



Press Release
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Heart Disease is the Leading Cause of Death in Texas

Knox County Hospital District encourages area residents to talk with their medical provider about cardiovascular diseases.

KNOX CITY, Texas (Jan. 26, 2024) – Recent data from the Texas Department of State Health Services underscores the persistent threat of heart disease as the leading cause of death in the state, constituting approximately 23 percent of all fatalities. As the nation observes American Heart Month this February, Knox County Hospital District aims to intensify efforts in raising awareness about the critical importance of cardiovascular health.

“Understanding the nuances of this prevalent disease is the initial stride towards preventing future complications,” says Chris Scott-FNP at Munday Clinic, a service of Knox County Hospital District. “It’s never too early to gain insights into your risks and make pivotal lifestyle changes.”

Healthcare providers emphasize the control individuals have over four major risk factors for cardiovascular diseases: high blood pressure, high cholesterol, smoking, and lack of regular exercise. A comprehensive physical examination, including weight assessment, blood pressure monitoring, and cardiovascular fitness evaluation, can aid in early identification of potential complications. Knox County Hospital District offers services like electrocardiograms to provide a detailed analysis of heart performance.

“Being proactive when it comes to heart health is crucial. Identifying high-risk individuals enables us to equip our patients with effective tools for combating heart disease, such as prescribed medication, tailored dietary plans, and an exercise program are the usual options prescribed to improve your health,” notes Scott.

Engaging in regular physical activity significantly reduces the risk of heart attacks. According to the American Heart Association, exercise not only decreases the likelihood of cardiovascular disease but also contributes to overall well-being.

“Even twice-weekly physical activity can make a substantial difference in heart and lung health. It’s about finding routines that elevate heart and breathing rates, sustained for at least 30 minutes without interruption, and repeated three to five times per week,” said Scott.

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Cardiac rehabilitation plays a pivotal role in recovery and nationwide has demonstrated a 30 percent reduction in cardiac-related deaths. For individuals who have recently experienced a cardiac episode, rehabilitation plays an important role in regaining strength. The cardiac rehabilitation program at Knox County Hospital District provides a convenient setting in which to talk with professionals who can guide patients through the rehabilitation process.

“Knowing more about this pervasive disease is the first step in knowing how you can prevent complications in the future,” says Scott. “It’s never too early to learn about your risks and make the necessary changes in your lifestyle.”

For more information on heart disease and to understand your risks, please speak with your primary medical provider at Knox City Clinic at 940-657-3906 or the Munday Clinic 940-422-5271.

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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