



**Press Release**  
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## **KCHD Encourages Heart Health in Recognition Heart Month**

*Tips for a health heart.*

KNOX CITY, Texas (Feb 2, 2024) – February is dedicated to heart health awareness, and Knox County Hospital District (KCHD) is taking an active role in promoting heart health and wellness within the community. As part of Heart Month, Knox County Hospital District urges individuals to prioritize their cardiovascular health by making conscientious lifestyle choices and seeking regular medical care.

Dr. Kendra Williams, physician at Knox City Clinic, a service of Knox County Hospital District, offers valuable insights and practical advice on maintaining a healthy heart.

Achieving and maintaining a healthy heart involves a combination of factors, including a balanced diet, regular exercise, and routine medical check-ups. Dr. Williams emphasizes the importance of these elements in preserving heart health and reducing the risk of cardiovascular diseases. "As we observe Heart Month, it is vital to remember that many factors of heart health are within our control. By adopting healthy habits and seeking preventative care, individuals can significantly lower their risk of heart disease and related conditions," states Dr. Williams.

Diet plays a crucial role in maintaining a healthy heart. Dr. Williams recommends consuming a well-rounded and nutritious diet, which includes an abundance of fruits, vegetables, whole grains, lean proteins, and healthy fats. Limiting the intake of processed foods, sugary beverages, and high-sodium items is also essential for heart health. A heart-healthy diet promotes overall wellbeing and reduces the likelihood of developing cardiovascular complications.

Regular physical activity is another cornerstone of heart health. Engaging in aerobic exercises such as brisk walking, jogging, swimming, or cycling can significantly enhance cardiovascular fitness. Dr. Williams advises that adults aim for at least 150 minutes of moderate-intensity aerobic activity per week, supplemented by muscle-strengthening activities on two or more days. By integrating regular exercise into daily routines, individuals can improve heart function, manage weight, and mitigate the risk of heart disease.

Furthermore, consistent medical check-ups are instrumental in safeguarding heart health. Knox County Hospital District encourages community members to prioritize their wellbeing by scheduling annual wellness exams with local healthcare providers in Knox City or Munday. These comprehensive evaluations enable healthcare professionals to assess heart health, identify potential risk factors, and offer personalized guidance for

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maintaining cardiovascular wellness. Regular check-ups are pivotal in detecting early signs of heart disease and implementing preventative measures to preserve heart health.

In support of Heart Month, KCHD urges individuals to take proactive steps towards heart health. "We encourage everyone in our community to prioritize their cardiovascular wellbeing by making informed choices and seeking regular medical care. By embracing a heart-healthy lifestyle and staying proactive about health, individuals can safeguard their hearts and enhance their overall quality of life," emphasizes Dr. Williams.

Knox County Hospital District recommends community members schedule their annual wellness exams at the Knox City Clinic or Munday Clinic. By proactively engaging in preventative healthcare measures, individuals can play an active role in preserving their heart health and overall wellness.

For more information on heart disease and to understand your risks, please speak with your primary care 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](http://www.knoxhospital.org).

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