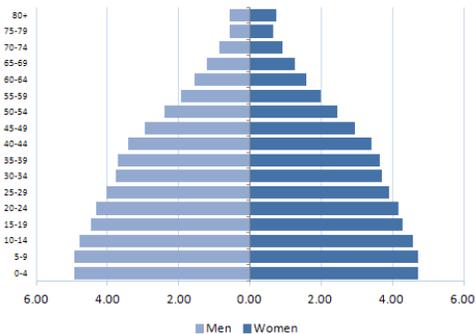


PANAMA

SOCIODEMOGRAPHIC INDICATORS¹



- **Total population:** 3,571,200
- **Average annual deaths:** 18,100
- **Life expectancy at birth (years):**
Total: 76 Male: 74 Female: 79
- **Adult literacy rate:** 93.6%
- **Gross national income US\$ per capita:** 6,570

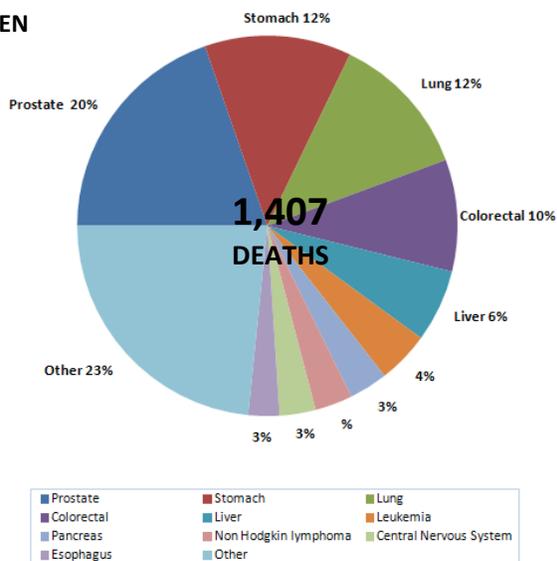
RISK FACTORS

Prevalence of:	Total (%)	Male (%)	Female (%)
Current tobacco smokers among adults ^{2,a}	14.0	23.0	4.0
Current use of any tobacco product among youth ²	12.7	15.1	10.2
Fruit and vegetable intake in adults ^{1,b}
Alcohol consumers, past 12 months ³
Low physical activity in adults ^{1,c}
Obesity among adults (BMI ≥30) ¹	23.2	19.7	25.1
HPV prevalence (women with normal cytology) ⁴

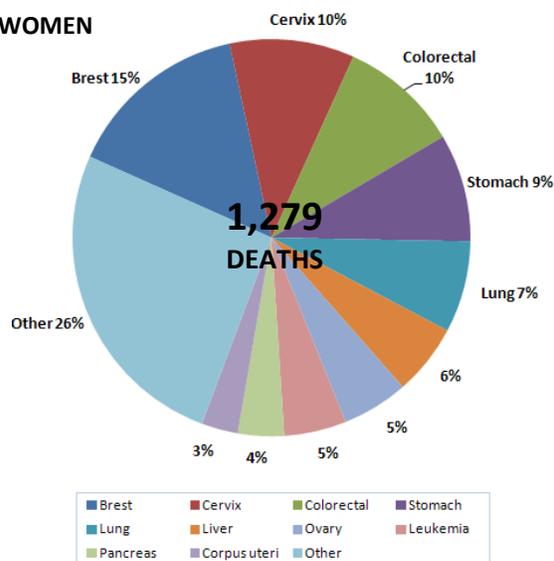
Notes: a: age-standardized prevalence of tobacco smoking in adults (15 years+), 2011; b: % who eat 5 or more servings of fruit and vegetables per day; c: % who are physically active for <600 met minutes; BMI: Body Mass Index; HPV: Human Papillomavirus.

CANCER MORTALITY PROFILE (2009)⁵

MEN

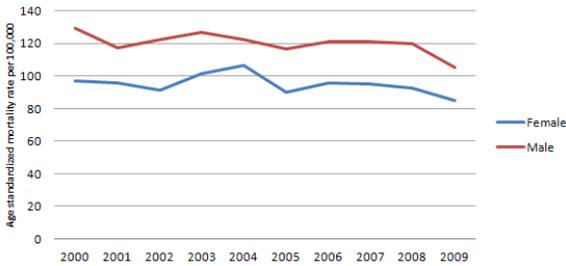


WOMEN

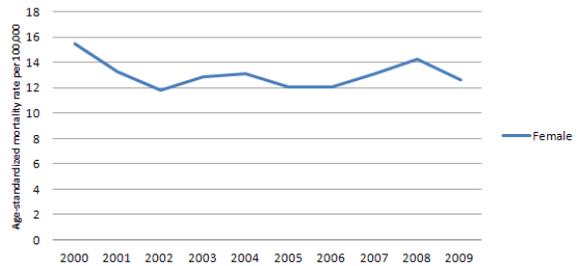


AGE-STANDARDIZED CANCER MORTALITY TRENDS (2000-2009)⁵

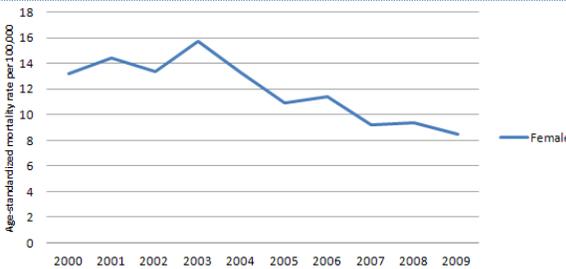
All cancer types except skin non-melanoma



