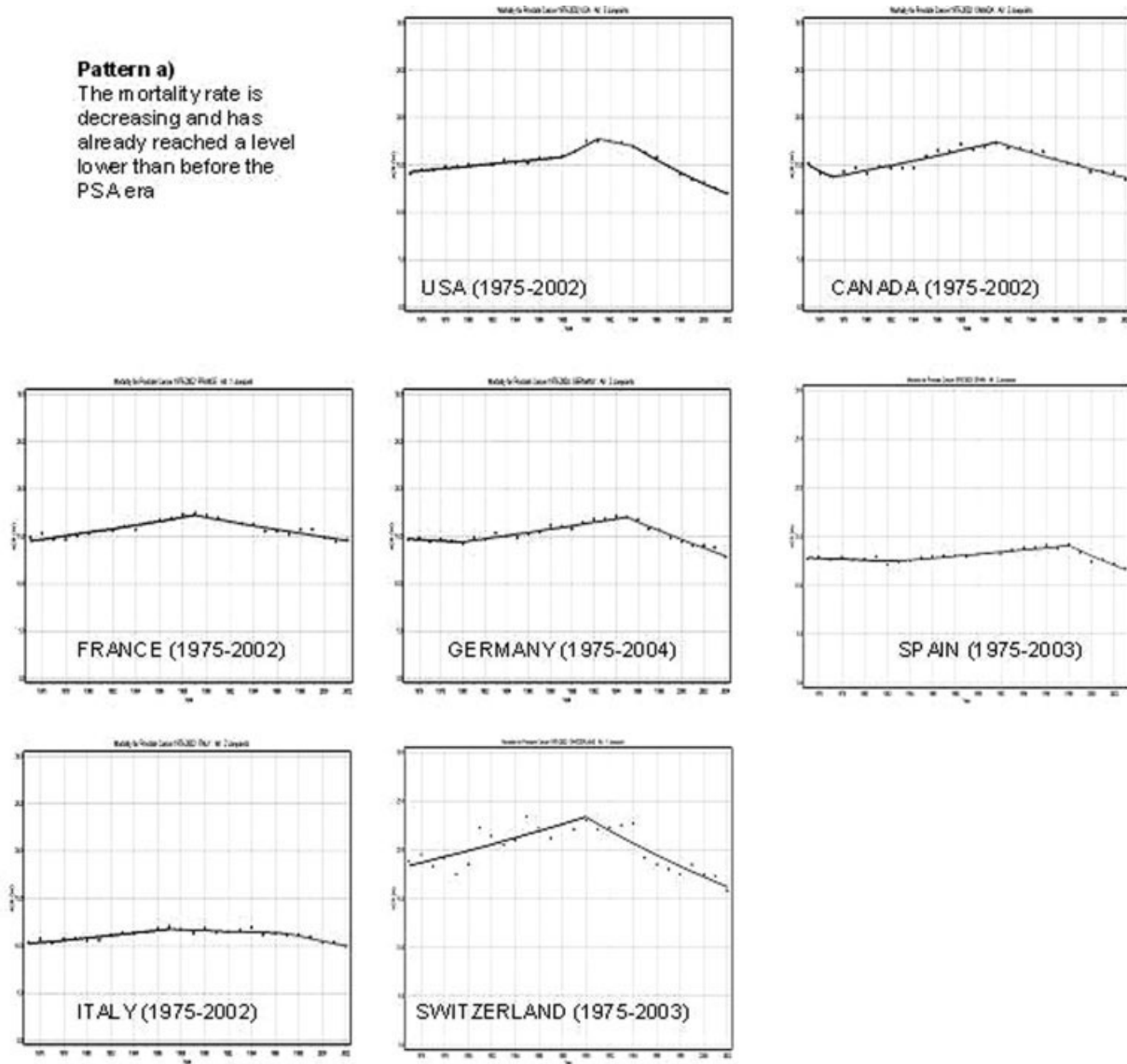


FIGURE 2 – Pattern (a). The mortality rate is decreasing and has already reached a level lower than before the PSA era. Pattern (b). The mortality rate is decreasing but still higher than the level before the PSA era. Pattern (c). The mortality rate remains increasing in a quite constant way.

Pattern c: Mortality increased

For the majority of countries, including Belgium, Denmark, Greece, Ireland, Bulgaria, Czech Republic, Belarus, Ukraine, Russian Federation, Romania, Poland, Argentina, Chile, Cuba, Mexico, Japan, Hong Kong and the Republic of Korea, prostate cancer mortality rates were still increasing (Fig. 2, pattern c). These countries showed no tendency to reduce the slope of the curve.

