



**Press Release**  
**FOR IMMEDIATE RELEASE**

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## **Knox County Hospital Calls Attention to the Dangers of Cardiovascular Disease**

*Awareness of your heart's health can keep you from having a heart attack or stroke or make a Covid infection worse.*

KNOX CITY, Texas (Jan 28, 2022) – Awareness of cardiovascular diseases is important year-round. But it is a front and center concern in February which begins American Heart Month, a nationwide education program to promote heart-health awareness. Knox County Hospital District is participating in this annual program and urging residents to pay close attention to heart health and to stay in communication with their physicians about the dangers of cardiovascular disease.

“While Covid-19 continues to make its way through our Texas communities, heart disease still remains the number one killer in the state,” says Dr. Laura Hart, MD, a family practice physician who serves in the Knox County Clinic. “Therefore, we must continue to remain vigilant with regard to maintaining good heart health which means, in part, monitoring our blood pressure, keeping stress levels down, watching our cholesterol levels and getting sufficient exercise.”

Dr Hart pointed out that Covid-19 is actually more onerous on those with a heart condition. “When not much was known about coronavirus, researchers observed that those with cardiovascular disease were more than twice as likely to experience severe forms of Covid-19,” she added.

Approximately 85.6 million Americans are living with some form of cardiovascular disease, including congestive heart failure, coronary heart disease, or high blood pressure. Major risk factors for cardiovascular disease, all of which are controllable to a certain degree, include high blood pressure, stress, high cholesterol, smoking, diabetes, obesity, family history, and lack of regular exercise.

Unfortunately, many people are often caught off-guard when first experiencing a heart attack or stroke. Although, “typically these complications can often be detected in advance through a number of screenings,” noted Dr Hart. “Knowing your level of risk of heart disease starts with a discussion with your primary care physician.”

According to Dr Hart, one of the keys to monitoring cardiovascular health is regular examinations. “A thorough physical exam of your weight, blood pressure, and cardiovascular fitness can help identify possible complications. Individuals who may be at the highest risk for heart disease could benefit from an electrocardiogram, a test that can be performed locally at Knox County Hospital that allows physicians to take a closer look at your heart’s performance.”

**MORE**

**Knox County Hospital District**  
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Medical providers can prescribe medications to those at high risk for heart disease and suggest other resources to prevent complications. Medication, a diet and an exercise program are a few of the recommended options.

Physically active individuals are not immune to cardiovascular disease but are twice as likely to avoid a heart attack. Exercise is beneficial because it decreases the risk of developing cardiovascular disease and other illnesses.

Exercise routines should be brisk enough to raise the heart and breathing rates and sustain them for at least 30 minutes without interruption, and they should be repeated at least three to five times per week.

“Every day is a good day to do something heart healthy including exercise, eating health foods and keeping as much calm in your life as possible,” Dr Hart observed.

For individuals who have recently experienced a cardiac episode, rehabilitation is key to regaining their strength. The cardiac rehabilitation program at Knox County Hospital provides a convenient setting with professionals who understand how these individuals are feeling. Through education, counseling, and medical tests, the program helps individuals safely increase their physical fitness while reducing cardiac symptoms.

For more information about cardiovascular disease and whether the cardiopulmonary rehabilitation program may benefit you, talk with your cardiologist or primary care provider. To learn more about local medical services, please visit [www.knoxhospital.org](http://www.knoxhospital.org) or call Knox County Hospital 940-657-3535.

### **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](http://www.knoxhospital.org).

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