

A FREE Publication



HealthBeat

MAGAZINE

**THERAPY &
BREAST CANCER
AWARENESS**

**NOW IS THE TIME
TO SCHEDULE YOUR
MAMMOGRAM**

Month

**IT'S ABOUT TIME
TO GET FLU SHOTS**

**BCH INTRODUCES
NEW DOCTORS**

**MEDICARE OPEN
ENROLLMENT**

**SUPPORT GROUP
MEETINGS**



October 2022

Assistance Available During Medicare Open Enrollment Period

Letting your Medicare Part D drug insurance automatically roll over from year to year could cost you hundreds, even thousands, of dollars in unnecessary costs. The Nebraska Senior Health Insurance Information Program (SHIIP) volunteers are available to help area residents understand their option.

Medicare's open enrollment period is Oct. 15 through Dec. 7. Medicare health and drug plans can make changes each year. They may in cost, coverage, and what providers and pharmacies are included in their networks. The open enrollment period is the time when those with Medicare can change their health plan and prescription drug coverage to better meet their needs. Information on next year's plans will be available beginning in October.

Medicare participants should receive materials such as "Evidence of Coverage" and "Annual Notice of Change" documents. If their plans are changing, they should make sure their plans will still meet their needs for the coming year. If they are satisfied that their current plans will still meet their needs for the next year, and the plans are still being offered, they don't need to do anything. If their plan is changing, not available or no longer meets their

needs, they will need to choose a new plan that best fits their needs. SHIIP volunteers can help them do that.

All participants can view plan information and compare plans by calling 1-800-MEDICARE or at Medicare.gov.

SHIIP volunteers can help people navigate these systems and understand their options.

SHIIP is part of a national network funded by Medicare, which of-

fers unbiased counseling and information about Medicare. SHIIP does not sell or promote any insurance products. For information about Medicare, contact SHIIP at (800) 234-7119.



Husker Rehabilitation & Wellness Centers, P.C.

Physical & Occupational Therapy

**504 E Street
Fairbury**

(402)729-2639

Beatrice Community Hospital and Health Center
invites you to join us during our

Infant Garden Bereavement Service

An invitation for families and friends whose lives
have been touched by pregnancy & infant loss

October 16, 2022

2:00 - 2:30pm

St. Joseph Cemetery, Beatrice, Nebraska
(U.S. Hwy 77 North of Walmart)

Bereavement Service led by BCH Chaplain Sharon Schuster

In case of inclement weather, service will be hosted
at the Beatrice Community Hospital Chapel

National Eat Better, Eat Together Month

During October encourages families to gather for mealtimes. When families enjoy their main meals together they tend to be more balanced food choices. Also, what better way to spend time together and share each other's daily adventures?

ONE MEAL EVERY DAY

With the busy lifestyles of today's families, it may seem impossible to eat together for every meal. Make it a goal to eat at least one meal a day as a family.

Another way to make this possible is to prepare several meals ahead of time. Make-ahead-meal menus help simplify and organize meal planning and shopping lists.

Get everyone involved in the cooking and table setting. No matter the age of the family member, no one should be left out. From forks to boiling water, there's a task for everyone. Don't forget the cleanup!



**ZUMBA
ARM CHAIR AEROBICS
TAI CHI
WATER FITNESS
SENIOR YOGA
LIFTING WITH FREE
WEIGHTS
BODY PUMP**

A VARIETY OF CLASSES ARE AVAILABLE AND ANY
OF OUR INSTRUCTORS CAN HELP YOU FIND ONE OR
MORE THAT FIT YOUR HEALTH NEEDS AND GOALS.
A NON-MEMBER MAY PARTICIPATE IN CLASSES BY
PURCHASING A DAY PASS OR PUNCH CARD.



