Epidemiology of Cancers in Sri Lanka - 2024

National Cancer Control Programme - Ministry of Health

International Agency for Research on Cancer

World Health Organization

GLOBAL CANCER OBSERVATORY

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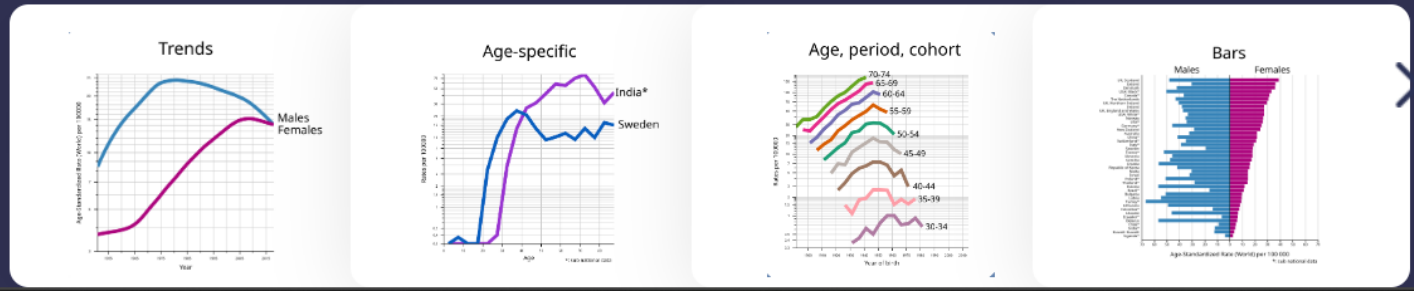
CANCER OVER TIME

Cancer Over Time

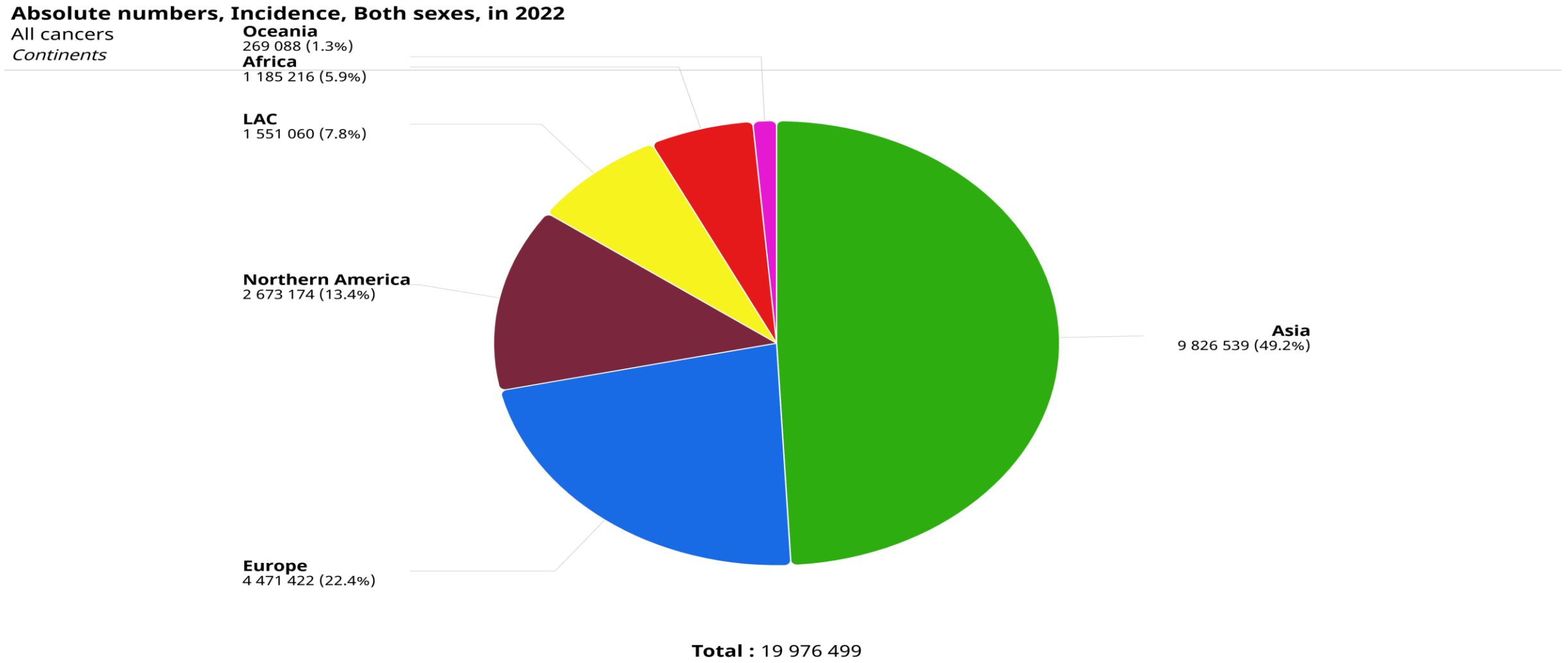
Predict the future cancer incidence and mortality burden worldwide up until 2040.



CANCER TODAY | CANCER OVER TIME | CANCER TOMORROW | CANCER CAUSES | CANCER SURVIVAL | CANCER @CSU

https://gco.iarc.fr/en

Global burden of Cancer



Cancer TODAY | IARC - https://gco.iarc.who.int/today
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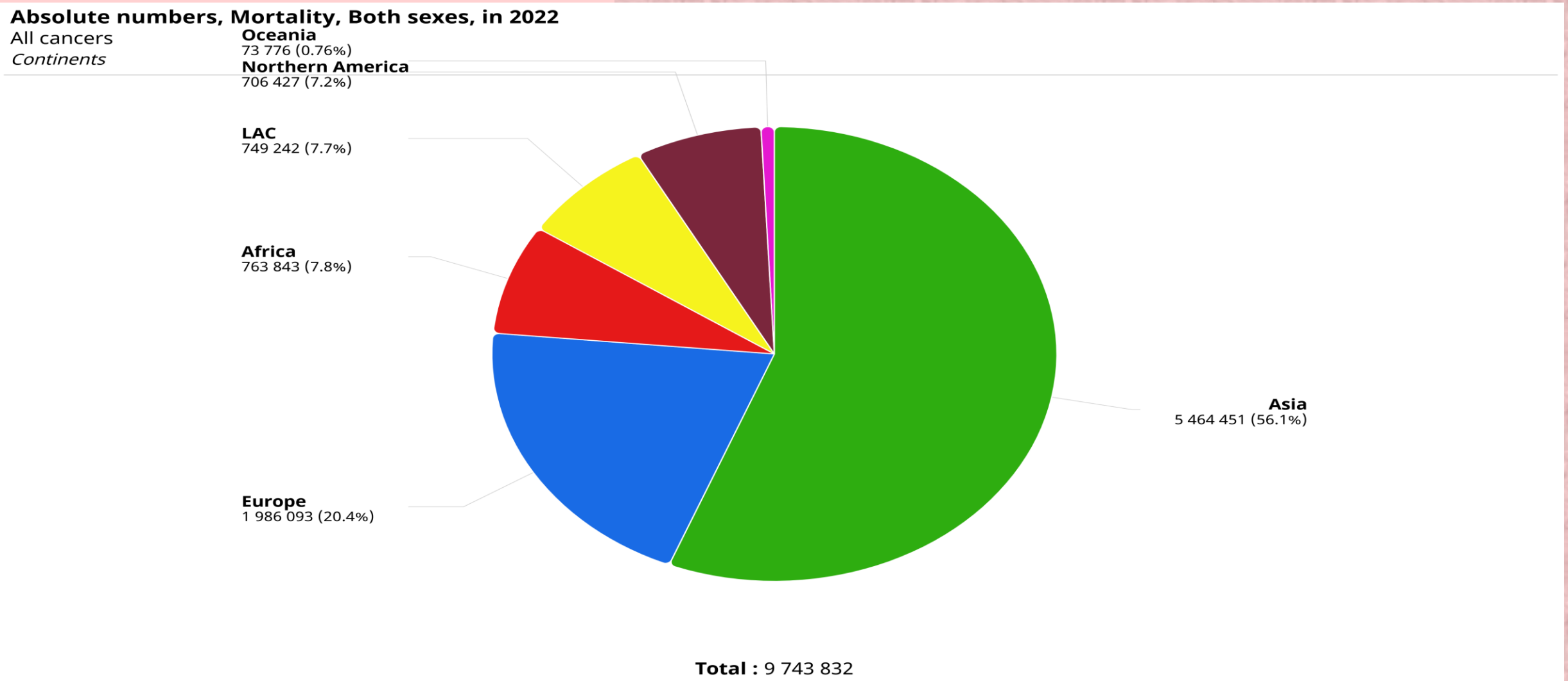
Global burden of Cancer



