

# KCHS NEWSLETTER

JULY 2026

KCHS.ORG

SCAN ME



KEARNEY COUNTY  
HEALTH SERVICES  
Exceptional Family-Centered Care |

SCAN THE CODE FOR KCHS SPECIALTY SERVICES



## PODIATRY

- Foot or Heel Pain Slowing You Down
- Numb, Tingling or Burning Feet
- Changes in Toenails
- You Have a Sore or Wound That Isn't Healing
- Bunions, Hammertoes or Other Problems Affecting Comfort

## UROLOGY

- More Frequent Bathroom Breaks
- Sudden or Urgent Need to Go
- Bladder Leaks or Accidents
- Changes in Urinary Habits
- Urinary Symptoms Affecting Your Everyday Life



5 SIGNS IT'S  
TIME TO SEE  
A SPECIALIST

- You Experience Chest Pain, Pressure or Discomfort
- You Become Short of Breath More Easily
- Your Blood Pressure Remains High
- Family History of Heart Disease
- Risk Factors like High Cholesterol, Diabetes or Tobacco Use

- Pain Has Lasted More Than A Few Months
- Pain is Interfering With Your Daily Activities
- You've Tried Other Treatment With No Relief
- Back, Neck or Nerve Pain
- You're Adjusting Your Life Around Your Pain

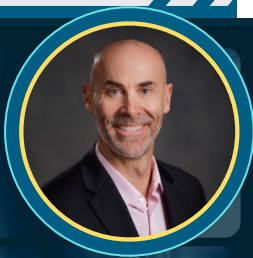
## Specialty Services at KCHS

308-832-3400

When it comes to specialty healthcare, quality care may be closer than you think. Kearney County Health Services offers access to a variety of specialty services **right here in Minden**, connecting patients with experienced providers without the added travel. With **convenient local appointments** and **minimal wait times for many services**, getting the care you need can be easier than expected.

## CARDIOLOGY

## PAIN MANAGEMENT



## Orthopedics at KCHS

WITH DR. JEFFREY SCHOPP AND DR. SEAN GRIGGS

You don't have to travel far for expert orthopedic care. KCHS offers evaluation, treatment and surgical solutions for a variety of orthopedic conditions, from everyday aches and pains to complex joint issues.

Advanced services including total hip, knee and shoulder replacements are available right here in Minden.

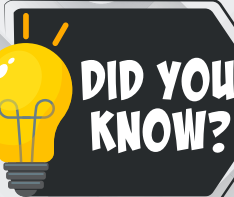
If a wound has been slow to heal or keeps returning, it may be time to seek specialized care. Advanced wound treatment is available close to home at KCHS.

Many common surgical procedures can be performed right here at KCHS. Receiving care close to home can make treatment and recovery more convenient.

Pulmonologists treat more than lung disease. They help manage conditions such as asthma, COPD and sleep apnea.

Feeling overwhelmed, withdrawn or persistently sad doesn't have to be something you face alone.

Behavioral health services provide support, coping tools and hope.



KCHS offers a variety of women's health services, including procedures and surgeries performed locally.

ENT specialists treat more than ear infections, providing care for conditions affecting the ears, nose, throat, sinuses and even issues like dizziness and hearing concerns.