**MARTIAL ARTS CLASS OFFERED
BY FAIRBURY FAMILY MARTIAL
ARTS-NEIL STROKLUND**

**Fitness
At Every
Age**

Inspiring a Lifetime of Health

**FITNESS CENTER
HOURS**
Mon-Fri, 5am-9pm
Sat, 7am-5pm;
Sun 1-5pm

jchealthandlife.org

JEFFERSON COMMUNITY
Health & Life

**2200 H St., Fairbury
402-729-6139**

Monthly Support Group Meetings

SUPER SIBLING CLASS

Oct. 11 @ 6:30-8 p.m.
BCH Conference Center
U.S. Hwy 77 North,
Beatrice
Introduces young siblings
to life with a new baby in
the family.
Pre-registration required
402-223-6529

PARKINSON'S SUPPORT GROUP

Oct. 12 @ 10-11:30 a.m.
BCH Conference Center
U.S. Hwy 77 North,
Beatrice
Led by BCH Rehabilitation
Therapists

402-223-7341

GRIEF SUPPORT SERIES
by Cottonwood Hospice at
JCH&L, Tuesdays starting
Oct. 18, 1:30 p.m.

**BREASTFEEDING
SUPPORT GROUP**
Oct. 20 @ 6:30-7:30 p.m.
BCH Women's &
Children's Clinic
U.S. Hwy 77 North,
Beatrice
402-223-7315

**HIP & KNEE JOINT CAMP
SEMINAR**
Oct. 20 @ 6:30 p.m.

BCH Conference Center
U.S. Hwy 77 North,
Beatrice
Designed for anyone
thinking about or planning
for hip or knee replacement
surgery.

Free. No pre-registration.
402-223-7280

**ALZHEIMER'S CAREGIV-
ER'S SUPPORT GROUP**
Nov. 10 at 6:30 p.m. in the
JCH&L Fairbury Clinic Con-
ference room. Program by
Alzheimer's Association.

**CHILDBIRTH
PREPARATION CLASS**

Nov. 19 @ 9 a.m.-5 p.m.
BCH Conference Center
U.S. Hwy 77 North,
Beatrice
Pre-registration required
402-223-6529

**BREASTFEEDING BASICS
CLASS**
By Appointment
402-223-6529

**GRIEF SUPPORT
CLASSES**
Led by BCH Chaplain
Sharon Schuster
402-223-6843

**The Loss of a Child Grief
Support Group**, Marysville, will
host their 11th annual Memory
Service on Sunday, Oct. 9th, at
2:00 p.m. at Mt. Calvary Lu-
theran Church Fellowship Hall.
Parents, family members and
friends of the children who have
died will gather together to
celebrate the lives and memo-
ries of our beloved children. If
you have lost a child at any age
you are especially welcomed to
attend.

The Memory Service is hosted

by the Loss of a Child Grief
Support Group and spon-
sored by Community Memorial
Healthcare (CMH).

The Loss of a Child Grief
Support Group is sponsored by
CMH and meets at 7:00 p.m. on
the second Thursday of each
month at the hospital's South
Plaza Conference Room.

For more information about
the memory service for the Loss
of a Child Grief Support Group,
please contact Cheryl Stohs at
785-562-6180.

Holiday Grief Support Group Planned by Cottonwood Hospice

Cottonwood Hospice will hold a Holiday Grief Sup-
port Group Oct. 18-Dec. 27 at JCH&L Fairbury Clinic
Conference room, 2200 H St.

Sessions will be held from 1:30 p.m. to 3 p.m. every
other Tuesday starting Oct. 18. Sessions are set for Oct.
18, Nov. 1, Nov. 15, Nov. 29, Dec. 13 and Dec. 27.

There is no cost, and the sessions are open to anyone
who has lost a loved one in the past year.

Pre-registration is requested for planning purposes.
Please call Cottonwood Hospice at 402-228-8501.