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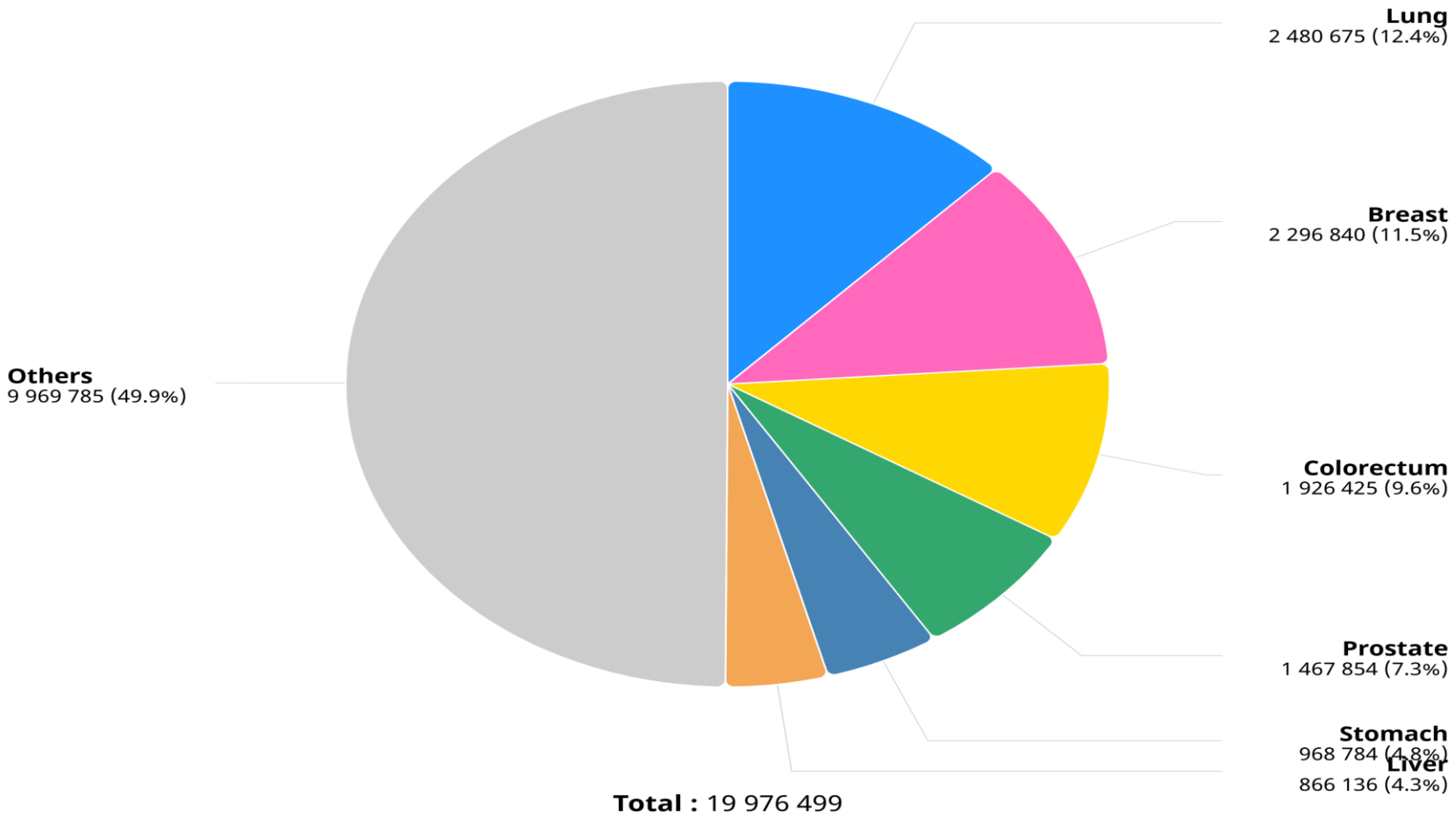
Global burden of Cancer

Absolute numbers, Incidence, Both sexes, in 2022
Continents



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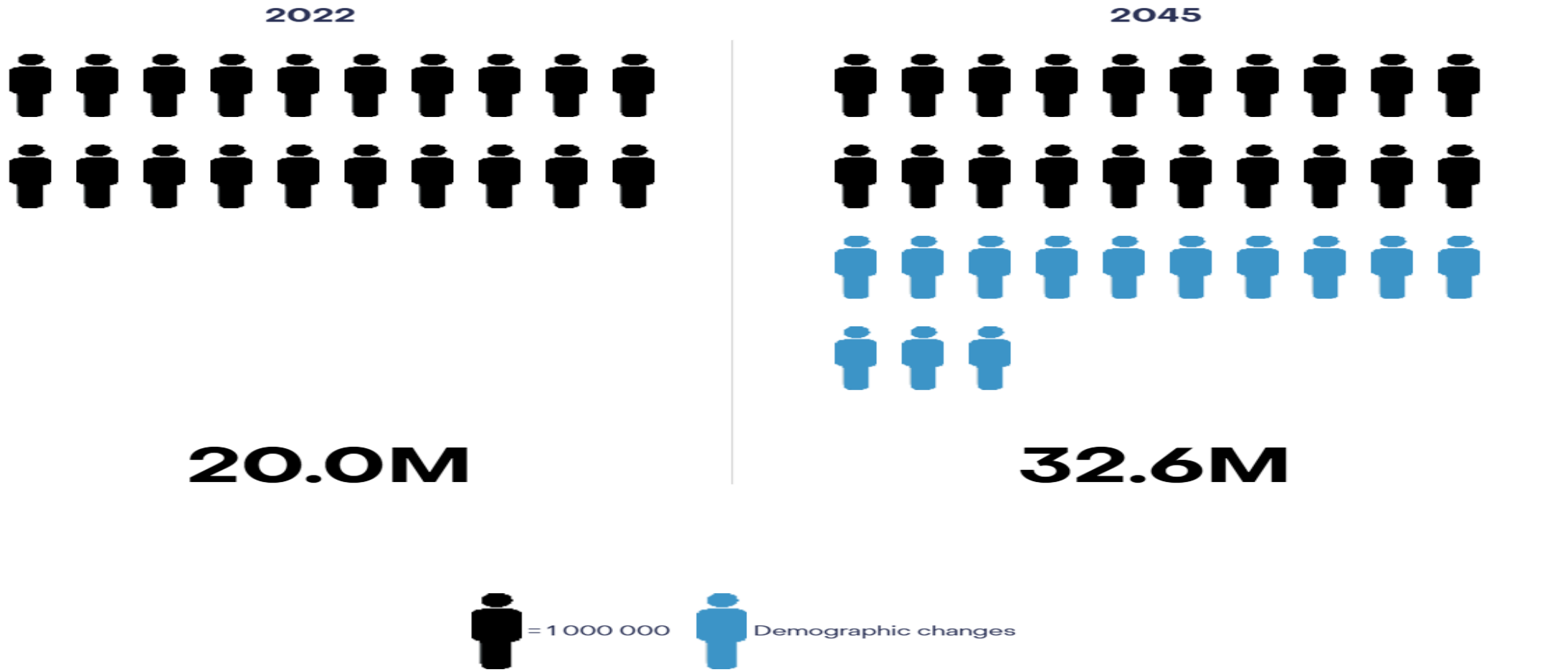
Cancer tomorrow

Estimated number of new cases from 2022 to 2045, Both sexes, age [0–85+]
All cancers
World

GLOBAL CANCER OBSERVATORY



Cancer Tomorrow | IARC – https://gco.iarc.who.int
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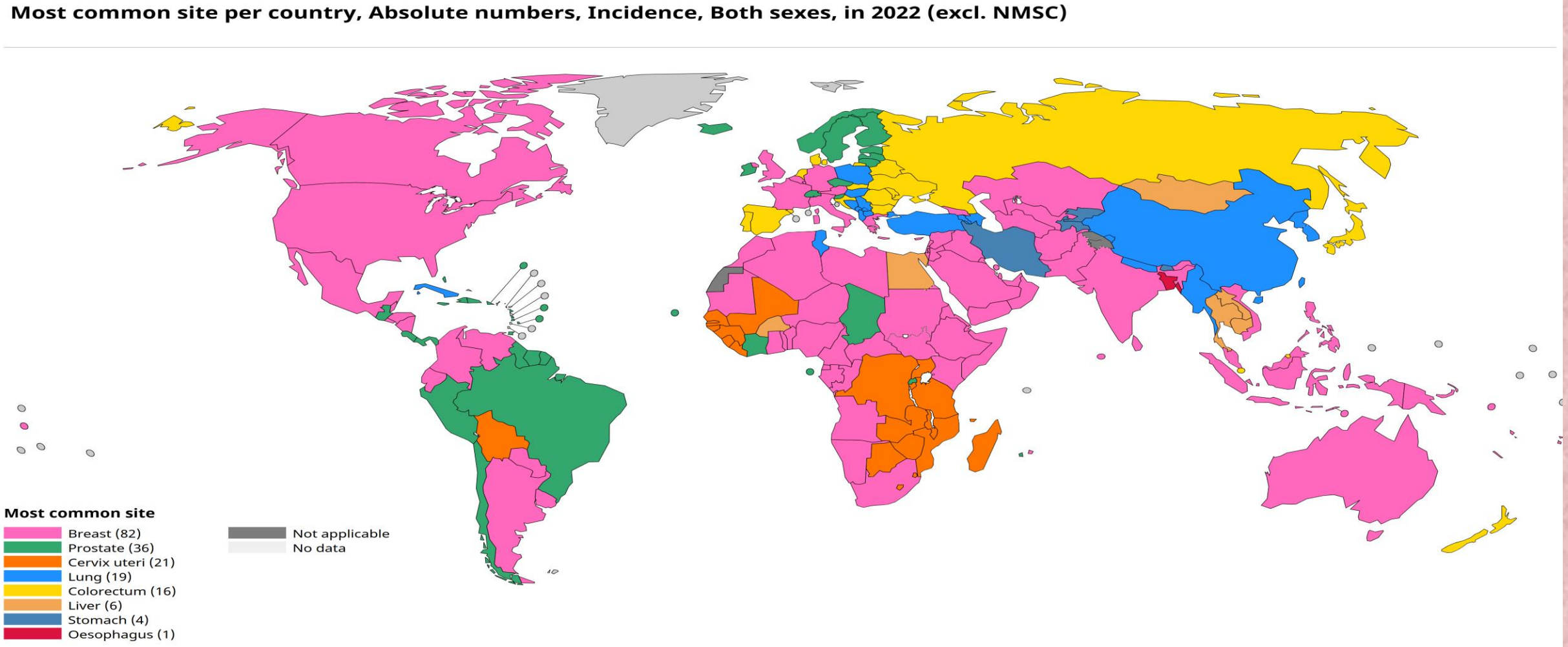
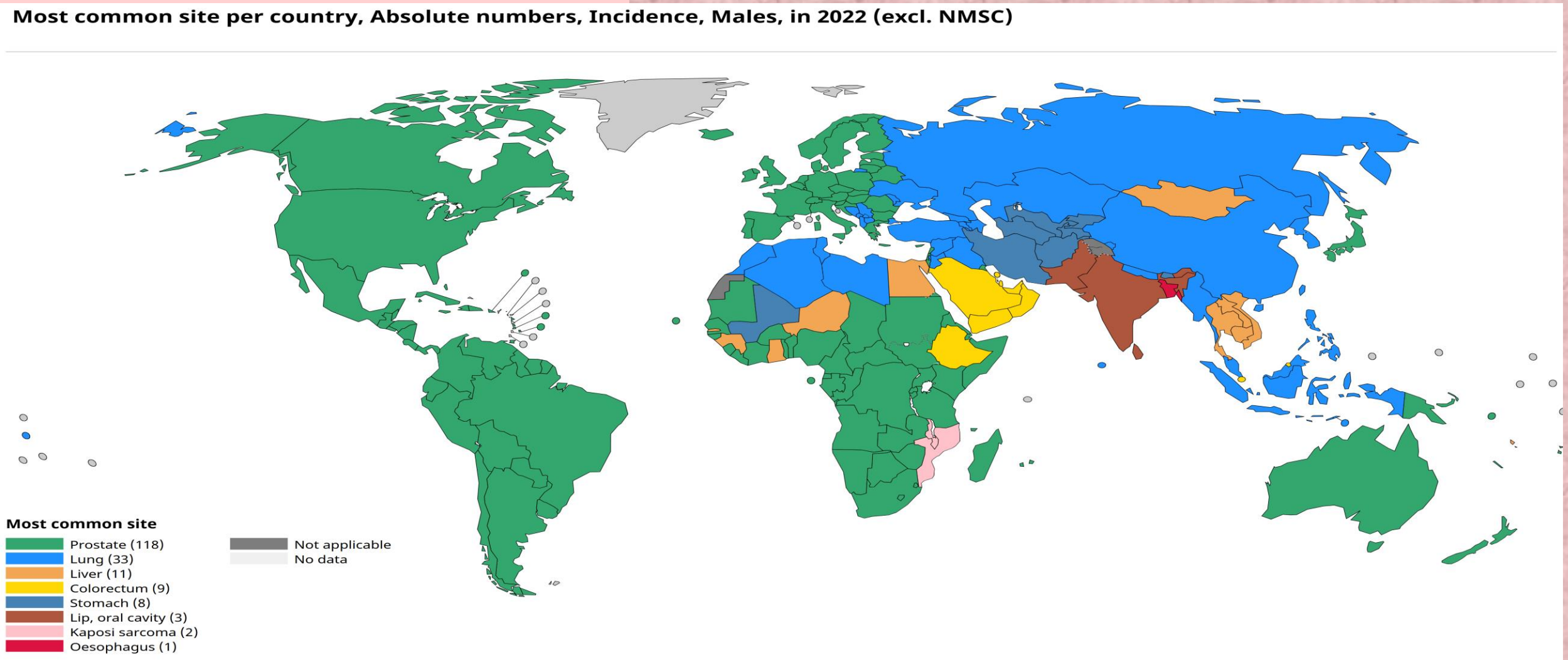
Most common cancer sites in the world 2022



