

# KCHS NEWSLETTER

JUNE 2025

KCHS.ORG

SCAN ME



SCAN THE CODE  
TO LEARN MORE  
ABOUT OUR  
PROVIDERS



KEARNEY COUNTY  
HEALTH SERVICES  
*Exceptional Family-Centered Care*

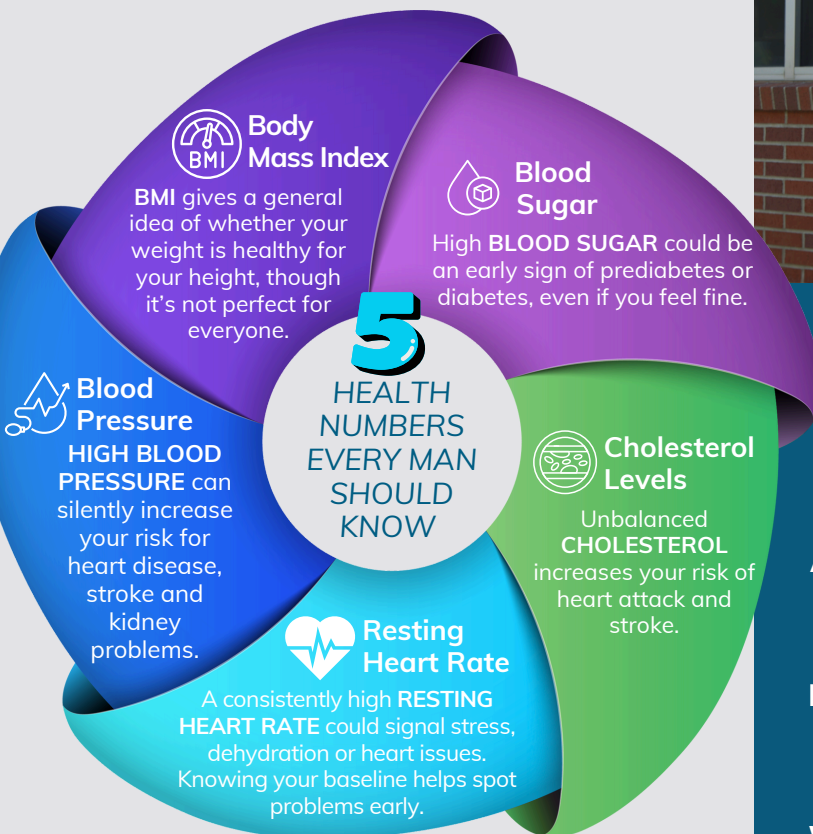


## MEN'S HEALTH MONTH

Men's Health Month is the perfect time to check in, tune up, and take charge of your health.

At KCHS, we're here to support men at every stage of life—from preventive screenings and wellness checkups to specialized care like urology and cardiac health. Whether it's been a while since your last visit or you just need help knowing where to start, our team is ready to help you take small steps that make a big difference.

Don't wait until something feels wrong—schedule your wellness appointment with one of our providers today and make your health a priority this June.  
Call 308-832-3400 for an appointment.



Whether you're dealing with frequent urinary problems, prostate concerns, kidney stones, or other urologic conditions, our experienced urologist, Dr. Rutman, provides personalized treatment in a comfortable, local setting.

With advanced diagnostics and outpatient procedures available close to home, KCHS makes it easier for men to get the specialized care they need—without the long drive or wait.



Colonoscopies at KCHS are a safe, effective way to detect colon cancer—one of the most common and treatable cancers when caught early.

Our skilled team provides compassionate care in a comfortable setting, making the process as simple and stress-free as possible.

If you're 45 or older, or have a family history of colon cancer, talk to your provider about scheduling a screening. A colonoscopy could be the most important appointment you make this year.

### Small Things Everyone Can Do to Be Healthier This Month

ONE  
SMALL  
CHANGE

Move for 10  
Extra Minutes

Check In On A  
Friend

Stretch When  
You Wake Up

Drink More  
Water

Check Your  
Blood Pressure

Get 7+ Hours of  
Sleep

Eat One More  
Vegetable A Day

Talk About Your  
Stress



www.kchs.org



308.832.3400



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