

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

Knox County Hospital District Highlights Men's Health

Preventive screenings and regular exams help reduce impact of health conditions affecting men.

KNOX, TX (June 3, 2022) – – When it comes to medical care, there is something about men and doctors that just doesn't seem to mix. According to the Centers for Disease Control and Prevention, men are 80 percent less likely to visit a medical provider for preventive care than women. In recognition of Men's Health Month, Knox County Hospital District is shining a spotlight on men's health issues and the importance of preventive care.

"Early detection is key to catching issues early and promoting better treatment outcomes," said Chris Scott, FNP who serves at Munday Clinic in Munday, a service of Knox County Hospital District. "We want men in our community to understand the importance of meeting regularly with a primary care provider and undergoing important screenings."

According to the Centers for Disease Control and Prevention (CDC), 12.4 percent of men 18 years and older are in fair or poor health. The CDC also reports that an estimated 40.3 percent of men 20-39 years of age and 46.4% among those 40-59, are considered obese. Over 63.1 percent of men over age 60 have high blood pressure.

Scott added that focusing on a few core areas such as common cancers, regular health screenings and nutrition could make the difference in the prevention and early detection of a number of common health conditions that affect men.

"Health issues such as prostate and testicular cancer can be treated when detected early," Scott said. "Unfortunately, many men wait until it's too late—when symptoms become unbearable—to seek medical help. Getting screened early can be a lifesaver."

Cancers that affect men

The National Cancer Institute (NCI) reports that prostate cancer is the most common male-specific cancer in the U.S., and it accounts for an estimated 14 percent of all new cancer cases in the country.

Prostate cancer is most common among men ages 55 to 74. According to the NCI, it is more likely to occur in men with a family history of prostate cancer and among men of African-American descent.

Testing for prostate cancer can be performed through various screenings, including prostate-specific antigen (PSA) and digital rectal exams.

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Testicular cancer is another condition that often occurs most often among men ages 15 -35 however, it can occur in men of all ages. According to the NCI, more than 250,000 men in the United States are living with this type of cancer

Fortunately, this type of cancer can typically be detected at an early stage through frequent self-examinations for unusual lumps or swelling in the testicles, or if men experience aching in the testicles.

Wellness exams are key to early detection and prevention

Regular health exams and screenings are an important way to detect men's health issues. According to Scott, early screenings not only help men save money in the long run but can also save a life when a disease is caught early.

Screening for common cancers among men is often overlooked if men do not see a physician regularly. Men should be screened regularly for high blood pressure, abnormal cholesterol levels, diabetes and other conditions, Scott said.

"Empowering men with knowledge about their health is one of our goals as providers," Scott said. "Meeting regularly with a healthcare provider and reading about health issues that affect men are important ways that our sons, fathers, grandfathers, and brothers can take control of their health and stay well."

In Knox County, Knox City and Munday Clinic are a convenient choice for a preventive care, including various men's health screenings. Many services, such as annual wellness exams are covered by Medicare and most private insurance plans.

To learn more about local healthcare services or to find a provider, please call please call 940-422-5271 or 940-657-3906 or 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.

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