



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

**Media Contact**  
Stephen Kuehler | [stephen.kuehler@knoxhospital.org](mailto:stephen.kuehler@knoxhospital.org)  
940-657-3535

## Knox County Hospital District Raises Awareness for Breast Cancer During National Breast Cancer Awareness Month

KNOX CITY, Texas – (Oct. 6, 2023) - Breast cancer continues to be a significant health concern affecting thousands of women across the country. As we observe National Breast Cancer Awareness Month this October, Knox County Hospital District is dedicated to spreading awareness, promoting early detection, and empowering women to take control of their health.

With an estimated 276,000 women expected to be diagnosed with breast cancer this year alone, it is crucial to educate the community about the importance of regular check-ups, discussing family history, and exploring screening options.

Breast cancer is the most common cancer among women worldwide, regardless of age or ethnicity. However, early detection and advances in treatment have significantly improved survival rates. By raising awareness and providing information about the available resources, Knox County Hospital District aims to empower women to prioritize their health and take proactive steps towards prevention and early intervention.

"Breast Cancer Awareness Month serves as a reminder that we must be vigilant in our efforts to combat this disease," said Cindy Guess-FNP-C, at the Munday Clinic. "Routine check-ups and screenings are vital in detecting breast cancer at its earliest stages. By encouraging women to have open discussions with their healthcare provider about family history, and exploring appropriate screening options, we can make a tremendous impact on saving lives."

Guess emphasized the importance of regular check-ups and screenings, stating, "Early detection is key in the successful treatment of breast cancer. By having regular check-ups, women can stay informed about their breast health and take proactive measures to identify any potential issues early on."

To address the unique healthcare needs of our community, Knox County Hospital District provides two primary care clinics in the area: Knox County Clinic and Munday Clinic. These trusted clinics, part of the hospital district's network, offer comprehensive healthcare services, including breast health consultations for eligible individuals.

Guess highlighted the significance of the local healthcare providers in promoting breast health. "Our goal is to provide personalized care to each patient, considering their individual risk factors and medical history," said Guess. "By offering comprehensive breast health consultations, we can address concerns, provide guidance, and ensure that women have the necessary screenings and support to maintain their breast health."

**MORE**



## Breast Cancer Awareness

### Page 2

For certain women, a mammogram may be recommended as an integral part of breast cancer screening. Mammography is a safe and effective imaging technique that can detect breast cancer at an early stage when it is most treatable. It can identify abnormalities such as lumps or calcifications that may not be palpable during a physical examination.

Guess further emphasized the importance of mammograms, stating, "Mammograms have proven to be a valuable tool in detecting breast cancer early. They can detect small changes in breast tissue that may indicate the presence of cancerous cells. By undergoing regular mammograms as recommended, women can significantly increase their chances of successful treatment and recovery."

"The decision when to have a mammogram should be based on discussions between the patient and medical provider," Guess noted.

To learn more about breast cancer, prevention strategies, and available resources, please visit with your local healthcare provider at the Knox City Clinic or Munday Clinic. Both are convenient choices for primary medical care services.

To learn more about local healthcare services, or to find a provider, visit the Knox County Hospital District website at [www.knoxsouthhospital.org](http://www.knoxsouthhospital.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.knoxsouthhospital.org](http://www.knoxsouthhospital.org).

###