The momentary “hump”

In some countries with patterns (a) or (b), there was an evident “hump” (temporary increase) in prostate cancer mortality, lasting a few years and apparently coinciding with the peak of diffusion of PSA screening. This phenomenon was particularly marked in the USA data, but was present also for Hungary and Israel.

Age- and cohort analysis

Figure 3 shows that for the USA, Germany and Switzerland the recent fall in mortality was present in all age groups. Analysing

the rates by birth cohorts for the same countries (Fig. 4), the risk of dying was constantly growing at elder ages in subsequent generations, before falling recently. On the contrary, in younger ages the risk was stable in subsequent cohorts, before the recent fall.

Discussion

Using the most recent available mortality data, our study confirms the decreasing trend of prostate cancer mortality in 20 of the 38 countries investigated. In 7 countries, the mortality rates are now lower than before the PSA era.

The present analysis has several strengths. The analysis is based on a very large official mortality database updated to 2002–2004. Most Western countries as well as a good sample of South American and Asian regions are included. Data show a general consistency with the expected PSA generalization. Pattern (a) is shared by several of the most affluent countries where PSA screening is probably more prevalent. For most of the countries following pattern (b) we shortly expect a change into pattern (a). In contrast,

Pattern b)
 The mortality rate is decreasing but is still higher than the level before the PSA era

