



Press Release
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Delaying Care Could Put You at Serious Risk

Knox County Hospital District urges everyone not to skip routine health screenings.

KNOX CITY, Texas (April 26, 2021) – A worrisome trend is alarming health officials as serious health conditions are plaguing communities that could have been easier to treat had they been diagnosed earlier. This is because many individuals have chosen to delay important health screenings during the COVID-19 pandemic.

“A year into the pandemic, many people are still skipping routine screenings and health visits,” says Laura Hart, MD a Board Certified Family Practice Physician in Knox City. “It is more important than ever that health issues are detected early for effective treatment.”

Cancers such as that of the colon, breast, and cervix often present symptoms in their early stages. That is why it is important to undergo screenings when recommended by your provider.

Other health issues such as diabetes and heart disease can also be detected early by your provider so you can get the treatment you need to manage your health condition and reduce the risk of a serious outcome.

“Annual wellness exams are the most important visits with your medical provider each year,” Dr. Hart emphasizes. “Routine screenings allow your provider to evaluate your health and determine whether you might be at risk of a health issue before it reaches advanced stages.”

For individuals concerned about the spread of coronavirus, Dr. Hart says that all Knox County Hospital District facilities, including the hospital and clinics, continue to exercise caution to protect the health and safety of both patients and staff while still offering important healthcare services.

In addition to seeing patients in the emergency room, Knox County Hospital District offers routine healthcare services such as wellness exams, flu and COVID-19 vaccines, and laboratory services, so patients can get the important screenings they need to ensure they are in good health. Physical therapy and rehabilitation services are also offered for those needing assistance recovering from accidents, surgeries, or other ailments.

At Knox City Clinic and Munday Clinic, patients can find care for a variety of common conditions. Common services include treatment for minor illnesses, allergies, asthma, diabetes, hypertension, and minor injuries. The clinics provide family practice, preventive care, and more.

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According to Dr. Hart, wellness exams and preventive screenings can also help patients save on medical bills. Wellness exams are covered by Medicare and most insurance plans once a year. These are an opportunity to find out about important screenings, assess your risk of certain health issues and discuss your health goals.

More importantly, wellness exams help providers detect health issues earlier for better treatment.

“Do not skip the healthcare services you need,” Dr. Hart says. “Your health is not something that should be taken lightly or for grant. If it is time to meet with a medical provider, do not delay in making that appointment.”

For more information about local healthcare programs and services, please visit www.knoxhospital.org. To schedule an appointment with a medical provider in Knox City, call 940-657-3906. To schedule an appointment with a medical provider in Munday, please call 940-657-3906.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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