

## 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 both their McCook and Imperial offices to screen for colorectal cancer. SWNPHD is providing these kits through a grant with the Nebraska Department of Health and Human Services. Screening tests are used to look for colorectal cancer when a person doesn't have any symptoms. The best method of screening for colorectal cancer is to have a colonoscopy.

"The test kits are for anyone ages 50-75. Pick yours up at the McCook or Imperial office or at Quality Healthcare Clinic in Benkelman," explains SWNPHD Health Educator Crystal Lakey, LPN. "After you use the kit, mail the kit in the enclosed envelope to the lab for testing."

Colorectal cancer is the second leading cancer killer of cancers 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 age 50 or older.

#### Risk Factors for Colorectal Cancer:

- 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](http://www.swhealth.ne.gov). SWNPHD is located at 404 West 10<sup>th</sup> Street, McCook – one block north of Arby's, and 501 Broadway, Imperial – 5<sup>th</sup> Street entrance.

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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