

NEWS RELEASE

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For Immediate Release

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Free Colon Cancer Screening Test Kits

Southwest Nebraska Public Health Department (SWNPHD) has FREE fecal occult blood test (FOBT) kits available at their McCook office to screen for colorectal cancer. They are also available by mail once the screening form has been completed and sent back to SWNPHD. Screening forms are available on the SWNPHD website.

Screening tests are used to look for colorectal cancer when a person does not have any symptoms.

“The test kits are for anyone ages 45-75. You may pick a kit up at the McCook office,” explains SWNPHD Health Educator Amanda Ebert, RN. “Follow the enclosed directions on the kit and then mail the kit in the enclosed envelope to the lab for testing. Test results will be mailed back to you.”

Colorectal cancer is the second deadliest form of cancer in the U.S. affecting both men and women. According to the Center for Disease Control and Prevention your risk of getting colorectal cancer increases as you get older, with more than 90% of cases occurring in people aged 50 or older. Approximately 1 in 23 men and 1 in 25 women will be diagnosed with colorectal cancer in their lifetime. Undergoing screening can stop cancer before it starts or identify it early enough to provide the best prognosis for recovery.

Risk Factors for Colorectal Cancer:

- Men and women over the age of 50
- Inflammatory bowel disease such as Crohn’s disease or ulcerative colitis.
- A family history of colorectal cancer or colorectal polyps.
- Obesity, alcohol consumption and tobacco use.

For more information on programs at SWNPHD view our website at www.swhealth.ne.gov. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby’s

You can also follow us on Facebook and Twitter. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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