



Press Release
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Preventive Screenings and Exams Help Reduce the Impact of Health Conditions Affecting Men

Knox County Hospital District Highlights Men's Health Issues

KNOX CITY, Texas (May 31, 2024) – When it comes to medical care, there is something about men and doctors that do not 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.

"It cannot be underscored how imperative early detection is," says Dr. Ruth Ebangit, physician in the Knox City Clinic. "We need the men in our community to understand the importance of meeting regularly with their medical provider to have important screenings performed."

According to the Centers for Disease Control and Prevention (CDC), in 2021 13.6 percent of men 18 years and older are in fair or poor health. The CDC also reports that an estimated 36 percent of men 20 years and older are considered obese, and 70% of the men over 60 have high blood pressure.

Dr. Ebangit 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 several common health conditions that affect men.

"Many health threats, like prostate and testicular cancer, can be treated when detected early," Dr. Ebangit says. "It is unfortunate that lots of 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 9.9 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.

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

It is estimated that more than 3.3 million men in the United States are now living with cancer of the prostate, with nearly 300,000 new cases expected in 2024 and around 35,000 deaths this year as a result.

Testicular cancer is another condition that often occurs among men ages 20 through 54. According to the NCI, in 2020-21 (the last year data was compiled) more than 161,000 were reported in the United States.

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 Dr. Ebangit, 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.

"Knowledge can save lives, and men need to know more about the current state of their health," Dr. Ebangit says. "Meeting regularly with a physician 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."

Locally, Knox City Clinic and Munday Clinic are convenient choices for 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 medical clinician, please call or visit www.knoxhospital.org.

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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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