



**Press Release**  
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## **Focusing on Men's Health**

*Knox County Hospital District takes part in Men's Health Month.*

KNOX CITY, Texas (May 29, 2023) – With Father's Day around the corner, there is no more perfect time than now to discuss the health of the men in our lives.

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.

"Whether it be culture, machismo, or genuine lack of interest, men typically see their primary medical providers less than women," says Dr. Michael Bennington of the Munday Clinic. "We encourage the men in our community to understand the importance of meeting regularly with their medical provider to have important screenings performed. It cannot be underscored how imperative early detection of possible health issues is to the care and treatment," Dr. Bennington noted

Celebrated every June, Men's Health Month is a nationwide initiative to urge men to think twice about their health and schedule appointments with their medical providers for checkups and screenings that could save their lives.

Dr. Bennington added that focusing on a few core areas such as regular health screenings, common cancers, 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 successfully when detected early," Dr. Bennington says. "It is unfortunate that lots of men wait until it's too late—when symptoms become unbearable—to seek medical help."

Regular health exams and screenings are an important way to detect men's health issues. According to Dr. Bennington, early screenings not only help men save money in the long run but can also save a life when a disease is caught early. "Getting screened early can be a lifesaver," Dr. Bennington said.

Men should be screened regularly for high blood pressure, abnormal cholesterol levels, diabetes, and

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other conditions. Screening for common cancers among men is often overlooked if men do not see a medical provider regularly.

“Knowledge can save lives, and men need to know more about the current state of their health,” Dr. Bennington says. “Meeting regularly with a medical provider 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 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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