Mobile Screening Services

at Cedarwood Assisted Living, 828 22nd St, Fairbury, NE

Thursday, Nov. 3, 2022--8am-1pm

To schedule your appointment, call 402-587-5193

Please leave a message including your name, number we can reach you at, and type
of screening you would like to have an appointment for.
Cardiovascular Screenings provided by Bryan Health

Atrial Fibrillation Screening:

Atrial fibrillation is the most common heart arrhythmia, af-
fecting 2.7 million Americans. Anyone is eligible. Cost: \$10
To be eligible for the following studies you must be at least 65
years old or age 55 with certain personal risk factors or family
history. Please discuss your eligibility with the scheduler listed
above.

Peripheral Arterial Disease Screening:

A painless, non-invasive test called the anklebrachial index
(ABI) compares the blood pressure in the ankles to the
blood pressure in the arms to determine how well blood is
flowing. Cost: \$20

Abdominal Aortic Ultrasound Screening:

This painless, non-invasive screening detects the presence
of an aneurysm in the abdominal aorta (4 hr. fast required).
Cost: \$40

Carotid Artery Ultrasound Screening:

This painless, non-invasive screening detects plaque
deposits in the carotid arteries. These plaque deposits are
a leading risk factor for stroke. Cost: \$40

JEFFERSON COMMUNITY
Health & Life Bryan Health

2200 H St., Fairbury, NE

BLUE RIVERS AREA AGENCY ON AGING

Independence starts with you

We LOVE what we do

AGED & DISABLED MEDICAID WAIVER

CARE MANAGEMENT

CHOICES - LONG TERM CARE OPTIONS

FAMILY CAREGIVER SUPPORT

HANDYMAN & HOUSEKEEPER

HEALTH PROMOTION

INFORMATION & ASSISTANCE

LEGAL ASSISTANCE

NUTRITION SERVICES

PUBLIC TRANSPORTATION

SENIOR CENTERS

CONSUMER PROTECTION

Doing our best to keep you or your loved one safe and in the home they love!



**SERVING SOUTHEAST NEBRASKA IN GAGE,
JEFFERSON, JOHNSON, NEMAH, OTOE,
PAWNEE, RICHARDSON, AND THAYER COUNTY
FOR OVER 45 YEARS**

Respite Care info for helping out caretakers will
also be available as well!
We are here to help you help them!



Dr. Scott Vonderfecht



519 Main Street
402-629-4280

**Monday, Tuesday &
Thursday 8a.m. - 5p.m.**

**Call to schedule your
appointment today!**

It's time to
**THINK
PINK!**



The best prevention is early detection!

- 1) Have regular mammograms
- 2) Have annual clinic exams by a physician
- 3) Practice breast self-awareness

Jefferson Community Health & Life



**Radiology is a certified
pink ribbon facility —
providing
3D mammography!**

***In honor of Breast Cancer Awareness
Month, everyone who has a
mammogram in October will
receive a Colby Ridge popcorn treat!***

Call JCH&L Radiology for your
appointment at **402-729-6841**.

JEFFERSON COMMUNITY

Health & Life

RADIOLOGY

2200 H St., Fairbury

JCHHealthandLife.org



Book Donation To Pediatric Department

Madyson Nutsch
donated children's books
to JCH&L Fairbury Clinic
and JCH&L Sports
Medicine and Rehab
Services pediatric
department for children
to enjoy while waiting.

STARR★BUCKOW
Insurance Agency, Inc.

417 5th St. • Fairbury, NE 68352
402-729-6121
agents@starrbuckow.com

Bill Runge
Barry Schwab
Brooke Schwab



523 E St.,
Fairbury
402-729-6162

436 Lincoln Ave,
Hebron
402-768-6651

Andrea
Steele-Baumann, OD

EYECARE
For The
ENTIRE
Family



High School Students Get Hands-On Experience

Nine Schools Represented at JCH&L-Hosted Career Academy Event

Twenty-eight area high school students tried their hand at suturing bananas, giving shots to oranges, taking blood pressures, playing a game as if it was laparoscopic surgery, learning about radiology, and taking blood samples on Thursday, Sept. 29, at the Southeast Community College Career Academy event at Jefferson Community Health & Life in Fairbury. They also learned about medical terminology and health care careers.

