

MILLS COUNTY PUBLIC HEALTH

PO Box 209, 101 Central St., Ste B11, Glenwood, IA 51534 (712) 527-9699 (712) 527-4711 www.mcph.millscoia.us



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Mills County Public Health
Sheri Bowen, Agency Adm. – 527-0137

Early Detection of Colon Cancer Key to Survival

The Great Plains Colon Cancer Task Force provides free test kits for Mills Co. Residents

If you're over 50, you should be tested regularly for colon cancer. The American Cancer Society urges you to talk to your physician about colonoscopy, fecal occult blood tests (FOBT), or other tests for this disease.

During the month of March, the American Cancer Society has partnered with the Great Plains Colon Cancer Task Force and the Fremont Area Medical Center to provide free FOBT kits to anyone over 50. The FOBT test kits are available in Omaha at Walgreens, Baker's, Hy-Vee, Kohll's Pharmacy, and at U-Save and Pharmacy Express in No Frills and Bag 'N Save stores; in Blair at Blair West Pharmacy and Barr Pharmacy, and through the Faith Community Nursing Network; **in Mills County, Iowa through the Mills County Public Health Department, Pamida Pharmacy, Ruffner Pharmacy, and Medicap Pharmacy**; and in Fremont at A&A, Food 4 Less, Hy-Vee, Miller Pharmacies, Wal-Mart and Walgreens.

"Now is the time to take an active role in your health," said Sheri Bowen, Agency Administrator at Mills Co. Public Health. "We are partnering with the Great Plains Colon Cancer Task Force and our local Pharmacies to provide you with a free FOBT Test. By completing this simple screening in the privacy of your own home, you will be taking a positive step toward a healthy future. Other steps that can improve your long-term health include exercise (decreases your risk of colon cancer by 50%); eating a healthy diet and eliminating the use of tobacco products, said Bowen. Act today to improve your chances of a long healthy life."

Call Mills County Public Health at 527-9699 for additional information. You can also access the American Cancer Society website, www.cancer.org, for a listing of additional resources.