



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Men Cannot Afford to Take Their Health for Granted

Knox County Hospital District shines a light on the importance of regular check-ups for men.

KNOX CITY, Texas (June 4, 2021) – Studies have shown that men are less likely to visit a healthcare provider for routine medical care than women. In recognition of Men’s Health Month this June, Knox County Hospital District is shining a spotlight on men’s health issues and the importance of preventive care.

“Nobody should take their health for granted, including men,” says Dr. Leon Joplin, at the Munday Clinic, a service of Knox County Hospital District. “Making visits to a healthcare provider regular is key to ensuring that men are in good health and caught up on important health screenings.”

According to the Centers for Disease Control and Prevention (CDC), men are 80 percent less likely to visit a healthcare provider for preventative care than women. Preventive screenings are key to detecting health issues such as prostate cancer and testicular cancer in their early stages for better treatment outcomes.

Routine wellness visits are also an important way that men take charge of other aspects of their health, such as blood pressure, diabetes risk and the risk of developing other diseases.

In Knox County, both the Knox City Clinic and Munday Clinic offer convenient routine healthcare services, including wellness exams, immunizations, routine blood work and more.

Dr. Joplin adds that many people have chosen to delay important healthcare services, including routine screenings. However, doing so can put your health at risk.

“Effective treatment options for many health complications are available if conditions are detected early,” Dr. Joplin says. “Delaying the screenings and medical care you need could jeopardize your health.”

Prostate cancer and testicular cancer are among the most common diseases that exclusively affect men. Prostate cancer alone accounts for an estimated 9.6 percent of all new cancer cases in the country, according to the National Cancer Institute.

The American Cancer Society estimates that one in nine men will be diagnosed with prostate cancer during his lifetime.



Men are encouraged to talk to their local primary care providers about prostate cancer screenings beginning at age 50. Two common tests for prostate cancer are available. Prostate-specific antigen (PSA) analyzes blood samples, while digital rectal exam (DRE) estimates the size of the prostate and checks for abnormalities.

Testicular cancer most often occurs between the ages of 20 and 54. Self-examinations for unusual lumps, swelling or pain can help with early detection. Like most cancers, the early detection of prostate cancer and testicular cancer often leads to better treatment outcomes.

Dr. Joplin emphasizes that visiting the hospital and clinic is safe for patients. Providers and staff have received the COVID-19 vaccine, and the healthcare system has taken steps to protect patient safety.

Another important way for men to protect their health is by getting a COVID-19 vaccine. Vaccines available in Knox County are safe and highly effective at preventing serious illness from the dangerous virus.

“When you get vaccinated, you are not only protecting yourself, but others around you,” Dr. Joplin says. “Taking charge of your health begins with taking simple steps that can end up being a lifesaver!”

To learn more about local medical services and providers, visit www.knoxhospital.org.

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.

###