"We are always pleased for opportunities for Health Career Academy students to learn about the many health care careers, and have the opportunity to try hands-on activities," said Adam Niederklein, SCC Career Academy Coordinator for the Southeast Nebraska Career Academy Partnership (SENCAP).

SENCAP is a partnership between Southeast Community College and 47 school districts, offering high school juniors and seniors the opportunity to enroll in college level courses in fields in their area of interest: agriculture, business, construction, criminal justice, education, health sciences, information technology, manufacturing and welding. Besides taking dual credit high school/college courses, the students have the opportunity to explore their career in a hands-on approach through job shadowing, field trips, professional speakers and annual events highlighting resume building, mock interviews and other

career-related activities.

Jefferson Community Health & Life has worked with the SENCAP program in a variety of ways, including career exploration, tours, and shadowing. On Sept. 29, they hosted 28 students and 4 educators from Beatrice, Bruning-Davenport, Deshler, Fairbury, Fillmore Central, Shickley, Sterling, Thayer Central and Tri County.

"This is a partnership which benefits not only the students, but also our community, as it encourages young people to consider career opportunities in health care," said Lana Likens, JCH&L director of public relations.



Do you need
to see a specialist?
**OUR SERVICES
ARE GROWING**
at Jefferson Community
Health & Life

Ask your family medicine
provider about whether care
from a specialist is right for you.
For more information about any
of our specialty clinics, check out:
**JCHHealthandLife.org, Locations,
Outpatient Services or call JCH&L
Outpatient Services at
402-729-6851**

JEFFERSON COMMUNITY
Health & Life
OUTPATIENT SERVICES

jchealthandlife.org

Inspiring a Lifetime
of Health

**2200 H St.,
Fairbury, NE**

**JCH&L has a variety of specialty
clinics available to serve the
needs of our area residents.**

- Audiology— Erin Kruse AuD, CCC-A, Ear Nose and Throat Specialties PC
- Cardiology—Bryan Heart Institute
- Dermatology—Casey Bowen MD, Dermatology Associates of Lincoln
- Diabetes (telemedicine) — Aaron Ward MD, Complete Endocrinology
- Ear, Nose and Throat — Rebecca Bowen MD, Ear Nose and Throat specialties
- E-mental health (telemedicine) — Trish Jobman, Genesis Psychiatric Group
- Gastroenterology - Gastroenterology Specialties, PC
- General Surgery— Brad Olberding MD, General Surgery Associates LLC
- Genetic Counseling (telehealth)
- Interventional Radiology - Advance Medical Imaging
- Nephrology (telemedicine) — Jeffrey Marple MD, Bryan Telemedicine
- Neurosurgery, Jeremy Hosein MD, Neurological and Spinal Surgery LLC
- Obstetrics/Gynecology — Wendy Reeves MD, Beatrice Community Hospital Women's and Children's Clinic
- Oncology/Hematology — Joni Tilford MD, Cancer Partners of Nebraska; Matthew Shupe, DO, Nebraska Hematology Oncology
- Ophthalmology—Samuel Thomsen MD, Eye Surgical Associates
- Orthopedics — Steven Volin MD, Justin Harris MD, Nebraska Orthopaedic and Sports Medicine PC
- Podiatry — Matthew Williamson DPM, Capital Foot and Ankle PC
- Radiology — Radiology Associates PC, Advanced Medical Imaging
- Urology — Don Henslee MD, Urology PC
- Vascular — Bryan Heart
- Wound Care — Edmundo Rivera MD, Lincoln Surgical Group PC



JCH&L Home Health Offices Move

JCH&L Home Health offices have moved to what will now be named the JCH&L North Building (the former Fairbury Clinic) at 825 22nd St. The offices were formerly located in Cedarwood assisted living.