Most common cancer sites in males in the world 2022



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Cancer TODAY | IARC
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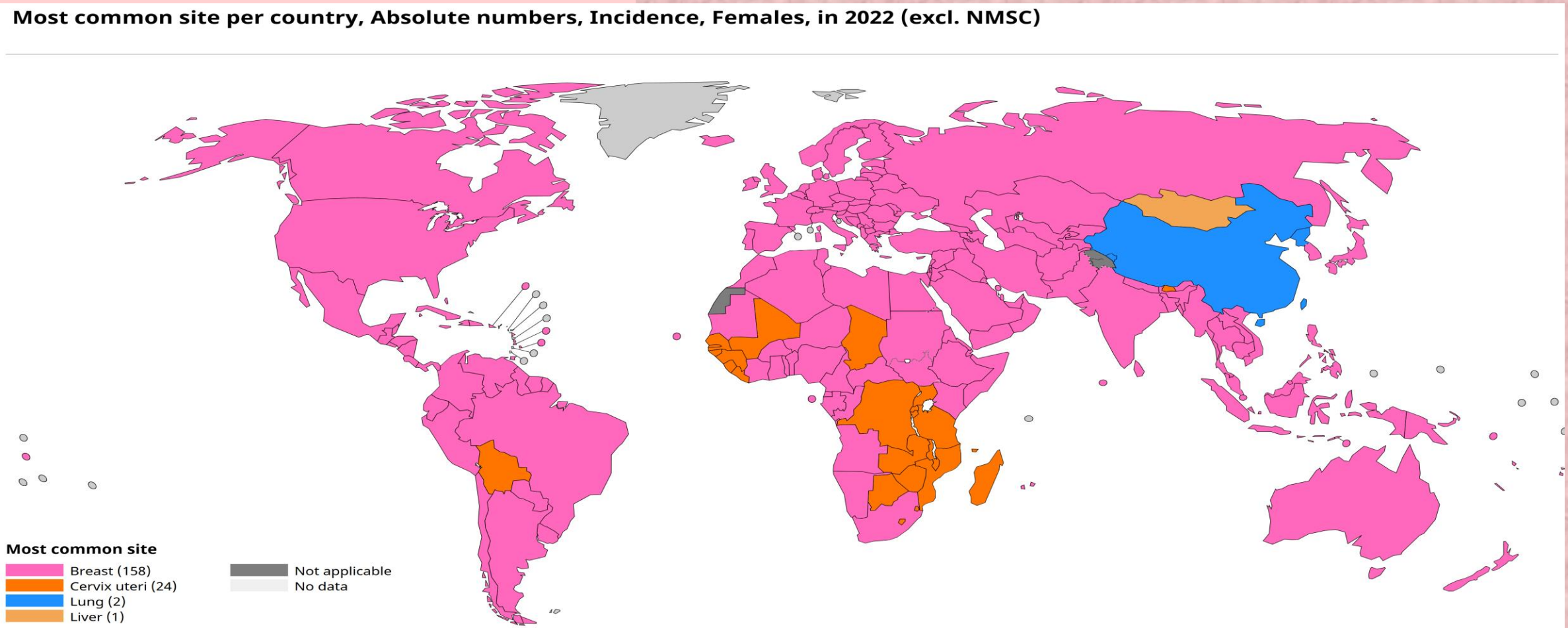
Most common cancer sites in females in the world 2022



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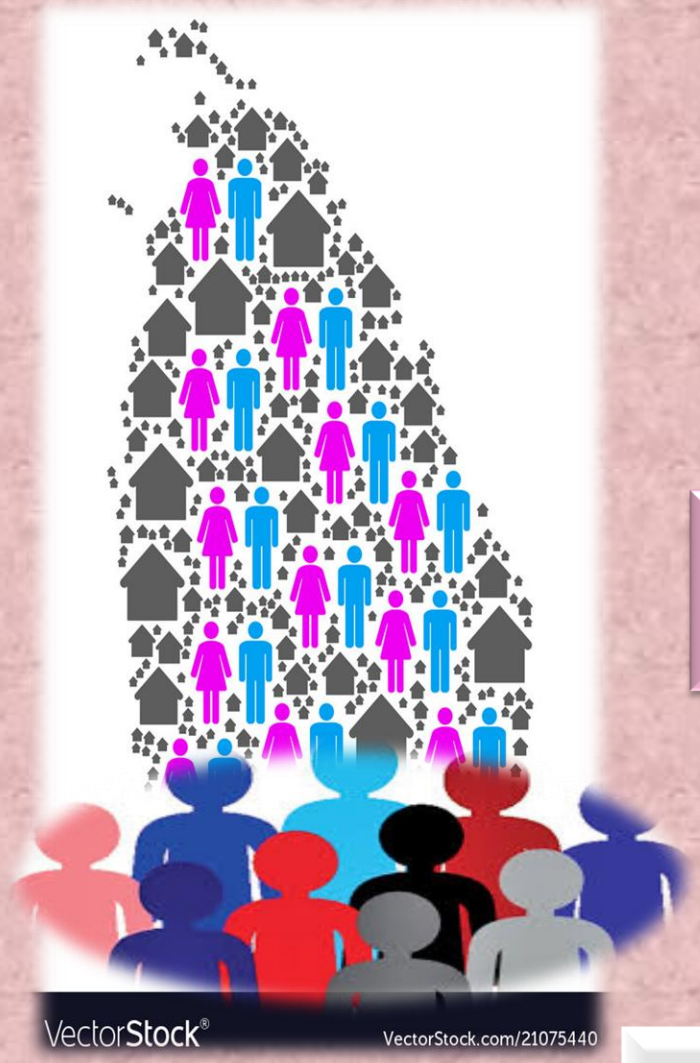
Cancer Today Sri Lanka- 2021



37753 new cases during the year

- 103 new patients per day
- 4 new patients per hour

15599 deaths (DCS- 2019),
19145 in 2022 (Globocan)

- 43 Deaths per day
- 2 Deaths per hour

Cancer incidence in Sri Lanka (2005-2021)

