



**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Stephen Kuehler | [stephen.kuehler@knoxhospital.org](mailto:stephen.kuehler@knoxhospital.org)  
940-657-3535

## **National Heart Month Highlights the Dangers of Cardiovascular Disease**

*The dangerous condition accounts for nearly one-quarter of all deaths in Texas.*

KNOX CITY, Texas (Feb 3, 2023) – February kicks off American Heart Month, a nationwide awareness program designed to raise awareness of the dangers of cardiovascular diseases. Knox County Hospital District is participating by encouraging residents to begin a dialogue with each other and their healthcare provider about this deadly disease. As the No. 1 cause of death in the United States and Texas, heart disease continues to be a health crisis, causing much concern for medical professionals.

Approximately 121.5 million Americans are living with some form of cardiovascular disease, including congestive heart failure, coronary heart disease, or even high blood pressure. Major risk factors for cardiovascular disease, most of which can be controlled or changed, include high blood pressure, stress, high cholesterol, smoking, diabetes, obesity, family history, and lack of regular exercise.

“Knowing where you stand when it comes to heart health starts with a discussion with your primary care provider,” explains Dr. Kendra Williams, physician at the Knox City Clinic, a service of Knox County Hospital District.

“Many people are often caught off-guard when it comes to experiencing a heart attack or stroke, but risk factors and early signs of disease can often be detected in advance through a number of screenings,” Williams noted. “A thorough physical exam of your weight, blood pressure, and cardiovascular fitness can help identify possible complications. Individuals who may be at the highest risk for heart disease could benefit from an electrocardiogram or echocardiogram, tests that can be performed locally at Knox County Hospital, that allows healthcare providers to take a closer look at your heart’s performance.

Prescribed medication, a medically directed diet, and an exercise program are typically some of the recommended options to prevent heart disease and further complications for those that might be at risk. Physically active individuals are not immune to cardiovascular disease but are twice as likely to avoid a heart attack. Exercise is beneficial because it decreases the risk of developing cardiovascular disease and other illnesses.

**MORE**



## Knox County Hospital Highlights the Dangers of Cardiovascular Disease<sup>[1]</sup><sub>SEP</sub>

### Page 2

Exercise routines should be brisk enough to raise the heart and breathing rates and sustain them for at least 30 minutes without interruption, and they should be repeated at least three to five times per week. Before engaging in any exercise, consult with your physician.

For individuals who have recently experienced a cardiac episode, such as a heart attack, rehabilitation is key to regaining their former cardiac function. The cardiac rehabilitation program at Knox County Hospital provides a convenient setting with professionals who understand how these individuals are feeling.

Dr. Williams says that easing into activities that do not overstimulate the heart is important to recovery. Overexertion can cause physical harm but underperforming has the potential to prevent the body from successfully healing.

For more information about cardiovascular disease and whether the cardiopulmonary rehabilitation program may benefit you, talk with your cardiologist or local primary care provider.

For more information about an annual wellness visit to discuss your risks of heart disease, or to find a local medical provider, please call Knox City Clinic at 940-657-3906 or the Munday Clinic at 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).

###