



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

Knox County Hospital District Stresses Cancer Awareness

Family Medicine Specialist Highlights Importance of Cancer Prevention

KNOX CITY, Texas (Feb. 23, 2024) – Transitioning from Heart Health Month, Knox County Hospital District (KCHD) points its focus towards cancer awareness and prevention, urging the community to remain vigilant against this pervasive disease. As we shift our focus, we emphasize the critical importance of proactive measures in combating cancer's impact.

Ruth Ebangit, of the Knox City Clinic, a service of Knox County Hospital District, emphasizes the need to include cancer prevention in our efforts for good health. "While heart health rightfully commands attention during February, it's essential to recognize the profound impact of cancer has on individuals," states Dr. Ebangit. "As we conclude Heart Health Month, it's important to raise awareness of preventive measures available to address the ongoing threat of cancer."

The American Association for Cancer Research (AACR) plays a pivotal role in advancing cancer prevention strategies and therapeutic interventions. Dr. Ebangit underscores the importance of research in combating cancer, stating, "Through collaborative research efforts, we can develop innovative approaches to prevent and treat cancer effectively, ultimately improving patient outcomes and reducing the burden of this disease."

Promoting healthy lifestyle behaviors is paramount in reducing cancer risk and enhancing overall well-being. Dr. Ebangit highlights the significance of lifestyle modifications in cancer prevention, stating, "Encouraging individuals to adopt healthy habits such as maintaining a balanced diet, engaging in regular exercise, and avoiding tobacco use can significantly reduce their risk of developing cancer."

Tobacco use remains a leading cause of preventable cancer deaths in the United States, contributing to approximately 30% of all cancer-related mortalities. Dr. Ebangit stresses the importance of tobacco cessation efforts, stating, "Quitting smoking and avoiding tobacco products are critical steps in reducing the burden of cancer and preventing various types of cancer, including lung cancer."

Additionally, addressing modifiable risk factors such as poor diet, sedentary lifestyles, and obesity is essential in cancer prevention. Dr. Ebangit highlights the need to raise awareness about the link between lifestyle factors and cancer risk, stating, "Educating the public about the impact of dietary choices, physical activity levels, and weight management on cancer risk can empower individuals to make healthier lifestyle choices."

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Exposure to ultraviolet (UV) light from the sun or indoor tanning is a significant risk factor for skin cancer, the most common cancer in the United States. Dr. Ebangit emphasizes the importance of sun protection measures and avoiding indoor tanning devices to reduce the incidence of skin cancer, stating, "Taking simple precautions such as wearing sunscreen, seeking shade, and avoiding indoor tanning can help lower the risk of developing skin cancer."

Routine screening for colorectal cancer, breast and cervical cancer is essential for early detection and prevention. Dr. Ebangit highlights the effectiveness of screening modalities such as mammograms, colonoscopy and Pap smear tests in detecting precancerous abnormalities and reducing cancer mortality rates, stating, "Regular screening cancer screenings can lead to early detection, enabling timely intervention and improved treatment outcomes."

Knox County Hospital District urges individuals to prioritize cancer awareness and prevention efforts. By promoting healthy lifestyle choices, raising awareness about modifiable risk factors, and advocating for early detection strategies, we can make significant strides in reducing the burden of cancer and improving public health outcomes.

For more information on cancer screenings and understanding your risks, please speak with your primary care clinician 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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