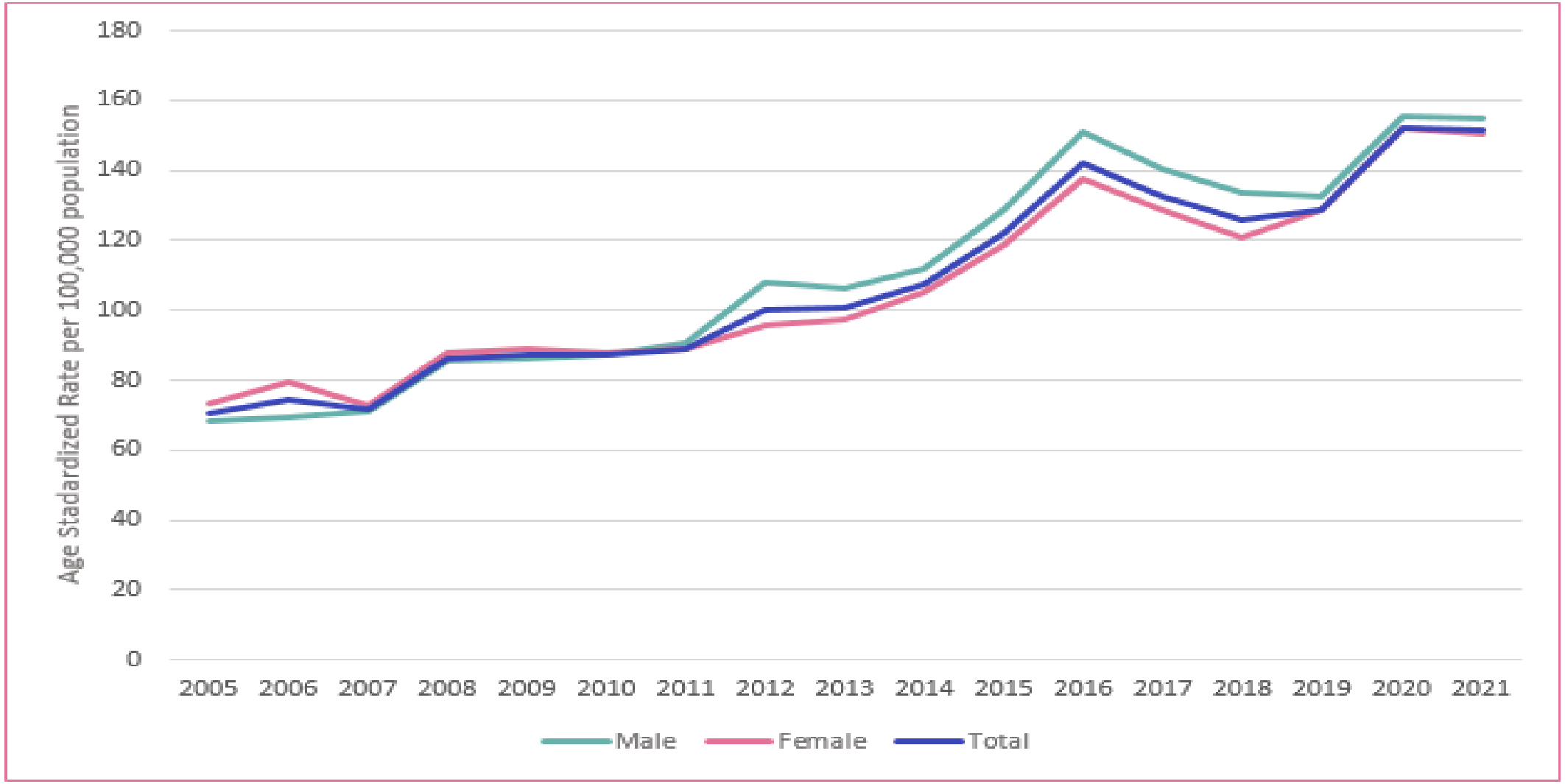


Figure 4: Age Standardized Cancer Incidence Rates of Sri Lanka, 2005-2021

National Caner Incidence Data 2021

Leading cancers in males in Sri Lanka

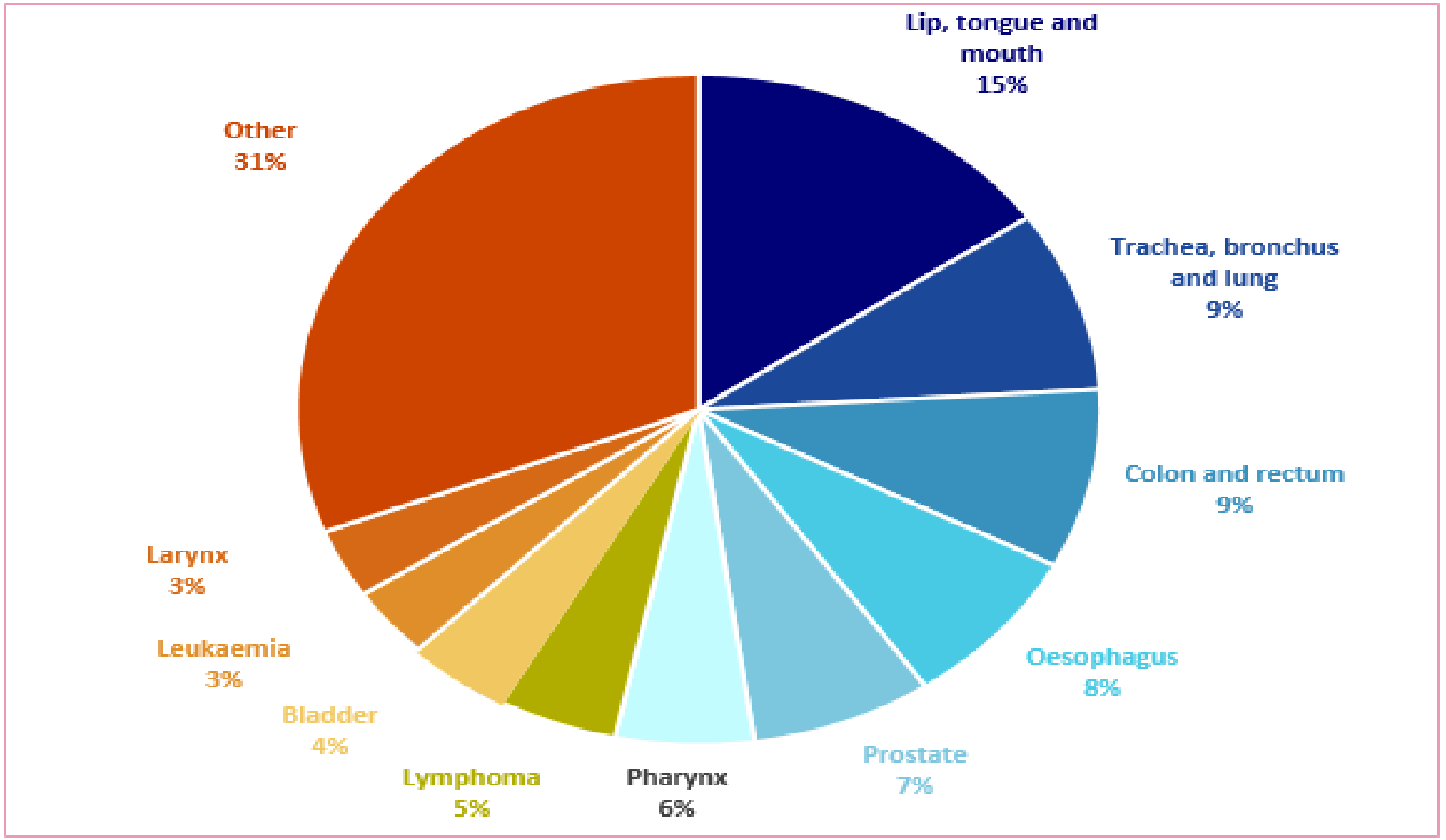


Figure 7: Proportion of leading cancers in males in Sri Lanka, 2021

Leading cancers in females in Sri Lanka

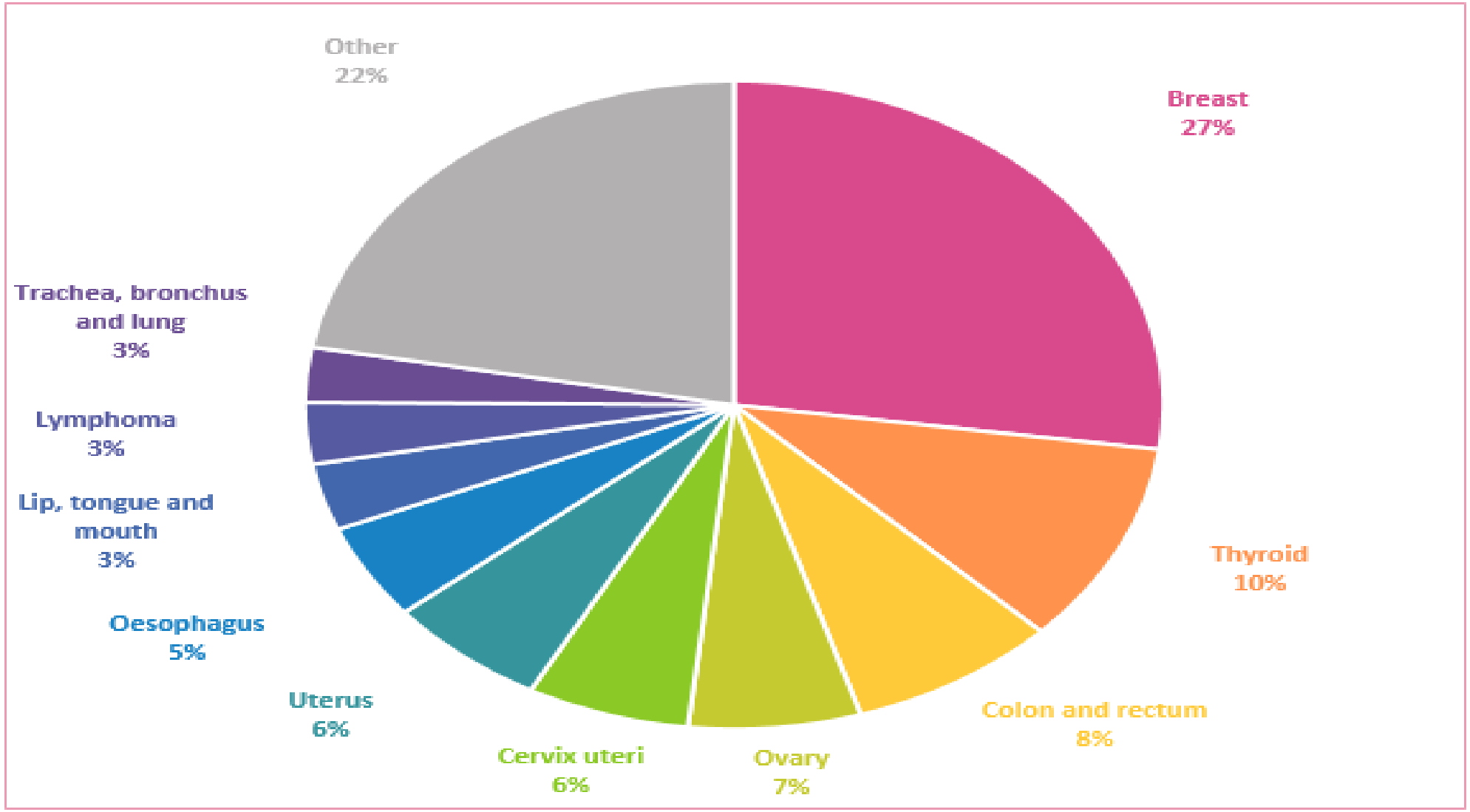


Figure 8: Proportion of leading cancers in females in Sri Lanka, 2021

National Caner Incidence Data 2021

Leading cancer sites 2021

Male					Female				
ICD code	Site	No	CR	ASR	ICD code	Site	No	CR	ASR
C00-C06	Lip, tongue, and mouth	2687	25.0	23.1	C50	Breast	5485	48.0	40.5
C33-C34	Trachea, bronchus, and lung	1540	14.4	13.7	C73	Thyroid	2043	17.9	15.9
C18-C20	Colon and rectum	1522	14.2	13.3	C18-C20	Colon and rectum	1596	14.0	11.6
C15	Oesophagus	1364	12.7	11.9	C56	Ovary	1308	11.4	9.9
C61	Prostate	1286	12.0	11.6	C53	Cervix uteri	1238	10.8	9.1
C09-C14	Pharynx	980	9.1	8.5	C54-C55	Uterus	1228	10.7	9.0
C81-C85,96	Lymphoma	842	7.8	7.5	C15	Oesophagus	965	8.4	6.8
C67	Bladder	731	6.8	6.5	C00-C06	Lip, tongue, and mouth	674	5.9	4.8
C91-C95	Leukaemia	602	5.6	5.7	C81-C85, C96	Lymphoma	619	5.4	4.8
C32	Larynx	586	5.5	5.1	C33-C34	Trachea, bronchus and lung	551	4.8	4.0
