



Press Release
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Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.com
940-657-3535

Women May Not be Aware of the Dangers Posed by Heart Disease

Knox County Hospital highlights threat posed by leading cause of death among women.

KNOX CITY, Texas (Feb. 18, 2022) – Every 40 seconds, someone in the United States experiences a heart attack. Although it is sometimes thought of as a “man’s disease,” heart disease is just as deadly among women. An estimated one in four deaths among American women is caused by cardiovascular conditions.

In recognition of American Heart Month, Knox County Hospital District is shining a light on the risk posed by heart disease and encouraging local women to talk with their healthcare providers about cardiovascular health.

“Due to common misconceptions about heart disease, many women don’t realize they are at risk,” said explains Dr. Laura Hart, physician at Knox City Clinic. “Heart disease is just as deadly among women as it is among men. With increased awareness, women can make informed decisions to manage their heart’s health.”

Common among both men and women, the symptoms of heart disease often depend on the type of condition. According to Dr. Hart, high blood pressure, high cholesterol, smoking and lack of regular exercise are all deadly elements that can contribute to complications.

Cardiovascular disease takes many forms, including congestive heart failure, coronary heart disease, stroke or high blood pressure; and continues to be the leading cause of death in the United States, accounting for one in every four deaths.

Dr. Hart adds that one of the ways to understand your risk of cardiovascular disease is to talk with your primary care provider about your family history as well as your current health status.

“A thorough physical exam of your weight, blood pressure and cardiovascular fitness can help identify possible complications,” Dr. Hart explains. “Based on your medical history and current condition, your medical provider can advise whether you might benefit from an electrocardiogram, a test that allows providers to take a closer look at your heart.”

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For those fortunate enough to survive their first heart attack, lifestyle changes and a specialized rehabilitation program are important ways to recover cardiovascular health and reduce the risk of a second episode.

Often, after a heart attack or stroke a specialized rehabilitation program, in a controlled setting is prescribed for the patient so they can regain their cardiovascular strength. The cardiac rehabilitation program at Knox County Hospital provides a convenient setting in which to talk with professionals who understand how you are feeling.

The comprehensive program integrates education, counseling, and medical tests to develop a treatment plan that helps patients safely improve their physical fitness while reducing cardiac symptoms.

Medicare and most private insurance plans cover all or part of cardiac rehab programs. Patients typically qualify if their medical history or condition includes a heart attack, congestive heart failure, or heart surgery, to name a few.

Dr. Hart added that both women and men should meet regularly with a healthcare provider to better understand and track cardiovascular health. A thorough physical exam of your weight, blood pressure and cardiovascular fitness can help identify possible complications and help you manage your risk.

“Your local medical provider is a great resource for learning about heart disease,” Dr. Hart noted. “You can get the information you need to take control of your heart’s health.”

For more information about cardiovascular disease and whether the cardiac rehabilitation program may benefit you, talk with your cardiologist or primary care provider. To learn more about local medical services, contact Knox County Hospital at 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, physical therapy, surgical services, patient education, sleep studies, and more. For additional information, please call 940-657-3535.

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