JCH&L Home Health provides services for those who need the skilled services of a nurse or therapist. Home health is patient-centered, and goals might include recovery from an illness, healing of wounds, getting a patient back on their feet and moving again, keeping them out of the hospital, or assistance with certain procedures or treatments. JCH&L Home Health offers skilled nursing service; physical, occupational and speech therapy; and bath aide services. If there is a medical need, any or all of these services could be available. Education of the family and caregivers is also an important factor.

"Our goal is for patients and families to gain independence," said Home Health Director Lori Ohlde, RN.

Home health continues to provide and set up Life Assist USA personal medical alert units. Please call for more information.

Home Health services have expanded over the years, and currently includes a director (who is an RN), two full-time nurses and a full-time aide.

The home health staff is committed to continuing the quality of care and the caring services that JCH&L Home Health offers, and caring for each patient's individualized needs.

In order to receive home health care, a patient must have a medical need and a physician's order. Home health care

may be ordered by any physician. Home health may be paid through Medicare, Medicaid, or private health insurance. For Medicare to approve home health care, the patient must be homebound, not by choice, but by necessity. Other insurance providers might cover certain circumstances where the patient is not homebound, but requires skilled nursing care for a specific period of time. But there must always be a medical need.

The agency is Medicare and Medicaid certified in Nebraska, and focuses primarily on patients who live in Jefferson County or near Jefferson County.

For more information on home health services, contact JCH&L Home Health at (402) 729-6857.

Influenza Vaccinations Available at JCH&L

Influenza vaccinations will be available at special clinics Oct. 7 and 12 at Jefferson Community Health & Life Fairbury Clinic.

The CDC recommends influenza vaccinations for everyone 6 months and older. Influenza vaccinations are especially important during the ongoing COVID-19 pandemic. October is the optimal time to receive your vaccination.

Special influenza vaccination clinics will be offered at JCH&L Fairbury Clinic on Friday, Oct. 7, and Wednesday, Oct. 12, from 7 a.m. to 3:30 p.m.

Appointments are required and can be made by calling 402-587-5188. Please be prepared to leave your name, a phone number where you can be reached, and which day you would like to have an influenza vaccine appointment. COVID booster appointments may be made on the same line.

When you arrive for your appointment, please use JCH&L's new main entrance, accessible from H Street. Influenza vaccines will be given in the Clinic Conference room.

Influenza vaccines will also be available at JCH&L Fairbury Clinic at regular clinic appointments or at a vaccine appointment beginning Oct. 10. Call 402-729-3361, option 1, for an appointment.

When you come to your appointment, please wear clothing which allows easy access to your arm. Bring your health insurance card and a photo ID. Most major insurances and Medicare cover the influenza vaccine. There will be a fee the day of your vaccination if you are a private pay patient.

Children 18 and under covered by Medicaid can't get their influenza vaccines at these clinics. Please contact Blue Valley Community Action's vaccination program at 402-826-2141, extension 3, for information on flu shots at BVCA shot clinics.

If you have questions or need more information, please call JCH&L's COVID and influenza line at 402-587-5188.

Offering 3D Mammography



Find on average, 20-65% more invasive cancers than conventional mammography alone



Provide better, earlier breast cancer detection



Reduce unnecessary callbacks by up to 40%

Get Screened Today!



BREAST
CANCER
AWARENESS

Call us to schedule an appointment at

402.759.3252



www.myfch.org
1900 F St, Geneva, NE

Fillmore County Hospital is an Equal Opportunity Provider and Employer.

Breast Cancer: Know Your Risk

Did you know that 1 in 8 women will be diagnosed with breast cancer in her lifetime? While you can't prevent cancer, it is important to be proactive about your health. What Do Scientists Actually Know About The Cause Of Breast Cancer?

Cancer grows when a cell's DNA is damaged, but why or how that DNA becomes damaged is still unknown. It could be genetic or environmental, or in most cases, a combination of the two. But most patients will never know exactly what caused their cancer. However, there are certain established risk factors that are associated with breast cancer.