	All sites	**17582**	**163.9**	**155.1**		**All sites**	**20171**	**176.5**	**150.4**

Reducing the burden

- 30-50% of all cancers can be prevented by avoiding risk factors and implementing existing evidence-based prevention strategies

- The cancer burden can also be reduced through early detection of cancer and appropriate treatment and care of patients who develop cancer

- Others could have an improved quality of life through evidence-based management and palliative care services

NATIONAL CANCER CONTROL PROGRAMME

1 in 8 WOMEN

WILL BE DIAGNOSED WITH

Breast Cancer

IN THEIR LIFETIME

Breast Cancer Today World 2022

- Commonest cancer in the world
- 2.3 million new cases & 666,103 deaths from breast cancer globally
- Leading cause of cancer deaths among women
- Prognosis – Good if diagnosed in early stages

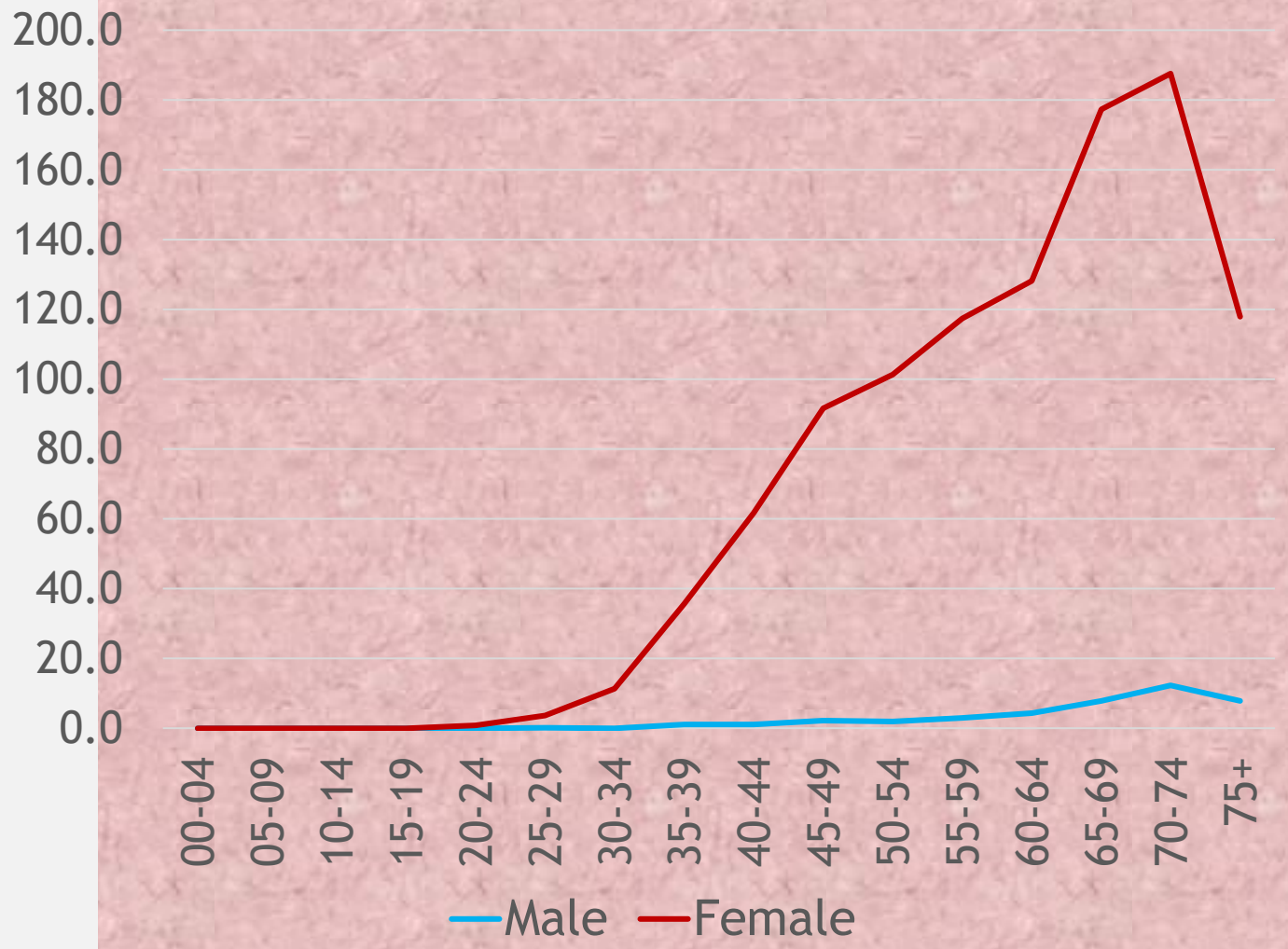
Breast Cancer Today World 2022

- Deaths disproportionately affect low- and middle-income countries
- 5- year survival rate
  - High income countries - > 90%
  - India - 66%
  - South Africa - 40%
- GBCI goal - to reduce breast cancer mortality by 2.5% per year, which over a 20-year period would save 2.5 million lives

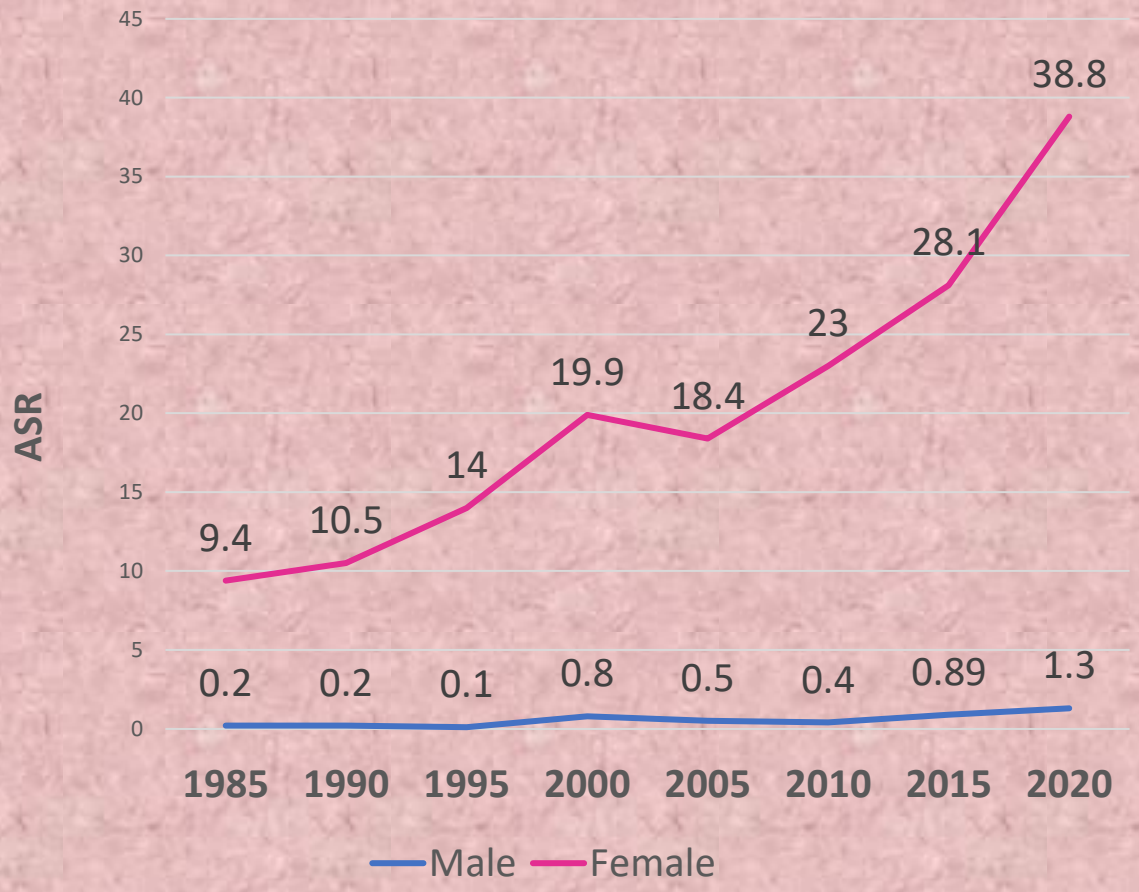
GBCI three pillars towards achieving reduction of breast cancer mortality by 2.5% per year

