



PUTTING A DOOR in the St. Francis Senior Center were Roger Jensen, left, and Travis Jensen. The new door and extra storage space remodel for the kitchen and food supplies was paid for through donations from the Rachael Keller Memorial Fund.

Herald staff photo by Karen Krien

Moments With Mila

January is Cervical Health Awareness Month

Cervical cancer was once the number one cancer killer of women, but during the past 50 years in the U.S. the number of new cases and deaths has declined 75 percent. This is largely because of the widely available reliable Pap test.

An estimated 4,210 women died from cervical cancer in the U.S. last year. In Kansas women, cervical cancer accounts for approximately 2 percent of all cancer, with an average of 107 new cases diagnosed each year. About 33 Kansas women die of cervical cancer annually.

It is important for women of all races and ethnicities to seek early detection and treatment by having a Pap test done. More African American and Hispanic women get cervical cancer and are diagnosed at later stages of the

disease than women of other races or ethnicities. In Kansas, African American women die of cervical cancer at a rate twice that of white women.

Pap smears should be given yearly starting three years after a woman becomes sexually active, or no later than 21 years of age. The tests can be given every two years if a liquid-based kit is used, and the frequency of testing can be reduced to every 2 to 3 years in women aged 30 years and older if they have had three normal tests in a row.

Human Papilloma Virus vaccination is recommended for girls at age 11 or 12 years of age. This is a series of three vaccinations. The vaccine targets strains of (Human Papilloma virus) HPV that cause about 70 percent of cervical cancer cases.

There is an Early Detection Works program that pays for

women's breast and cervical cancer screenings if they are between the ages of 40-64 with no health insurance and meet all screening qualifications. For more information on this program contact the Cheyenne County Health Department at 785-332-2381.

The Cheyenne County Health Department and Clinic would like to encourage women to schedule a well-woman checkup in recognition of January being Cervical Health Awareness month. If you are used to having your well-woman exam during the health fair, it is scheduled April 11-15.

By
Mila Bandel
County Health Nurse



Congratulations are now in order



Shelby Lynn

was born at 1:52 p.m. on Monday, Jan. 17. Congratulations to her parents, Christopher Hartman and Janna Marie Brooks



Christopher Hartman, Janna Brooks, Shelby Lynn and Candi Douthit, RN.

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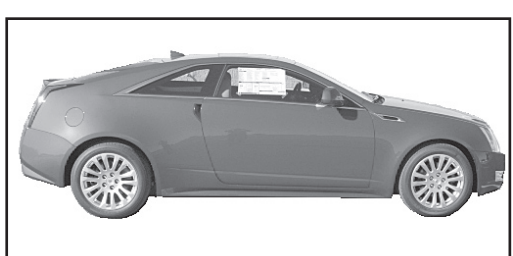
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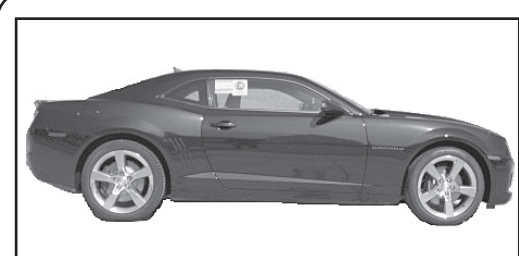
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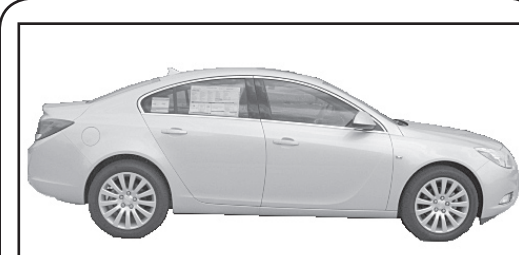
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thought to ponder....Why do we wash behind our ears? Who really looks there?

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Cheyenne County Hospital
Happy Birthday to the 2010 First Baby, Alexis Faith and congratulations to her parents Clay and Erika Zimbelman!



THE FIRST BABY OF 2010 was Alexis Faith, daughter of Clay and Erika Zimbelman.

cheyennecountyhospital.com
(Log on to see pictures of the babies)



Cheyenne County Hospital

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