



Press Release
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Hospital Highlights the Importance of National Cholesterol Awareness Month

Education and Wellness Help Prevent Stroke and Cardiovascular Disease

KNOX CITY, Texas (Sept. 1, 2023) – The Knox County Hospital District is pleased to join the nation in recognizing National Cholesterol Awareness Month. As part of our commitment to promoting health and wellness within our community, we are emphasizing the significance of understanding cholesterol and its impact on our overall well-being. Knowing the importance of cholesterol and understanding the differences between good and bad cholesterol helps to provide valuable insights into managing cholesterol levels effectively.

Cholesterol is a waxy substance found in the fats (lipids) in our blood. While it is essential for the production of hormones, vitamin D, and substances that aid in digestion, high cholesterol levels can significantly increase the risk of heart disease and stroke. To better comprehend cholesterol, it is crucial to differentiate between high-density lipoprotein (HDL) and low-density lipoprotein (LDL) cholesterol.

HDL cholesterol, often referred to as "good" cholesterol, plays a vital role in safeguarding our heart health. It helps remove LDL cholesterol from the arteries, preventing the buildup of plaque and reducing the risk of heart disease. On the other hand, LDL cholesterol, known as "bad" cholesterol, can accumulate in the arteries, leading to blockages that can cause heart attacks and strokes.

Cindy Guess-FNP at Munday Clinic, a service of Knox County Hospital District, emphasizes the significance of understanding cholesterol profiles: "Monitoring cholesterol levels is crucial for maintaining a healthy heart. By identifying the ratio of HDL to LDL cholesterol, we can assess an individual's cardiovascular risk and develop appropriate strategies for cholesterol management."

Managing cholesterol levels is essential for preventing heart disease and maintaining optimal health. Here are some ways individuals can effectively manage their cholesterol:

1. **Adopt a Healthy Diet:** Incorporate heart-healthy foods into your diet, such as fruits, vegetables, whole grains, lean proteins, and healthy fats like avocados and nuts. Limit the consumption of saturated and trans fats, found in foods like red meat, full-fat dairy products, and fried snacks.
2. **Engage in Regular Physical Activity:** Engaging in moderate-intensity exercises for at least 150 minutes per week can help raise HDL cholesterol levels and lower LDL cholesterol. Choose activities you enjoy, such as brisk walking, swimming, or cycling.

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3. Maintain a Healthy Weight: Being overweight or obese can contribute to high cholesterol levels. By achieving and maintaining a healthy weight, individuals can reduce their risk of developing heart disease.

Guess advises, "Making positive lifestyle choices is key to managing cholesterol levels effectively. By adopting a balanced diet, engaging in regular exercise, and maintaining a healthy weight, individuals can significantly improve their heart health."

To further assist individuals in managing their cholesterol, the Knox County Hospital District urges residents to contact the Knox County Clinic or Munday Clinic for comprehensive cholesterol screenings and personalized guidance. Our experienced medical professionals are equipped to provide accurate assessments, develop tailored treatment plans, and offer ongoing support to promote heart health within the community.

Guess concludes, "As healthcare providers, we are committed to empowering individuals to take control of their cholesterol and make informed decisions about their cardiovascular health. By working together, we can reduce the prevalence of heart disease and enhance the well-being of our community."

Education about cholesterol is important. Individuals are encouraged to do their research and talk with their primary medical providers about cholesterol and their risk of developing cardiovascular disease. For more information or to schedule a cholesterol screening, please contact the Knox County 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.

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