		KPI
Pillar 1	Health promotion for early detection (pre-diagnostic interval)	KPI: >60% of invasive cancers are stage I or II at diagnosis
Pillar 2	Timely breast diagnostics (diagnostic interval)	KPI: diagnostic evaluation, imaging, tissue sampling and pathology within 60 days
Pillar 3	Comprehensive breast-cancer management (treatment interval)	KPI: >80% undergo multimodality treatment without abandonment

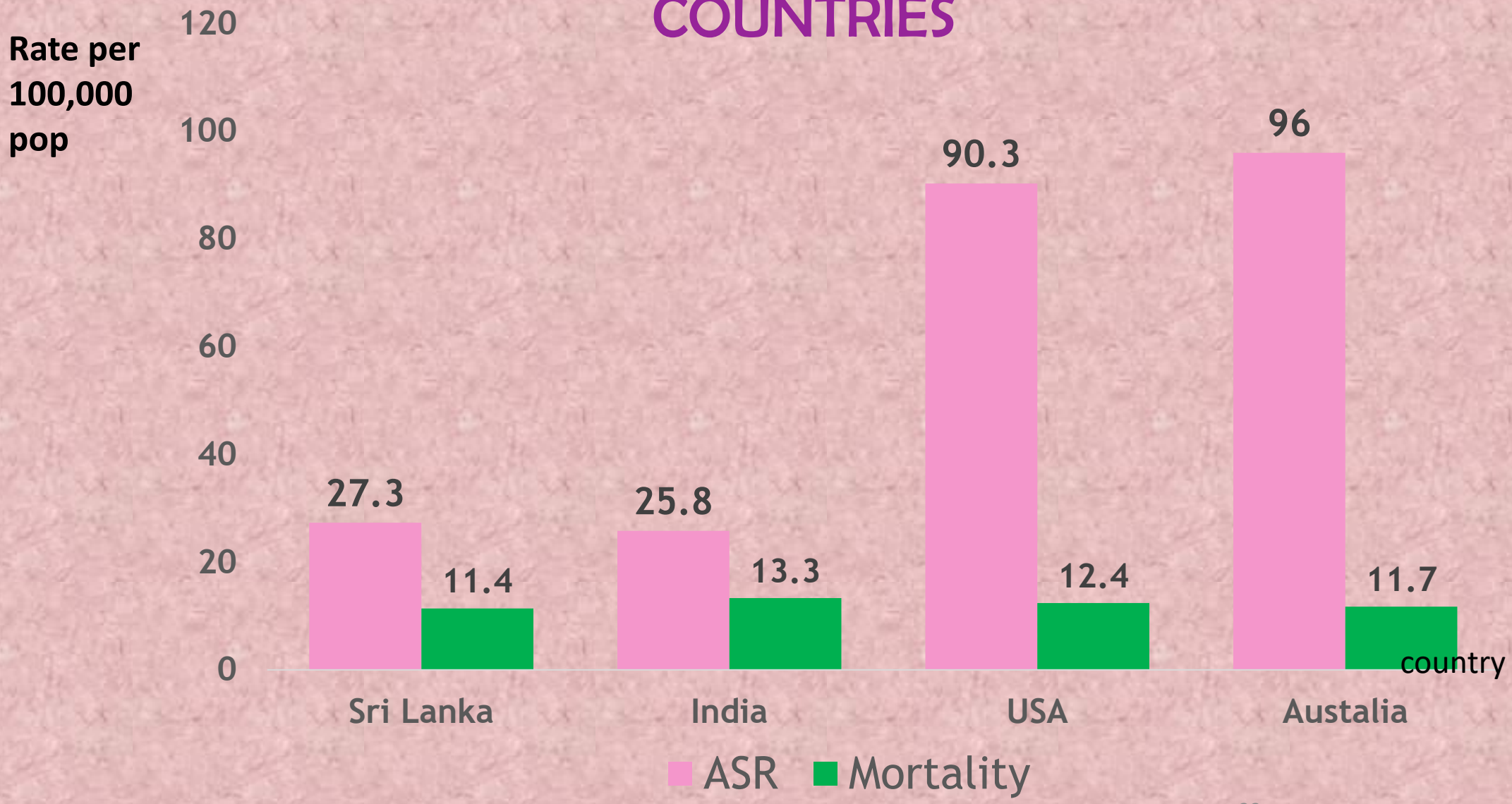
Age specific incidence of breast cancer



Breast cancer trend in Sri Lanka (1985-2020)