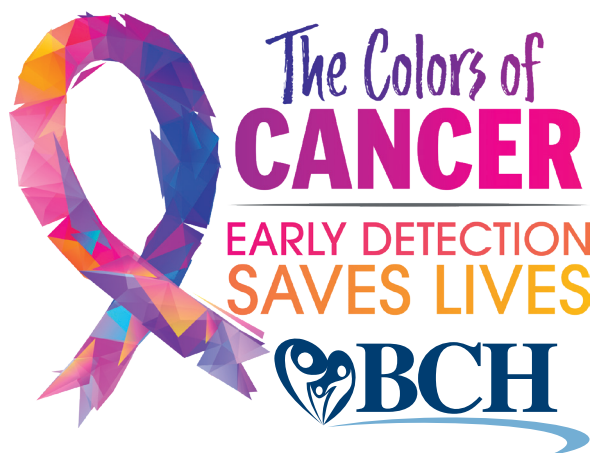
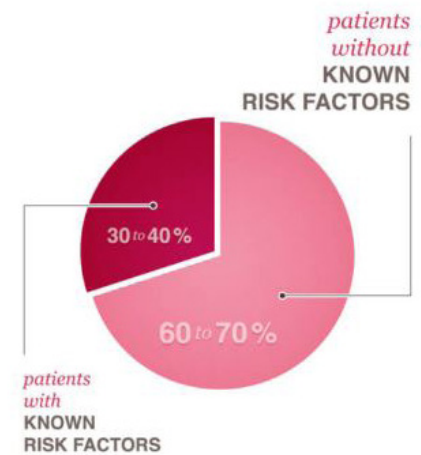
Genetic Factors: Breast cancer

occurs nearly 100 times more often in women than in men. • Two out of three women with invasive cancer are diagnosed after age 55. • Breast cancer is diagnosed more often in Caucasian women than women of other races. • Obesity is a risk factor for both men and women. • **Family History and Genetic Factors:** If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future. Your risk increases if your relative was diagnosed before the age of 50.

Avoidable Risks: A sedentary lifestyle with little physical activity can increase your risk for breast cancer.

A poor diet high in saturated fat; Alcohol consumption raises your risk.

As soon below: 60-70% of people with breast cancer have no connection to these risk factors at all, and other people with risk factors will never develop cancer. Nationalbreastcancer.org



Beatrice Community Hospital
is proud to provide you
care every day of the year.

WE OFFER:

- 3-D mammograms for breast cancer screening
- Colonoscopies for colon cancer detection
- Low-dose CT screenings for lung cancer
- Pap tests for cervical cancer
- And MORE

Talk to your provider today
about scheduling a screening test.

Cancer comes in many forms and sizes –
remember, early detection saves lives
every day of the year.

www.BeatriceCommunityHospital.com

HEALTH & WELLNESS

on your time, what you want, and when you want it!

This lab testing allows you to choose the tests you wish to have performed. Tests are made available at patient request at a reduced price and without a physician order.

You may want to utilize this service if you:

- Wish to have more frequent testing than your health insurance plan will cover
- Want to assess and manage your health status on a regular basis
- Are uninsured or have a high deductible and want to take advantage of lower out-of-pocket expenses

**Wellness Wednesdays
and Fasting Fridays
at JCH&L**

Alternating Wednesdays, 4-6 p.m. and Fridays 6-8 a.m.

WELLNESS PANEL

General Health Panel	\$75
INDIVIDUAL TESTS	
General Chemistry	\$25
Lipid Panel	\$25
CBC	\$25
TSH	\$25
Hemoglobin A1c	\$25
PSA Screening	\$25
Vitamin D	\$60
Blood Type	\$25

For appointment call 402-587-5193 and leave a message on our Reception Line voice mail. We will call you back on the next weekday between 8 a.m. and 4 p.m.

Appointment required 24 hours before testing

*Must pay with cash or check at the time of testing. Ask when making appointment if you need to use a credit card.
(Results are not shared with providers; insurance will not be billed.)

