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For Immediate Release
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Raise Awareness of Colorectal Cancer

Southwest Nebraska Public Health Department (SWNPHD) is proud to participate in the Nebraska Cancer Coalition's annual campaign to raise awareness of colorectal cancer and the importance of lifesaving screening. This statewide effort happens during Colorectal Cancer Awareness Month in March.

Colorectal cancer remains the second leading cause of cancer-related deaths in Nebraska, with incidence and mortality rates in the state exceeding national averages. Many are unaware that the recommended age for colorectal cancer screening has been lowered from 50 to 45.

- In 2025, the American Cancer Society estimates there will be 940 new cases and 360 deaths from colorectal cancer in Nebraska.
- Screening rates remain a challenge, with only 64% of Nebraskans aged 45-75 up to date on screenings as of 2022, and only 38% of those aged 45-54 current on their screenings.
- By 2030, colorectal cancer is expected to become the leading cause of cancer-related deaths among those aged 20 to 49. If you are within this age range and have symptoms, talk to a healthcare provider.

“Colorectal cancer screening saves lives by detecting the disease early, when treatment is more effective, or can prevent it altogether,” explains Paula Wimer, Program Manager at SWNPHD. “If you are 45 or older or have a family history of colorectal cancer, talk to your healthcare provider about getting screened today. Colorectal cancer is preventable, treatable, and beatable—but you won’t know unless you go.”

Taking ownership of your health by discussing your family history and screening options with a primary care provider is a vital step toward prevention. Multiple safe and affordable screening options are available, including at-home test kits. Additionally, the public can show support for colorectal cancer awareness by wearing blue on Friday, March 7, and sharing photos on social media using the hashtag #DressInBlueNE and #NC2.

For more information on colorectal cancer screenings or local resources, call SWNPHD at 308-345-4223 or visit www.necancer.org/Colorectal-Cancer. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. Follow SWNPHD on Facebook, YouTube, and Instagram.

About Nebraska Cancer Coalition

The [Nebraska Cancer Coalition](http://www.necancer.org) (NC2) is a nonprofit organization that serves all 93 counties in Nebraska. Its mission is to connect people and resources to improve cancer prevention, detection, and quality of life. Through partnerships with health systems, providers, associations, and individuals, NC2 works to achieve its vision of conquering cancer together.

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