



Press Release
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Prioritizing Men's Health Can Be a Lifesaver

June is observed as Men's Health Month to raise awareness of addressing health concerns among men.

KNOX CITY, Texas (June 9, 2023) – As Chris Scott, certified family nurse practitioner in Munday, grappled with intense chest pain, an instinctual feeling alerted him to the gravity of the situation. Recognizing the urgency, he swiftly sought immediate medical attention and found himself in the emergency room of Knox County Hospital.

"I was stopped in my tracks by the pain I started feeling in my chest," Scott says. "I felt heavy pressure in my chest and tingling in my arm; classic hallmarks of a heart attack."

In the United States, men typically experience their first heart attack at the age of 65, leading to coronary artery disease being predominantly associated with older individuals. However, it is noteworthy that a significant percentage, ranging from four to 10 percent of all heart attacks, occur in individuals under the age of 45, with the majority affecting men.

Scott, 48 years old, acted when it mattered the most. His visit to the emergency room revealed that a heart attack was imminent, and a stent was required.

"I was somewhat in disbelief. I didn't think I would be in this position," Scott says. "Regardless, I'm grateful for the medical care I received."

Reflecting on his experience, Scott adds that sharing his story during June is timely in observance of Men's Health Month, a campaign that serves as a crucial reminder for men to prioritize their health and take proactive steps toward preventive care. The awareness campaign highlights the importance of regular check-ups to monitor and detect potential health issues.

"Studies show that men are less likely to visit a healthcare provider for routine medical care than women," explains Scott, a certified family nurse practitioner for 17 years for KCHD. "We need to change that because regular visits with a healthcare professional could be a lifesaver!"

Scott says Men's Health Month is the opportune time to highlight the importance of regular check-ups, addressing health concerns like heart disease, diabetes, and prostate cancer, to promote preventive care and overall well-being among men.

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Heart disease, one of the leading causes of death in men, is a crucial focus this month. Men are encouraged to be aware of the risk factors for heart disease, such as high blood pressure, high cholesterol, and obesity, and to adopt a heart-healthy lifestyle through regular exercise, a balanced diet, and avoiding smoking and excessive alcohol consumption.

Chest discomfort can indicate a heart problem, especially if accompanied by other symptoms. Persistent or severe chest pain, such as tightness or pressure and pain in the arms, jaw, neck, back, or stomach, could indicate a heart issue. Shortness of breath, where you struggle to catch your breath, and symptoms like sweating, nausea, or dizziness can accompany chest discomfort during a heart problem.

If you experience any signs of chest discomfort, it's crucial to seek medical attention to get a proper evaluation and diagnosis.

Another significant aspect of men's health addressed during this month is the awareness of diabetes. Men are at a higher risk of developing diabetes, leading to severe complications if left unmanaged. Men's Health Month emphasizes the importance of maintaining a healthy weight, monitoring blood sugar levels, and making informed dietary choices to prevent and manage diabetes.

Additionally, the month raises awareness about prostate cancer, a prevalent cancer among men. Regular screenings, such as prostate-specific antigen (PSA) tests, are vital in early detection and treatment. Men are encouraged to have open discussions with their healthcare providers about prostate cancer screening and to be proactive in monitoring their prostate health.

"The significance of regular check-ups and preventative healthcare cannot be underscored," Scott adds. "A proactive role in your well-being addresses crucial health issues such as heart disease, diabetes, and prostate cancer."

This month, by promoting awareness and encouraging men to prioritize their health through regular check-ups and adopting healthy lifestyle choices, strives to empower men to take charge of their health and lead healthier lives. Scott hopes his personal experience will encourage others to get their annual check-ups and he emphasizes the importance of not ignoring symptoms even if one thinks they are minor. In closing, Scott stated, "I want to thank everyone for their thoughts and prayers during my ordeal." Knox County Hospital District is so very thankful that Chris has recovered so well and is still with us; he is a vital part of KCHD and our community.

For more information about local healthcare programs and services for men or to find a local medical provider, please 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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