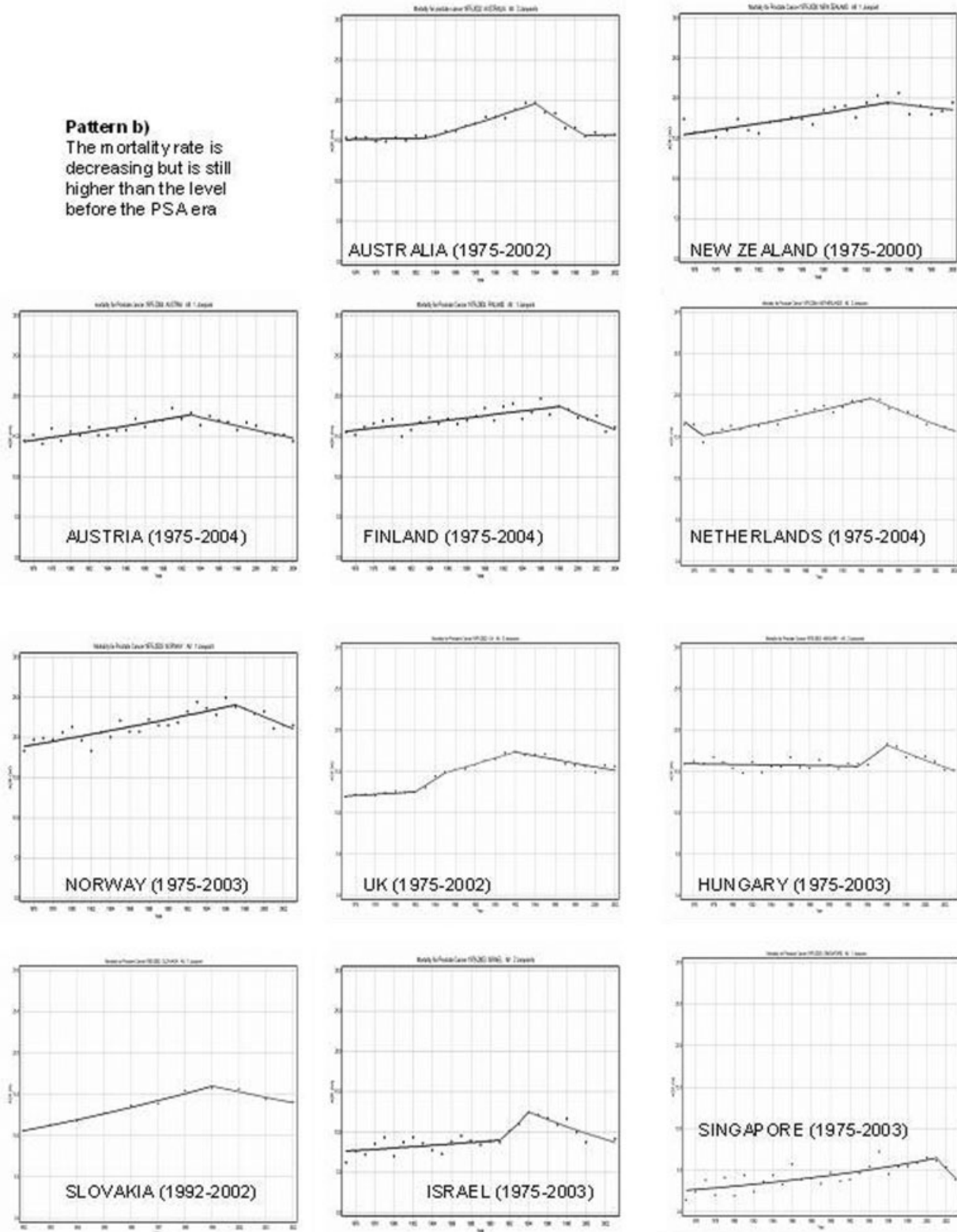


FIGURE 2 – CONTINUED

pattern (c) is more common among countries with a low or average GDP per capita, where individual cancer prevention practices are probably more limited, or in affluent countries like Denmark, where the offer of public screening programmes in general is

lower than in other Nordic countries and Japan, where screenings are unusually common even as a public health policy.

However, as already largely discussed, the causal relation between PSA screening and prostate cancer mortality decrease

