



**Press Release**

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## **Knox County Hospital District Emphasizes the Importance of Skin Health this Summer**

*Residents encouraged to visit local clinics for skin cancer screenings*

KNOX CITY, Texas (June 7, 2024) – As summer approaches and Texans spend more time outdoors, officials at Knox County Hospital District (KCHD) are urging residents to prioritize sun safety. Skin cancer, the most prevalent type of cancer in Texas, sees thousands of new cases diagnosed annually, with the state's sunny climate leading to higher UV exposure and increased risk.

“With warmer weather and much higher levels of UV radiation expected this summer, the climate in Texas is prime for increasing the risk of skin cancer among residents in the region,” says Chris Scott-FNP in the Munday Clinic. “Texas sees a substantial number of melanoma cases, the most dangerous form of skin cancer, so we must do what we can to keep ourselves healthy and safe.”

Skin cancer occurs when skin cells grow abnormally and uncontrollably due to DNA damage, often caused by ultraviolet (UV) radiation from the sun or artificial sources like tanning beds. There are three primary types of skin cancer: basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma.

BCC is the most common and usually develops in sun-exposed areas such as the face, neck, and hands. It grows slowly and rarely metastasizes, but if left untreated, it can cause significant local damage.

SCC also commonly appears on sun-exposed skin and has a higher propensity than BCC to invade deeper skin layers and spread to other parts of the body. It often presents as a red, scaly patch, an open sore, or a wart-like growth.

Melanoma, the most dangerous form of skin cancer, can develop anywhere on the body, including areas not typically exposed to the sun.

Originating from melanocytes, the pigment-producing cells, melanoma spreads more rapidly than BCC or SCC and can be life-threatening if not detected and treated early. It often manifests as a new or changing mole or an unusual growth on the skin.

Risk factors for skin cancer include prolonged UV exposure, fair skin, a history of sunburn, excessive tanning, a weakened immune system, and a family history of the disease. Skin cancer can affect both men and women at any age.

Preventative measures such as using sunscreen, wearing protective clothing, avoiding tanning beds, and regularly checking the skin for changes are essential. Early detection and treatment are crucial for successful management, making it necessary to consult a medical clinician if any suspicious changes in the skin are noticed.

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Skin cancer screening includes monthly self-exams to check for new or changing moles and annual clinical exams. Suspicious lesions are biopsied to confirm if they are cancerous. Early detection through these methods is vital for effective treatment.

For more information about skin cancer screenings, talk to your local medical clinician or schedule an appointment at Knox City Clinic or the Munday Clinic. To learn more about local medical programs and services available in Knox County, please visit [www.knoxhospital.org](http://www.knoxhospital.org).

To learn more about local healthcare services or to find a provider, please call or visit [www.knoxhospital.org](http://www.knoxhospital.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.knoxhospital.org](http://www.knoxhospital.org).

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