BREAST CANCER INCIDENCE AND MORTALITY IN DIFFERENT COUNTRIES

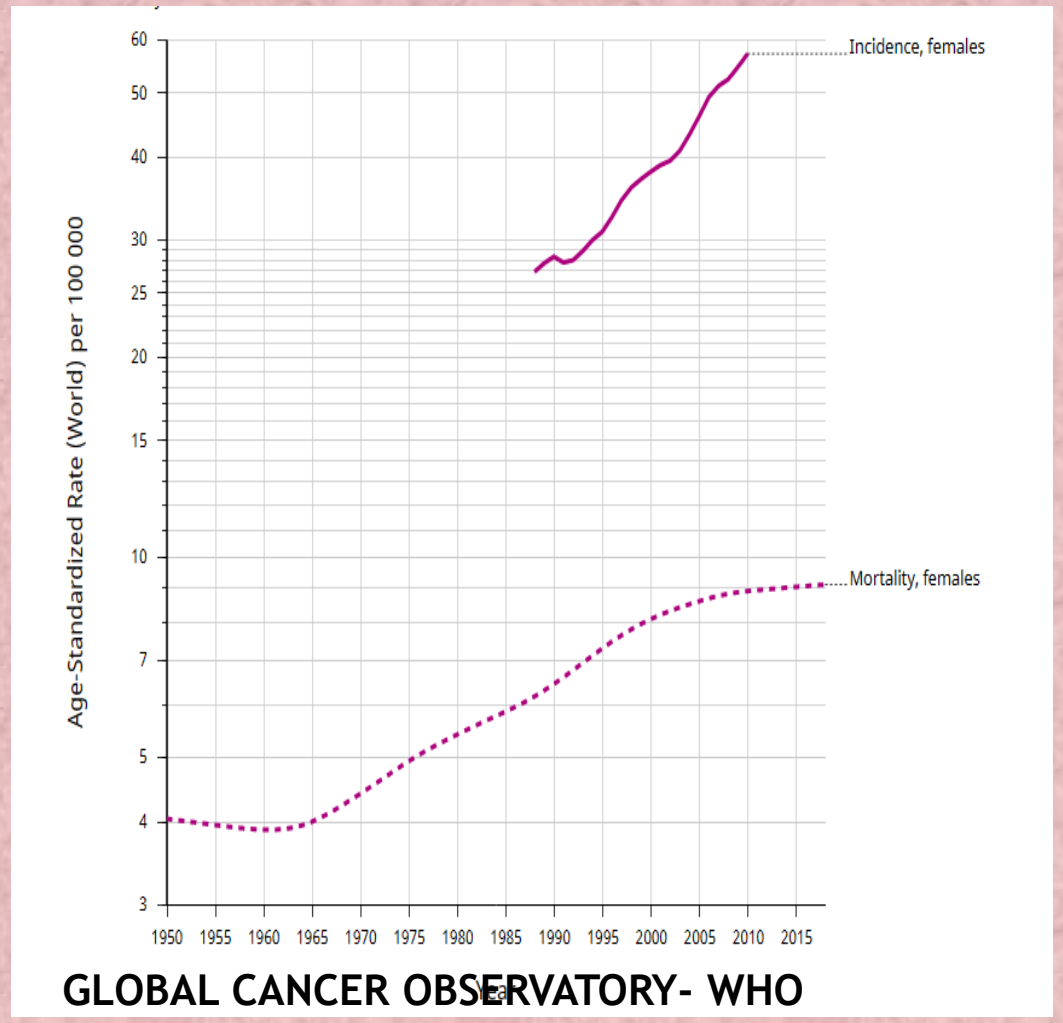


National cancer Control Programme

Globocan estimates 2020

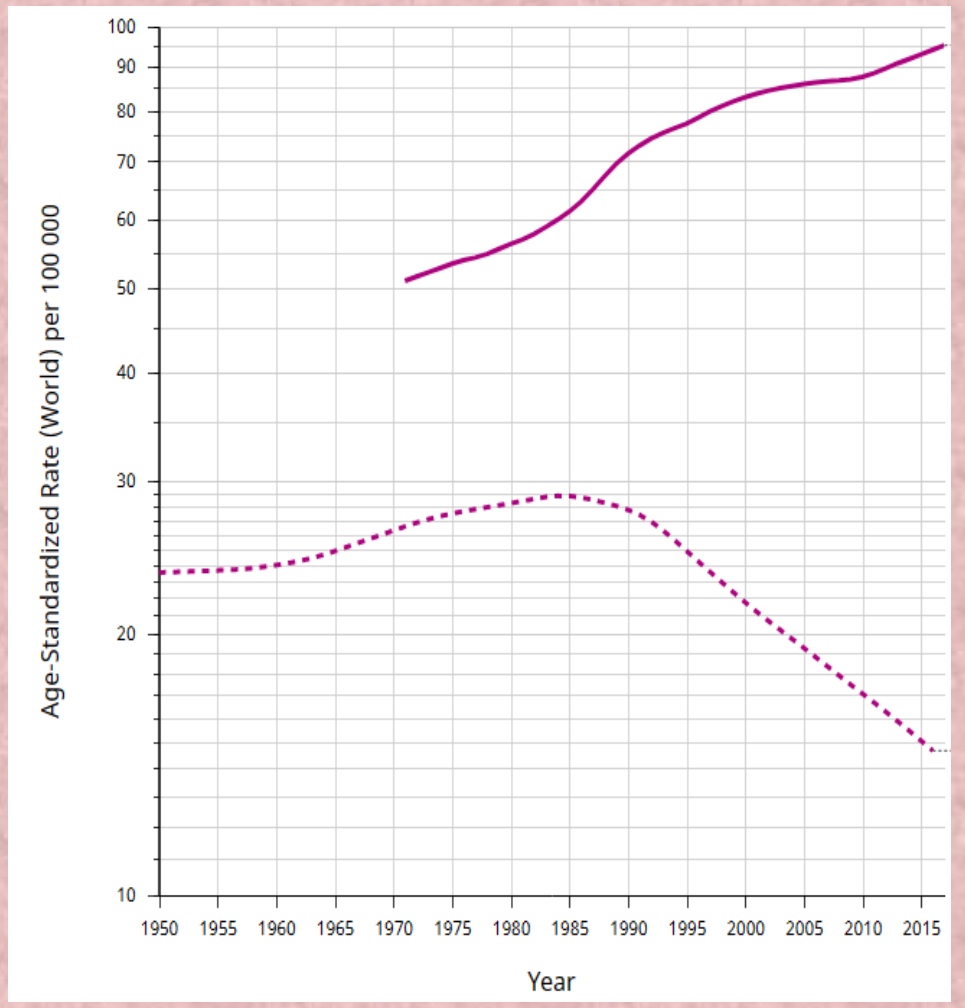
Incidence and mortality trends

JAPAN



GLOBAL CANCER OBSERVATORY- WHO

UK



15

Breast cancers per day

More than one in every 2 hours time

5485

NEW BREAST CANCER PATIENTS

CANCER REGISTRY 2021

National Cancer Control Programme

MALE BREAST CANCER

124

MALE BREAST CANCER PATIENTS
IN 2021

National Cancer Control Programme

Risk Factors

Factors that increase the chance of getting cancer

- Non-modifiable risk factors
- Modifiable risk factors

Non-modifiable risk factors of breast cancer

- Increasing age
- Female sex
- Genetic factors
- Family history of breast cancer
- Personal history of breast cancer
- Lifetime exposure to estrogen and progesterone hormones
  - Early menarche (<11yrs)
  - Late menopause (>55 years)
- Never having children

Risk factors

Aging

- Over 80% of all cancer occur among women aged 50+ years
- The chance of getting breast cancer increases with the age

Risk factors

Being a female

Females have a 100 times higher risk than males

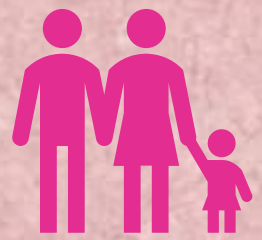
Risk factors

Genetic Factors

- Contribute to 5%-10% of all breast cancers
- Most common mutations
  - BRCA 1
  - BRCA 2

Risk factors

Family history



- Maternal side and paternal side have equal risk
- Breast cancer of 1st and 2nd degree relatives has higher risk
  - Having a first degree relative has two-fold risk
  - Having two first degree relatives has three-fold risk
- 85% of women with breast cancer **do not** have family history

Risk factors

Early menarche & late menopause

- Women who had more menstrual cycles have a higher risk of breast cancer

- May be due to prolong exposure to estrogen and progesterone

Risk factors

Parity

- Women who do not have children

or

- Who have first child after the age of 30 years has higher risk

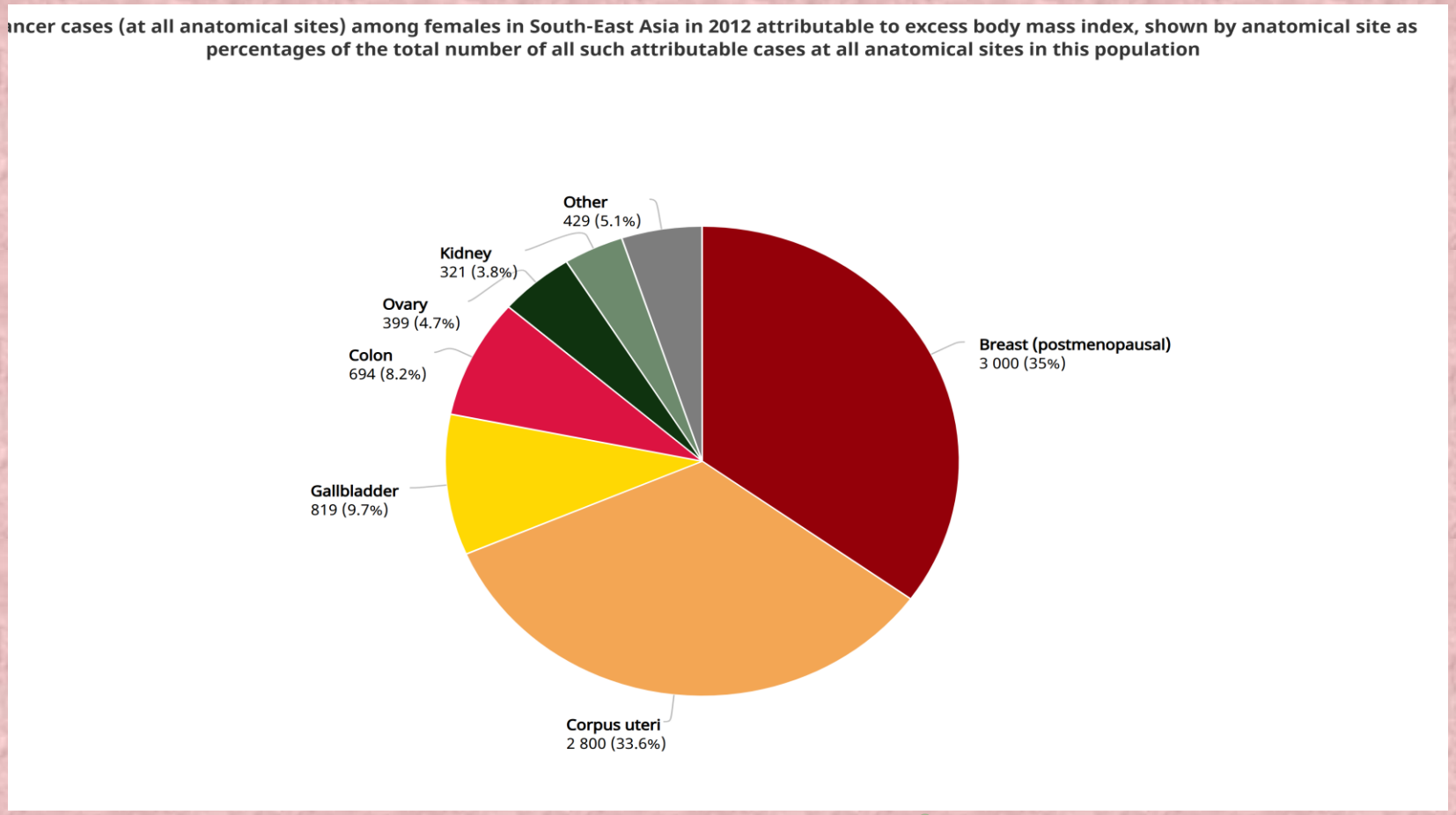
Modifiable risk factors

- Overweight and obesity
- Inadequate physical activity
- Unhealthy diet
- Tobacco and alcohol
- Hormone replacement therapy

Being overweight and obese increases the risk

Risk factors

Overweight & Obesity



Risk factors

Inadequate physical activity

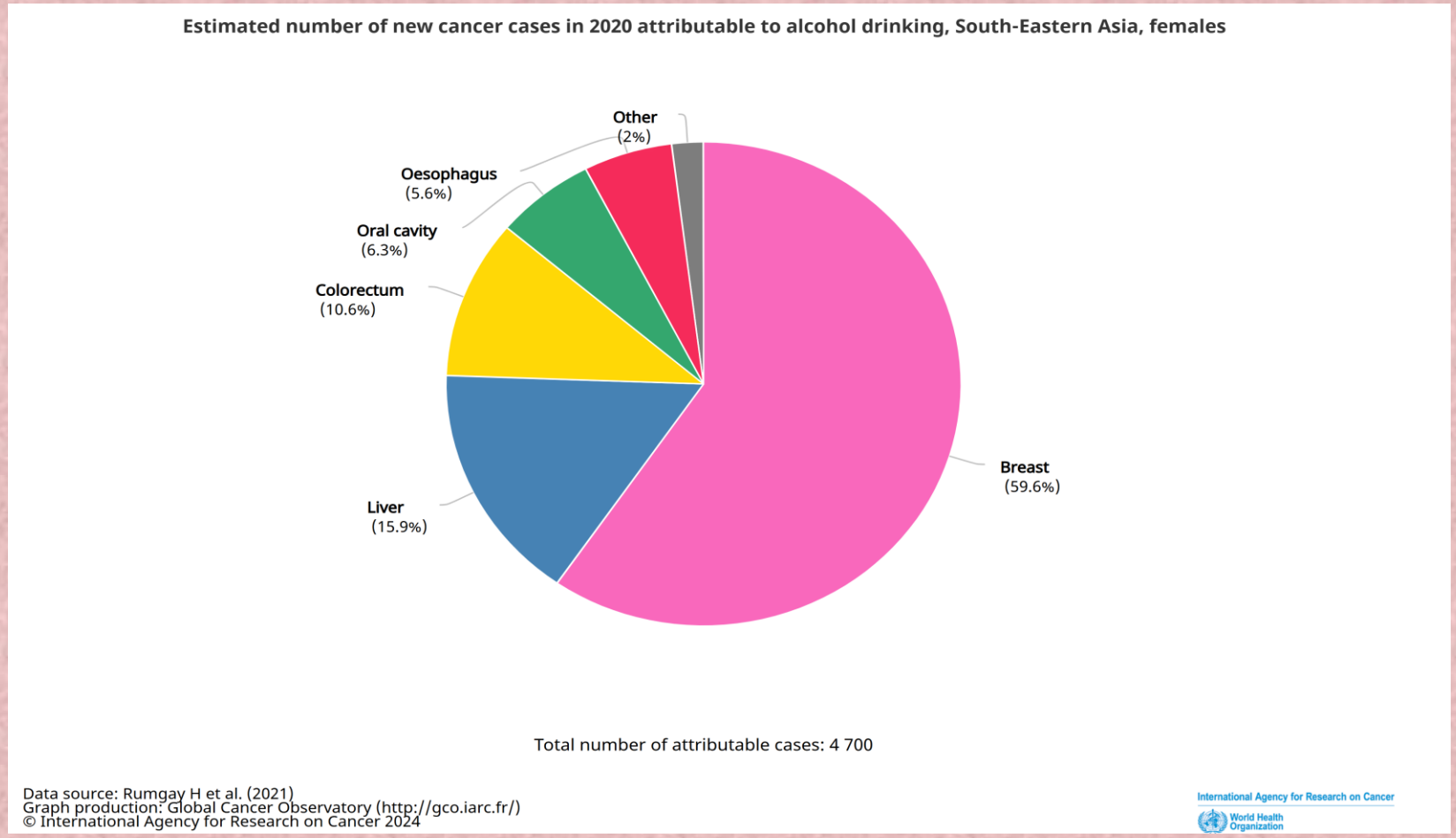
- Inadequate physical activity increases the risk of breast cancer