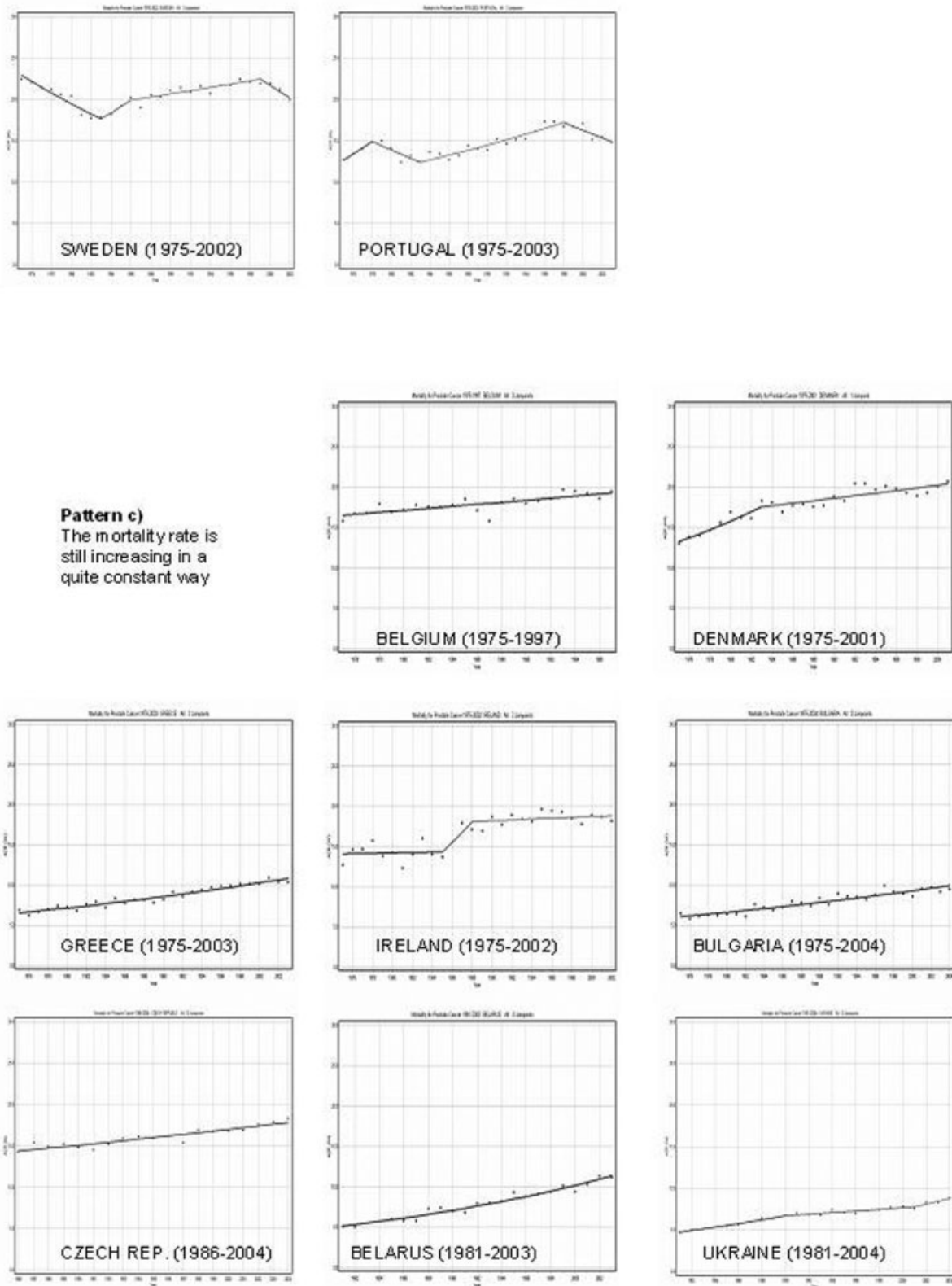


FIGURE 2 – CONTINUED

cannot be established but only supposed by a descriptive study. The observed decline in mortality can also be the consequence of treatment progress, changes in registration procedures of cause of death, or in the quality of death certification.²⁶ Also, we can only

make hypothesis on the differences of PSA screening rates between countries because of the lack of comparable population based data on screening frequency. It would be therefore hazardous to try to statistically test the formal temporal correlation

