

KCHS NEWSLETTER

1 IN 8

Women will be diagnosed with breast cancer in their lifetime.

#1

Heart disease is the leading cause of death for women in the US.

MAY 2026

KCHS.ORG



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care



Women's health month

Your health is one of your most important investments—and it starts with a few simple steps.

SCHEDULE
YOUR
ANNUAL
CHECKUP

STAY UP TO DATE
ON RECOMMENDED
SCREENINGS

DON'T
IGNORE
CHANGES IN
YOUR BODY

ASK
QUESTIONS
AND TALK
OPENLY
WITH YOUR
PROVIDER

Care For Every Stage of Life

From busy schedules to caring for others, many women are used to putting everyone else first. But your health deserves that same attention...at **every age** and **every stage of life**.

Taking care of yourself isn't selfish, it's essential. At KCHS, you'll find the support, services and familiar faces you can count on; right here at home.

We're proud to offer a **wide range of services**. See just a few below.

Take the first step! Reach out and let us walk with you toward wellness.
Call 308-832-3400 for an appointment.



SCREENINGS

- Annual Wellness Exams
- Heart Risk Assessments
- Pelvic Exam/Pap Test
- Clinical Breast Exam
- Colonoscopy Screenings
- Blood Pressure Screenings
- Every Woman Matters
- Sleep Studies



LAB & IMAGING

- On-Site Testing & Blood Work
- Low Dose Lung Cancer Screen
- General & Vascular Ultrasound
- Calcium Score Heart CT Scan
- Diagnostic Lab Services
- Cardiac-Related Testing
- 3D Mammography
- CT / X-Ray / MRI



SPECIALTY SERVICES

- Urology Services
- Orthopedics
- Obstetrics/Gynecology
- ENT Specialty Care
- Cardiology Clinics
- Pulmonology Services
- General Surgery Services
- Podiatry Services



CARE & WELLNESS

- Immunizations
- Physical Therapy
- Cardiac Rehab
- Pain Management
- Wound Care
- Senior Life Solutions
- Chronic Condition Care
- Counseling