



FOR IMMEDIATE RELEASE

MEDIA CONTACT

Cheri Farris
308.220.8020
cfarris@pphd.ne.gov

March 8, 2024

March Is Colorectal Cancer Awareness & Prevention Month

Panhandle Public Health District (PPHD) has joined the annual statewide effort organized by the Nebraska Cancer Coalition to heighten awareness of lifesaving colorectal cancer screening during Colorectal Cancer Awareness month.

Colorectal cancer is the second deadliest cancer in Nebraska. Incidences of colorectal cancer diagnosis and death remain higher in Nebraska compared to overall U.S. rates. Additionally, rates of colorectal cancer have increased in recent decades among individuals younger than 50. So much so that the official recommended age for colorectal cancer screening has been reduced from 50 to 45.

“Colorectal cancer screening is critical, as symptoms often only become prevalent in later stages of the disease when it’s much more difficult to fight back. It’s important for Nebraskans ages 45 and older speak with their health care provider about screening as soon as possible, especially those who have postponed appointments because of the pandemic,” said Panhandle Colon Cancer Coalition Coordinator Cheri Farris. “Colorectal cancer is preventable, treatable and beatable, but you don’t know if you don’t go.”

“Speaking with your primary care provider about cancer screening is something we encourage all Panhandle adults to do. Take ownership of your health and don’t be afraid to advocate for yourself,” stated Cheri Farris. “Physicians and healthcare providers appreciate patients who do so.”

There are multiple safe, affordable options available for screening, including at-home test kits. Individuals are encouraged to contact their primary care provider to start a conversation about screening. Or, if you are 45 -74 years old, contact Cheri Farris at 308.220.8020 or cfarris@pphd.ne.gov to find out how to receive your free at home test kit today. Additionally, you can register for the test kit online at <https://tinyurl.com/52n37f23> Fight colon cancer today by learning what your poo is telling you!

About the Cancer Coalition

The [Nebraska Cancer Coalition](#) (NC2) is a nonprofit organization that serves all 93 counties in Nebraska. NC2’s membership and partners include health systems, providers, associations, cancer survivors and individuals. Together we aspire to achieve our mission of connecting people and resources to strengthen cancer prevention, detection, and quality of life in Nebraska. NC2 works towards implementing the goals and objectives of our strategic plan. Our vision is to ultimately Conquer Cancer Together. Panhandle Public Health District is a member of the Nebraska Cancer Coalition.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website www.pphd.ne.gov.