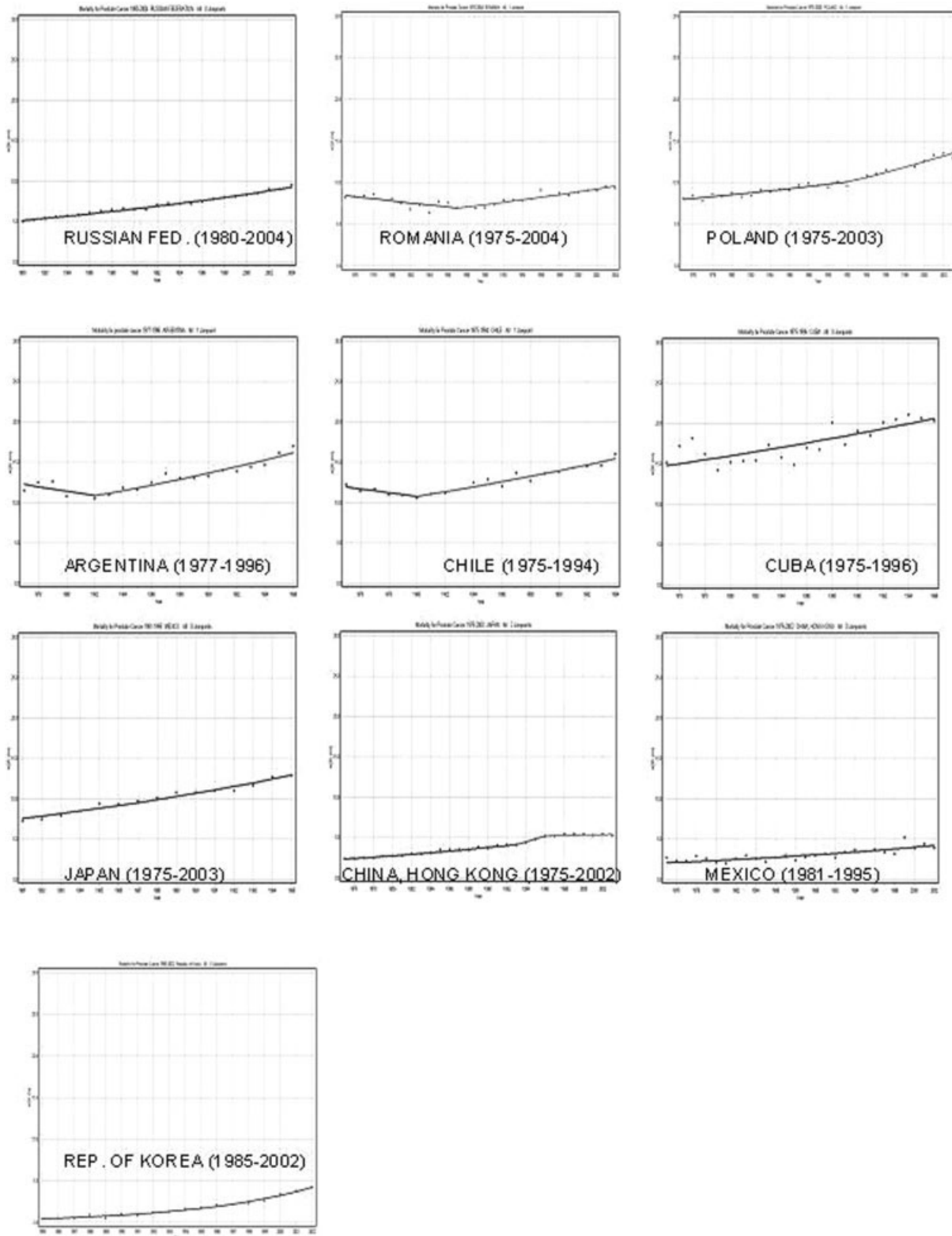


FIGURE 2 – CONTINUED

between the sparse data on intensity of PSA screening and prostate cancer mortality trends worldwide. The few available data suggest that PSA screening is more common in the USA²⁷ than in Europe. Within Europe, rates of screening range between 20

and 35% in countries like Austria,²⁰ Switzerland,²⁸ and France,^{29,30} while North European countries such as Norway,³¹ The Netherlands,³² and Denmark³³ present lower rates ranging from 7 to 15%.

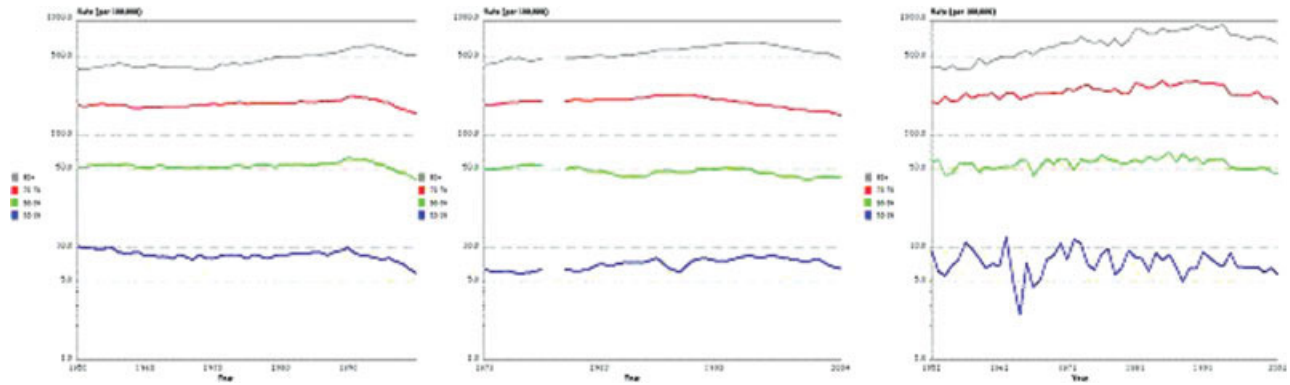


FIGURE 3 – Trend of mortality by age classes (50–59, 60–69, 70–79, 80+), respectively in USA, Germany and Switzerland.

