



Press Release
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Local Hospital Emphasizes the Crucial Role of Back-to-School Physicals and Immunizations for Children

Knox City, (July 14, 2023) —Knox County Hospital District is urging parents to prioritize back-to-school physicals and immunizations, including sports physicals, for their children. As the summer break draws to a close, now is the opportune moment to schedule appointments to guarantee that children start the upcoming school year in the best health possible.

Chris Scott, FNP-C, of the Munday Clinic, emphasized the significance of these routine check-ups and vaccinations for children. "Back-to-school physicals and immunizations are vital for the overall well-being of children," said Scott. "These preventive measures not only protect children from harmful diseases but also ensure that any underlying health issues are identified and addressed early on."

Immunizations play a crucial role in safeguarding children against contagious diseases, according to the Centers for Disease Control and Prevention (CDC). Vaccinations protect children from illnesses such as measles, mumps, rubella, hepatitis, and influenza. These disease-preventive measures not only shield the vaccinated children but also contribute to the overall health of the community, particularly those who are unable to receive vaccinations due to medical reasons. The CDC strongly recommends following the recommended immunization schedule to ensure maximum protection against vaccine-preventable diseases.

"In addition to routine vaccinations, sports physicals are essential for children participating in athletic activities, Scott said. "These evaluations help detect conditions that may predispose children to injuries or limit their ability to participate fully in sports. By conducting sports physicals, healthcare professionals can provide appropriate guidance and recommendations to optimize children's athletic performance while prioritizing their health and well-being."

Scott further emphasized that scheduling these appointments promptly is crucial, considering the anticipated increase in demand as the school year approaches. By proactively booking appointments, parents can avoid the last-minute rush and ensure that their children are prepared to start the school year on a healthy note.

Knox County Hospital District is dedicated to the health and well-being of the community. By promoting the significance of back-to-school physicals, immunizations, and sports physicals, the district aims to foster a healthier environment for children, reduce the risk of preventable illnesses, and promote safe participation in athletic activities.

MORE



Back-to-School Physicals and Immunizations

Page 2

Research has shown that regular exams help reduce overall medical costs by allowing the medical provider to detect health issues earlier. They are also a good opportunity for families and physicians to discuss diet, lifestyle, and other ways to reduce the risk of developing certain conditions.

“You can rest assured knowing that a professional team of medical providers are ready for you and your family right around the corner,” Scott said.

Patients can schedule their back-to-school physicals and immunizations appointment with a provider in Knox City, by calling 940-657-3906. To schedule an appointment with a medical provider in Munday, please call 940-657-3906.

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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