- Brisk walking for 30 min per day 5day per day week reduces breast cancer risk by 18%

Risk factors

Smoking and Alcohol consumption

- Smoking and alcohol consumption increase the risk of breast cancer
- Second-hand smoking is also a risk factor



Risk factors

Hormone replacement therapy

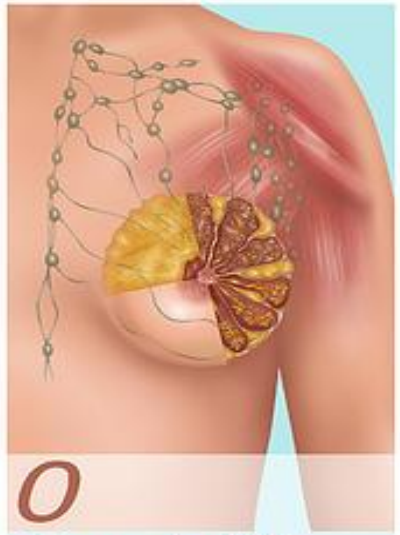
OCP & HRT with estrogen increases the risk of breast cancer.

Protective factor

Breastfeeding

- Reduces the risk of breast cancer
- Should be continued at least for one year

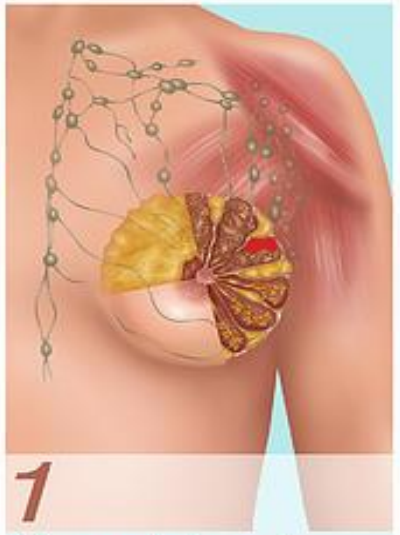
Stages of Breast Cancer



0

Abnormal cells in duct lining or sections of the breast. Increased risk of developing cancer in one or both breasts.

100%
SURVIVAL RATE



1

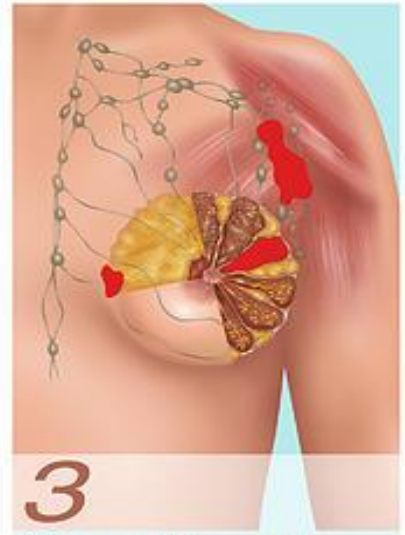
Cancer in breast tissue. Tumor is less than one inch across in size.

98%
SURVIVAL RATE

2

Cancer in breast tissue. Tumor is less than two inches across in size. Cancer may spread to the auxiliary lymph nodes.

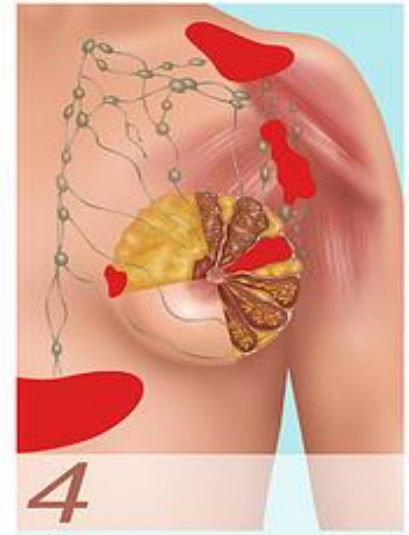
88%
SURVIVAL RATE



3

Tumor is larger than two inches across in size and cancer has spread to auxiliary lymph nodes. Possible dimpling, inflammation or skin color change.

52%
SURVIVAL RATE



4

Cancer has spread beyond the breast to other nearby areas of the body.

16%
SURVIVAL RATE

Early Detection

- Detecting cancer at an early stage
- Two strategies

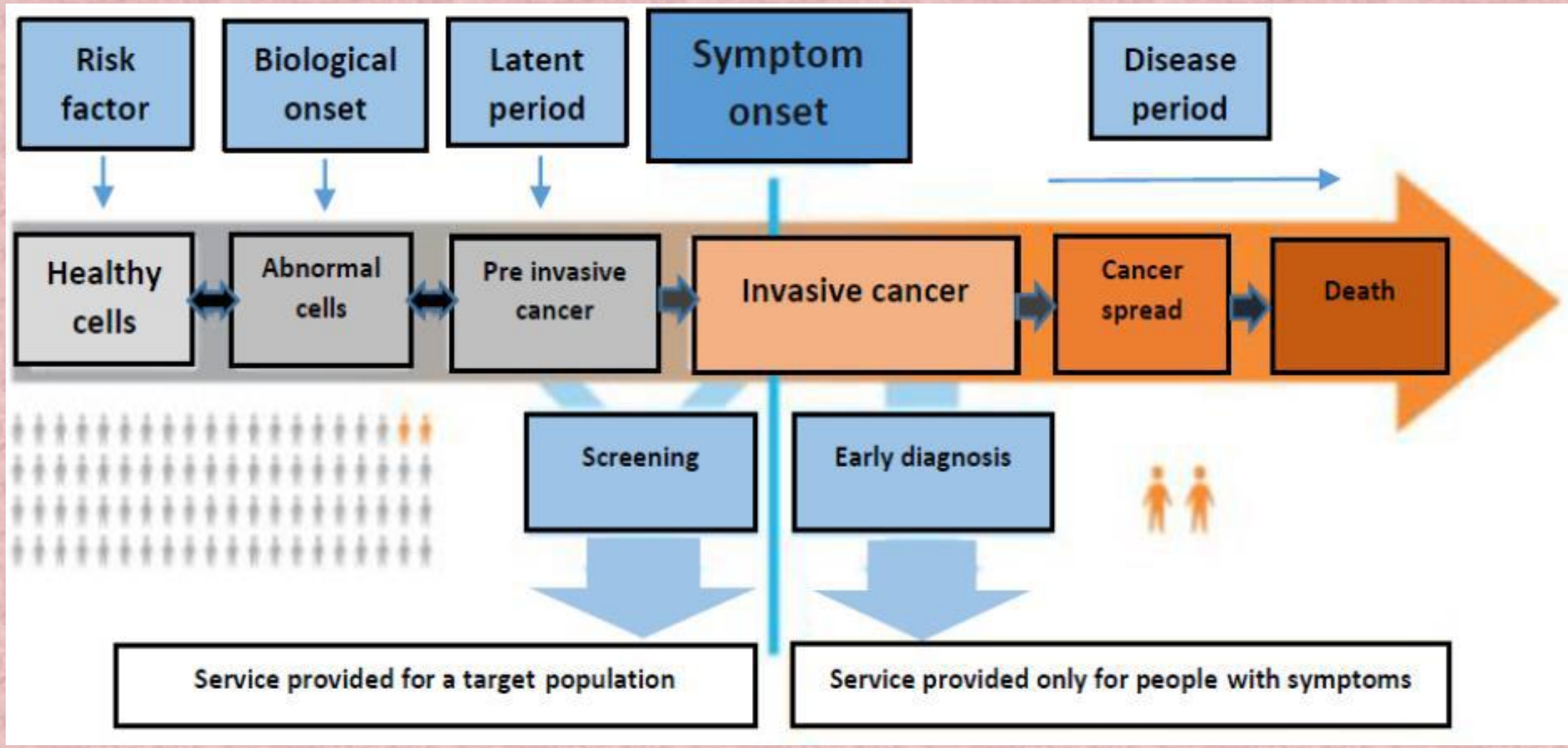
1. Screening

Detect a specific pre-cancer/ cancer before illness/ symptoms develop

2. Early diagnosis

Diagnosing cancer soon after symptoms develop when the chance of a cure is more likely

Distinguish screening from early diagnosis according to symptom onset



Early Detection of Breast cancer

Self Breast Examination

- Done by the individual

“ඔබ විසින්
ඔබ වෙනුවෙන්”

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Early Detection of Breast Cancer

Clinical Breast Examination

- Done by a trained healthcare provider
- Frequency
  - Age 20 to 40 : every 3 years
  - After 40 years: Annually

FNAC/Biopsy

USS/Mammography

Early Detection of Breast Cancer-

Specialized services

- Well Women Clinics
- Healthy Lifestyle Centres
- Breast clinics
- CEDC
- Surgical clinics

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Hope for a better future …….

Breast Cancer Awareness Month
EARLY
DETECTION
SAVES
LIVES
National Cancer Control Programme
OCTOBER 2023

Thank you