JEFFERSON COMMUNITY
Health & Life

Inspiring a Lifetime of Health

2200 H St., P.O. Box 277,
Fairbury, NE
402-729-3351
jchealthandlife.org

BCH Welcomes New General Surgeon

Beatrice Community Hospital's new general surgeon Dr. David Masinter has traveled around the world and throughout most of the United States.

It is the Midwest - more specifically, Beatrice

Community Hospital - however, that he has chosen to call home.

Dr. Masinter joined the BCH Medical Staff as a full-time surgeon in August.

The Charleston, West Virginia, native earned his Doctor of Medicine degree from the West Virginia School of Osteopathic Medicine. He completed his residency at the Franciscan Health General Surgery Residency



Program in Olympia Fields, Illinois.

When it came time to start his practice, he searched for a smaller community in the Midwest that would allow him to be a general surgeon with a broad scope of service as well as opportunity to give back to the community.

Dr. Masinter says he enjoys surgery because he can target specific problems.

"Surgeons can fix things in real-time, and I like that," he said.

He said he is excited to grow the surgery program at BCH, including the robotic surgery options. The renamed BCH surgery clinic, Beatrice General Surgery, replaces Southeast Nebraska Surgery.

His path to becoming a general surgeon was anything but a straight line. He has enjoyed time as a semi-professional golfer, a wine consultant, and a humanitarian, working and volunteering in orphanages, volunteering

for Special Olympics and building houses around the world.

Dr. Masinter and his wife, Courtney, have an 11-year-old son, Rafali, and the family is already making plans for their next travel adventure.

Dr. Masinter and the Beatrice General Surgery Clinic is the latest addition to a strong surgical services program at BCH. Dr. Brad Olberding of Lincoln Surgical Services will continue to see patients and do surgery at BCH, and both Dr. Masinter and Dr. Olberding have plans to continue to grow the BCH robotic surgery program.

In addition, Lincoln Gastroenterologists will continue to perform endoscopy procedures at BCH, and Dr. Masinter has plans to start doing vascular cases at BCH.

Other surgical services provided at BCH include orthopedic; obstetric-gynecologic; ear, nose, throat; podiatry; cataract procedures; urologic; and pediatric dental.

Dr. Horton Joins BCH Behavioral Health Team

Beatrice Community Hospital is pleased to announce the addition of another clinical psychologist to its Behavioral Health Team.

Dr. Arynne Horton joined BCH in August as a full-time employed psychologist but she has been an integral member of the team for the past two years.

Dr. Horton has worked at BCH for the past two years while completing her residency and fellowship through the Munroe-Meyer Institute in Omaha and is excited to be able to continue the many projects and programs she is involved with at BCH.

She works in the Women's and Children's Clinic, seeing both pediatric and adult patients. Dr. Horton also provides services at local schools and an outreach clinic through the Community Medical Center in Falls City, Nebraska.

The Topeka, Kansas, native, who earned her doctorate from Oklahoma State University, says the most rewarding part of her job is "seeing people in a better place."

Her life outside of the office includes spending time with her spouse, two dogs and two cats. Binge-watching her

favorite television shows - old and new - is a favorite way to relax, she says with a smile.

Dr. Horton joins the BCH Behavioral Health Team of Allison Sand, Licensed Independent Mental Health Practitioner,

in the Women's and Children's Clinic; Dr. Shawn Bryant, clinical psychologist, in Beatrice Family & Internal Medicine Clinic; and Dr. Meredith Decker, clinical psychologist, in Gage County Medical Clinic and Wymore Medical Clinic.



OCTOBER IS

BREAST CANCER

— AWARENESS MONTH —



For most women over the age of 40, the Provider Advisory Council at BCH recommends a yearly screening mammogram.

Call the BCH Diagnostic Imaging Department to schedule your appointment at

402-223-7342



www.BeatriceCommunityHospital.com