



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

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## **Local Hospital Highlights the Importance of Annual Women's Health Exams**

*It's Time for Moms to Prioritize Their Health with Annual Examinations*

KNOX CITY, Texas (August 18, 2023) – Knox County Hospital District underscores the significance of annual women's health exams in ensuring the well-being of women. As the back-to-school season begins and children's physicals are taken care of, it is crucial for the women in our communities to prioritize their own health by scheduling comprehensive examinations.

Annual women's health exams serve as a proactive measure to detect potential health issues and ensure early intervention. Dr. Kendra Williams at Knox City Clinic, a service of Knox County Hospital District explains, "Regular check-ups are crucial for women of all ages. These exams provide an opportunity for healthcare providers to assess overall health, screen for specific conditions, and offer personalized guidance to maintain optimal well-being."

During these examinations, medical professionals at Knox County Hospital District conduct a range of tests and screenings to evaluate various aspects of women's health. Key areas of focus include:

- 1. Breast Health:** As breast cancer continues to be a prevalent concern, regular clinical breast examinations and mammograms are recommended. Dr. Williams highlights, "Early detection is key in successfully treating breast cancer. Annual exams enable us to identify any abnormalities, offer timely interventions, and provide peace of mind to our patients."
- 2. Pelvic Health:** Comprehensive pelvic exams help detect conditions such as pelvic inflammatory disease, abnormal pap smears, and sexually transmitted infections. Dr. Williams stresses, "These exams allow us to assess reproductive health, identify potential concerns, and provide appropriate treatments or referrals."
- 3. Cardiovascular Health:** Heart disease is a leading cause of mortality among women. Annual exams include blood pressure checks, cholesterol screenings, and discussions on heart-healthy lifestyle choices. Dr. Williams states, "By monitoring cardiovascular health regularly, we can identify risk factors early on and help women adopt preventive measures to reduce their chances of heart disease."

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4. Bone Health: Osteoporosis is a common condition affecting women, particularly as they age. Dr. Williams advises, "Bone density tests are essential to assess bone health and detect osteoporosis. Early diagnosis enables us to prescribe appropriate treatments and preventive measures, reducing the risk of fractures and improving overall quality of life."

In addition to these core areas, annual women's health exams often include screenings for cervical cancer, thyroid disorders, and mental health assessments. Dr. Williams emphasizes the importance of open communication during these visits, stating, "Our goal is to provide a comprehensive evaluation and address any concerns our patients may have. We encourage women to discuss their medical history, lifestyle choices, and any symptoms they may be experiencing."

For more information about annual wellness visits, 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).

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**Knox County Hospital District**

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