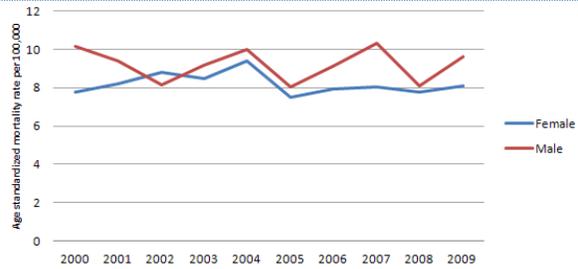
Breast cancer



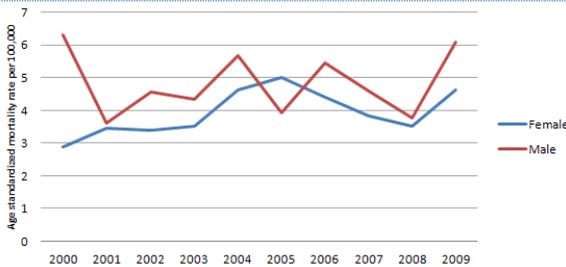
Cervical cancer



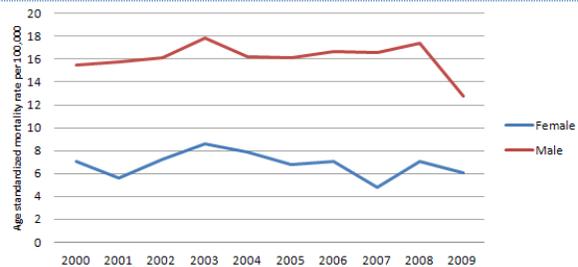
Colorectal cancer



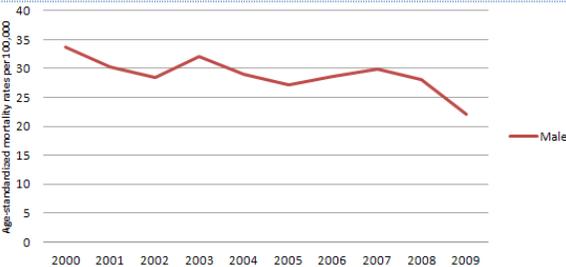
Liver cancer



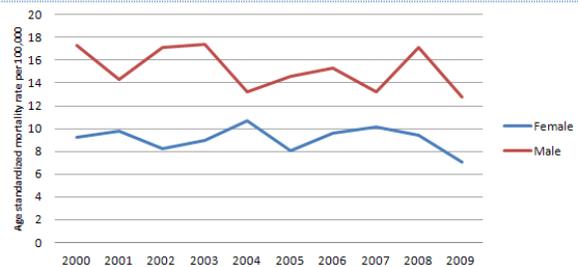
Lung cancer



Prostate cancer



Stomach cancer



Average annual percent change (AAPC) of age-standardized mortality rates, by cancer type (2000-2009)⁵

Cancer type	Sex	Number of deaths (2009)	ASMR (2009)	AAPC
All cancer types	Male	1,407	105.72	-1.18*
	Female	1,279	85.56	-0.93
Breast cancer		191	12.62	-1.5
Cervical cancer		130	8.48	-5.3*
Colorectal cancer	Male	134	10.03	-0.31
	Female	125	8.50	-0.54
Liver cancer	Male	87	5.03	0.18
	Female	74	6.48	3.17
Lung cancer	Male	172	13.16	-0.68
	Female	95	6.51	-1.37
Prostate cancer		277	22.07	-2.69*
Stomach cancer	Male	175	13.14	-1.82
	Female	112	7.44	-1.02

Notes: ASMR: Age-standardized mortality rate; AAPC: Average annual percent change; *: The AAPC is significantly different from zero at p=0.05.

CANCER PLANS AND CANCER REGISTRATION⁶

National integrated NCD policy, strategy or action plan	
Is there a national integrated NCD policy, strategy or action plan?	Not in effect
Is cancer included in the overall NCD plan?	Yes
First year of implementation	N/A
Cancer policy, strategy or action plan	
Is there a cancer policy, strategy or action plan?	Under development
First year of implementation	N/A
Cancer registry	
Is there a cancer registry?	Yes
Scope (national vs. subnational)?	National
Type of registry (population vs. hospital based)?	Population based
Last year with available data	2011

