



News Release

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Columbus Community Hospital encourages annual health screenings

For Immediate Release

(COLUMBUS, Neb.) – The COVID-19 pandemic forced many Americans inside and away from hospitals — except in emergencies. Because of the restrictions, some people did not complete their annual health screenings. That's why Columbus Community Hospital is stressing the importance of health screenings, including cancer screenings.

Since cancer encompasses such a large group of diseases, it can cause almost any sign or symptom. And sometimes, cancer is a silent disease with no symptoms in the early stages, so undergoing recommended cancer screening tests is important.

The American Cancer Society recommends all women 40 and older have annual mammograms and clinical breast exams (CBEs). All women in their 20s and 30s should have a CBE every three years.

Mammography is the gold standard for breast cancer screening. CCH offers 3-D mammography, a system that detects tumors hidden by overlapping breast tissue and provides a more accurate diagnosis than standard 2-D digital mammography.

"Breast tissue and cancers can look similar on mammograms," said Dr. Anthony Krueger, radiologist with CCH's North Central Radiology. "3-D mammography helps by separating the normal breast tissue from the cancer."

The American Cancer Society also recommends that beginning at age 50, both men and women at average risk for colon cancer undergo screening. Some major organizations recommend screening should begin at age 45.

CCH's Columbus General Surgery has experienced surgeons who are ready to help.

"Cancer of the colon usually develops from polyps — tiny, precancerous growths that form along the inner walls of the bowel," said Dr. Myron Morse of Columbus General Surgery. "Colonoscopies can help find polyps before they turn cancerous, and we can remove them without performing a major operation."



It is easier to treat and beat cancer when you detect it early, because the cancer is less likely to have spread to other areas.

CCH encourages people to follow the guidelines and schedule their annual screenings today.

For more information about 3-D mammography or colonoscopies, talk with your primary care doctor or visit www.columbushosp.org

Most health insurance plans will cover mammograms 100%, so there's no cost to the patient. CCH encourages patients to check with their health insurance company first to make sure their mammogram is covered.

Health insurance policies may cover colonoscopies without a deductible or co-pay, but each plan is different. Again, CCH advises patients to check with their insurance companies before scheduling their colonoscopy.

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