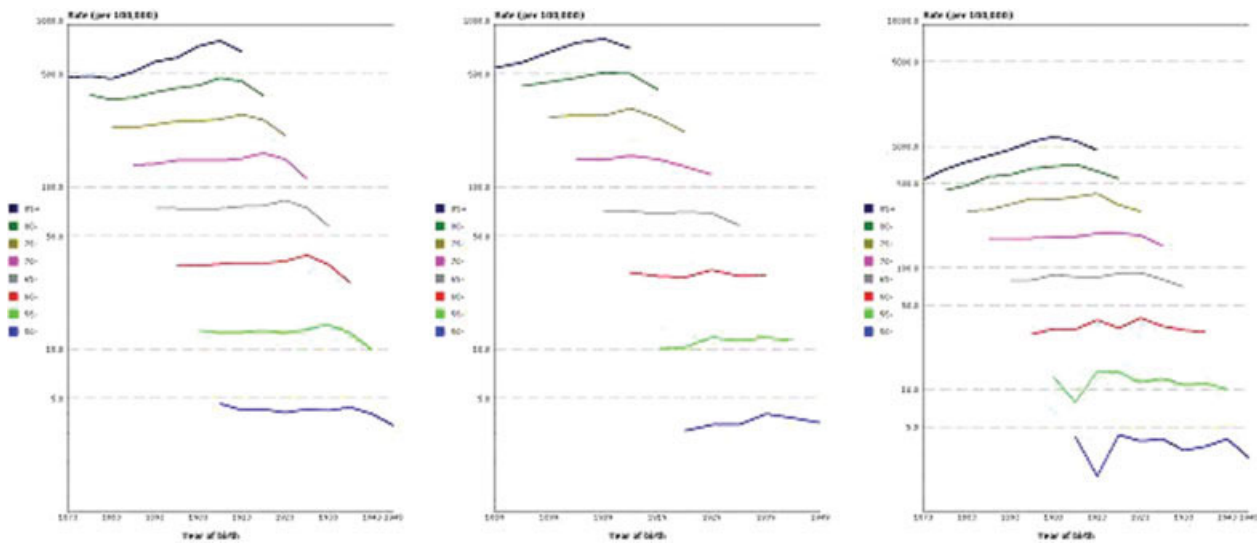


FIGURE 4 – Trend of mortality by birth cohort (50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85+), respectively in USA, Germany and Switzerland.

The difference between the pattern (a) and (b) in mortality could also be the consequence of different patterns in the trend of the risk: a stronger decrease in countries of group (a) could be the consequence of a previous decreasing of incidence, that could not (or not yet) have been the case for countries in group (b). Such an hypothesis is not easy to test using incidence data. It would be necessary to separate the time trend of incident cases clinically diagnosed (“true incidence,” “true risk”) from the time trend of PSA diagnosed cases (“anticipated” incidence). After the diffusion of PSA, incidence data currently published are a mix of the two, and very few Cancer Registry worldwide are able to calculate separate incidence rates of prostate cancer anticipated by a PSA test and rates of those diagnosed after clinical onset.³⁴ So the time trend of the true risk, that was known before the PSA era, is now hidden in the incidence data and will remain unknown until the whole male population will be (would be) screened (end of the prevalence round of the PSA screening).

For the moment, the decrease of prostate mortality rates to levels lower than before the PSA era in USA, Canada, France, Germany, Spain, Italy and Switzerland is the only available evidence that long term prostate cancer mortality could be importantly reduced by PSA screening. This is somewhat similar to the observations made for cervical cancer screening where the first evidence of effectiveness was based on the huge decrease observed in

incidence of invasive cases, but also observed in mortality data alone, for the areas not covered by cancer registration.³⁵

In 3 of the countries with pattern (a) for which the decrease was more pronounced (USA, Germany and Switzerland), the analysis by age and cohort of birth shows that the recent fall in mortality regards all age groups, but that in the past the risk of dying was growing along the calendar at elder but not at younger ages. This observation shows that before the PSA era the period effect was absent and the cohort effect was present but small. A clear period effect appears after the PSA introduction:

The data also show a temporary “hump” in mortality in the mid-1990s, particularly evident in the USA. The “hump” could have been the effect of some bias on death certification more than the effect of a true increase in mortality. This point has been discussed by some authors^{26,36,37} and the most credible explanation seems to be the attribution bias, *i.e.*, the attribution of the death for concurrent causes to the prostate cancer when this disease had been previously diagnosed. An alternative explanation is that a small component of the peak could also be attributed to the peri-operative mortality, that has been estimated around 1% of the performed prostatectomies.^{38,39}

Apart from the “hump,” commenting the general trend in the USA some authors concluded that the mortality decrease was partly attributable to the PSA screening practice.^{40–44} Other

authors admitted an association between the decline in mortality and the spread of PSA screening practice, but argued that the prompt fall in mortality could be explained by the hypothesis that PSA has an effect only (or mainly) on the fraction of cases with shorter pre-clinical phase.^{45,46} On the other hand, Coldman *et al.* found no association between the intensity of PSA screening and the subsequent reduction in mortality.²⁷

One more, concurrent or alternative, explanation for the decline in mortality could be the improvements in treatments. New surgical techniques for localized disease, new irradiation protocols and antiandrogenic therapies could have played an important role. The improvements in treatments could have become more effective in general, more effective to early stages, and more available because more emphasis is paid today on the control of prostate cancer.

In conclusion, this descriptive study confirms that mortality from prostate cancer previously observed in North America also occurs in several European countries where currently mortality rates are lower

than in the pre PSA era. Waiting for the results of ongoing clinical trials, such mortality patterns strongly suggest that PSA screening could reduce prostate cancer mortality in the male population.

Mortality data deserve to be constantly monitored during the next years as an impact indicator, the more than, for prostate cancer, incidence data are no longer a good measure of the tendency of the risk (being inflated by the intensity of PSA practice) and survival data are biased on their turn by the anticipation due to the screening.

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