

# KCHS NEWSLETTER

MARCH 2026

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SCAN ME



SCAN FOR MORE RESOURCES



KEARNEY COUNTY  
HEALTH SERVICES  
*Exceptional Family-Centered Care*

COLORECTAL CANCER IS THE FOURTH MOST COMMONLY DIAGNOSED CANCER IN THE U.S. AND THE SECOND LEADING CAUSE OF CANCER DEATH. YET THIS CANCER CAN BE PREVENTED WITH SCREENING AND IS HIGHLY TREATABLE WHEN DETECTED EARLY.



COLORECTAL  
CANCER  
*awareness month*

## RISK FACTORS

### Risk Factors

- Age
- Family History

### Modifiable Risk Factors

- Smoking
- Obesity
- Poor Diet



DR. CADE CRAIG AND DR. CALEB SCHROEDER

## COLONOSCOPIES AT KCHS

Colonoscopies are one of the most effective tools for preventing colorectal cancer, allowing providers to detect and remove precancerous polyps before cancer develops.

At Kearney County Health Services, colonoscopies are performed close to home by a trusted care team focused on your comfort, safety and privacy.

If you're due for a screening or have been putting it off, our team is here to help you take that important step toward protecting your health. Call 308-832-3400

## REDUCE YOUR RISK

- Eat Healthy
- Quit Smoking
- Regular Exercise
- Maintain A Healthy Weight
- Limit Red & Processed Meat
- Add Calcium & Vitamin D
- Regular Screenings

## DID YOU KNOW?

YOU CAN DEVELOP  
COLORECTAL CANCER  
WITHOUT SYMPTOMS

SCREENING CAN  
PREVENT CANCER, NOT  
JUST FIND IT!

REMOVING POLYPS  
DURING SCREENING CAN  
STOP CANCER BEFORE IT  
STARTS



YOU CAN START THE  
SCREENING  
CONVERSATION WITH  
YOUR PRIMARY PROVIDER

## EARLY DETECTION

Early detection is key! With a 91% survival rate when caught early, getting screened for colorectal cancer starting at age 45 could save your life.



www.kchs.org



308.832.3400



727 East First Street, Minden