

NEWS RELEASE

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For Immediate Release  
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## **Colon Cancer Screening Encouraged for Nebraska Men and Women ages 45 to 74**

Southwest Nebraska residents over the age of 45 may be eligible for free colon cancer screening services through Southwest Nebraska Public Health Department (SWNPHD). Not counting some kinds of skin cancer, colorectal cancer is the fourth most common cancer in men and women. It is the fourth leading cause of cancer-related deaths in the United States. In the last 5 years over 1,600 people died from colon cancer disease in Nebraska, and there was an average of 900 new cases of colon cancer diagnosed in the state each year, including individuals younger than age 50.

“We want to make a difference in the lives of our community members, their families, and friends,” said Paula Wimer of SWNPHD. “That is why we are offering free FIT Kits to Nebraska residents who are 45 to 74 years old, as a part of Colon Cancer Awareness Month. Community members can call our office and get their at-home testing kit. When colorectal cancer is found early and treated, the five-year survival rate is as high as 90%.”

FIT Kits have been found to be effective, easy to do (within 5 minutes time), there are no dietary restrictions, and no liquids or prep to take prior to the test. Simply follow the directions on the kit, then mail the kit in the enclosed envelope to the lab for testing. The test results will be mailed back to you to share with your doctor.

“More Nebraskans are receiving colon cancer screenings than ever before which is encouraging,” said Wimer. “But the state’s colon cancer incidence rate is higher than the national rate. There’s still more progress to be made and more lives to be saved.”

Enrollment forms, information about colon cancer, as well as FIT home testing kits are available through SWNPHD by calling 308-345-4223.

Additional information about the Nebraska Colon Cancer Screening Program in the Nebraska Department of Health and Human Services is available by calling 1-800-532-2227 or can be found at [preventionmatters.ne.gov](http://preventionmatters.ne.gov).

Contact Paula at 308-345-4223 or view the website at [swhealth.ne.gov](http://swhealth.ne.gov) which contains many resources and additional information helpful to prevent disease, promote and protect health. Follow SWNPHD on Facebook, TikTok, You Tube and Instagram. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties.

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