

KCHS NEWSLETTER

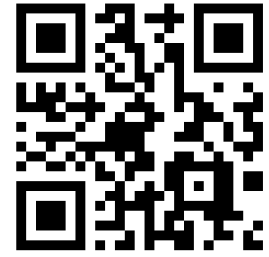
APRIL 2025

KCHS.ORG



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care |

SCAN ME



SCAN TO LEARN MORE ABOUT UROLOGY
SERVICES AT KCHS



INTRODUCING UROLOGY SERVICES AT KCHS

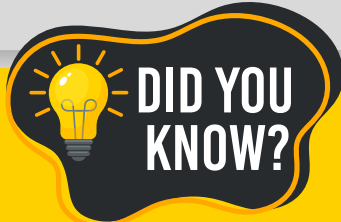
with DR. MATTHEW
RUTMAN

Dr. Rutman is Board Certified in Urology and Female Pelvic Medicine & Reconstructive Surgery, bringing expert care closer to home.

No matter your urologic needs, our team is dedicated to providing compassionate, patient-centered care using the latest advancements in treatment.

CALL 308-832-3400 to schedule.

BENIGN PROSTATIC
HYPERTROPHY
BLADDER DYSFUNCTION
BLADDER PROLAPSE
BOTOX TREATMENT
BPH
FEMALE INCONTINENCE
GENERAL UROLOGY
MEN'S HEALTH
NEUROGENIC BLADDER
OVERACTIVE BLADDER
PROSTATE LASER SURGERY
URETHRAL DIVERTICULUM
URINARY DISORDERS



These are just a few of the services offered at KCHS:

- 3D Mammography
- Behavioral Health & Counseling
- Bone Mineral Density (DEXA) Scan
- Cardiology Clinics
- Colonoscopy
- DOT Physical Exams
- E.N.T. Procedures
- General Surgery
- Low Dose Cancer Screening
- Orthopedic Procedures
- Pain Management
- Physical Therapy
- Podiatry
- Sleep Studies
- Swing Bed
- Wound Care

And so much more...



April Is Stress Awareness Month

Stress is a normal part of life, but too much can take a toll on your physical and mental well-being. Common signs of stress include headaches, trouble sleeping, irritability, and difficulty concentrating.

To manage stress, try deep breathing exercises, regular physical activity, and setting aside time to relax. Connecting with loved ones and maintaining a healthy diet can also help. If stress starts to feel overwhelming, don't hesitate to seek support from a healthcare professional. Taking small steps to manage stress can lead to big improvements in your overall health!



April Is Foot Health Awareness Month

Your feet carry you through life, so it's important to take good care of them! Keeping your feet clean and dry, wearing properly fitting shoes, and trimming your nails straight across can help prevent common issues like infections and ingrown toenails.

At KCHS, our team provides podiatry services, specialized nail care, and wound care to help keep your feet healthy.

Don't ignore foot discomfort—taking care of your feet today can prevent bigger issues down the road!



www.kchs.org



308.832.3400



727 East First Street, Minden