CANCER PRIMARY PREVENTION POLICIES

Tobacco control²	
Smoke free environments?	All public spaces are completely smoke free
Raised taxes on tobacco?	Taxes are 57% of the final price
Health warning labels about the dangers of tobacco?	Large warning with all appropriate features
Bans on tobacco advertising, promotion and sponsorship?	Ban on all forms of direct and indirect advertising
Overweight and obesity prevention and control⁶	
Is there a policy, strategy or action plan for reducing overweight/obesity? (First year of implementation)	Yes (2009)
Harmful use of alcohol prevention and control⁶	
Is there a policy, strategy or action plan for reducing harmful use of alcohol? (First year of implementation)	Yes (2008)
HPV vaccination in national immunization program?⁷	
Year of introduction/target age group/delivery strategy	2008/girls aged 10/mixed
Estimated 3-dose coverage (calendar year)	67% (2010)
HBV vaccination in national immunization program?⁸	
Year of introduction/target age group	1999/newborn-2m-4m-6m; 10-11 years; health workers
Estimated 3-dose coverage (2012)	85%

CANCER SCREENING

Cervical cancer	
Guidelines⁹	
Are there cervical cancer screening guidelines available?	Yes
Guideline recommendations (tests/age groups/frequency)	Pap test/21-59 years of age(or 2 years after sexual debut)/every 2 years HPV test/30-64 years of age/every 3 years
Availability and coverage of screening services	
Cervical cytology⁶	
Visual inspection with acetic acid ⁶	Generally not available in the public and the private sectors
Screening coverage⁹	
	14.1% with Pap test (2008)

CANCER SCREENING

Breast cancer	
Guidelines¹⁰	
Are there breast cancer screening guidelines available?	Yes
Guideline recommendations (tests/age groups/frequency)	BSE/all women/monthly CBE/all women/any contact with health care provider Mammography/baseline at 35; annual or every 2 years in women aged 40-50 years; annual in women over 50 years of age
Availability and coverage of screening services	
Clinical breast examination⁶	Generally available in the public and the private sectors
Mammography⁶	Generally not available in the public sector and generally available in the private sector
Screening coverage	...
Colorectal cancer	
Guidelines	
Are there colorectal cancer screening guidelines available?	...
Guideline recommendations (tests/age groups/frequency)	...
Availability and coverage of screening services	
Fecal occult blood test or fecal immunological test⁶	Generally available in the public and the private sectors
Exam or colonoscopy⁶	Generally not available in the public and the private sectors
Screening coverage	...

CANCER TREATMENT AND PALLIATIVE CARE

Radiotherapy ¹¹		Oral morphine ⁶	
Availability of services in the public health sector? ⁶	Generally available	Availability in the public health sector?	Generally not available
Total energy teletherapy units/million inhabitants	1.4	Covered by health insurance or publically funded?	Yes
Total radiotherapy centers	2	Appears in the national list of essential medicines?	Yes
Radiation oncologists	11	Opioid consumption¹²	
Medical physicists	7	Total morphine equivalence, per capita	3.21
Chemotherapy⁶		Community/home care⁶	
Availability of services in the public health sector?	Generally available	Are community/home care services available in the public sector for people with advanced stages of NCDs?	Generally available

Notes: ...: Information not available; N/A: Not applicable; m: months; BSE: breast self-examination; CBE: clinical breast examination.

Sources:

- (1) PAHO/WHO. Non communicable Diseases in the Americas: Basic Health Indicators 2011. Washington D.C, USA, 2011.
- (2) PAHO/WHO. Tobacco Control Report for the Region of the Americas, 2013. Washington D.C, USA, 2013.
- (3) WHO. Global Information System on Alcohol and Health, retrieved August 28, 2013, from <http://bit.ly/17zhuqZ>.
- (4) ICO. Information Center on HPV and Cancer, retrieved August 28, 2013, from <http://www.hpvcentre.net/>.
- (5) PAHO/WHO Mortality Database, 2012.
- (6) PAHO/WHO Survey on National Capacity for the Prevention and Control of Non-communicable Diseases, 2013.
- (7) Markowitz LE et al. Vaccine. 2012 Nov 20; 30 Suppl 5:F139-48.
- (8) PAHO/WHO Comprehensive Family Immunization Unit. Immunization Country Profiles, retrieved August 28, 2013, from <http://bit.ly/1dn4Td3>; Immunization Reported Coverage in the Americas, by vaccine, retrieved August 28, 2013 from <http://bit.ly/1dn59ZK>.
- (9) Ministry of Health of Panama. Normas de prevención, detección y guías de manejo y seguimiento de las lesiones preinvasoras del cuello uterino. República de Panamá. 2010, retrieved August 28, 2013 from: <http://bit.ly/14mtvPX>.
- (10) Ministry of Health of Panama. Normas técnico-administrativas y manual de procedimientos. Programa salud integral de la mujer. 2007, retrieved August 28, 2013 from: <http://bit.ly/15dve9Y>.
- (11) WHO/IAEA Directory of Radiotherapy Centers (DIRAC) Database, retrieved August 28, 2013 from <http://www-naweb.iaea.org/nahu/dirac/>.
- (12) University of Wisconsin. WHO Collaborating Centre for Pain Policy and Palliative Care, Opioid Consumption Database 2010, retrieved August 28, 2013, from <http://www.painpolicy.wisc.edu/countryprofiles/amro>.