



Press Release
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Annual Women's Health Exams Emphasized for Preventative Care

Knox County Hospital District underscores the importance of regular women's health exams.

KNOX CITY, Texas (August 2, 2024) – Do you prioritize your health? Are you aware of the risks of certain diseases specific to women? Are you taking the necessary steps to maintain your well-being?

These are critical questions that healthcare providers aim to address during annual women's health exams. Recognizing their importance, Knox County Hospital District encourages all women in the community to schedule their annual health exams.

According to the Centers for Disease Control and Prevention (CDC), regular health exams, screenings, and tests are vital in detecting health problems early. This early detection can significantly improve treatment outcomes.

“Taking a proactive role in your healthcare is essential for a longer, healthier life,” says Dr. Ruth Ebangit, board-certified family practice physician, at Knox City Clinic, a service of Knox County Hospital District. “Annual women's health exams are a key component of preventative care that can save lives.”

The CDC highlights that regular preventative health services, such as immunizations and screenings for cancer and cardiovascular diseases, are crucial yet underutilized. Less than half of American women aged 65 or older, and fewer than a quarter of women aged 50 to 64, receive the recommended level of preventative health services.

An annual women's health exam typically includes a comprehensive review of the patient's health status, screenings for potential diseases, updates on necessary immunizations, and laboratory tests to check cholesterol, blood pressure, and blood sugar levels. Specific to women, these exams also often involve breast exams, pelvic exams, and Pap smears.

Dr. Ebangit recommends that women prepare for their health exams by reviewing their family health history and noting any new conditions or diseases. Additionally, it's important to discuss any previously postponed health screenings and to share any new symptoms or health concerns with their physician.

“Annual women's health exams are an opportunity to discuss your overall health with your healthcare provider. Be open and honest during these visits—it's crucial for your health,” explains Dr. Ebangit. “Your health is your most valuable asset, and these exams are a vital part of maintaining it.”

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The medical team in Knox County provides personalized health services to support women of all ages and life stages in achieving their best possible well-being. Our compassionate and experienced professionals are dedicated to offering comprehensive care tailored to each woman's specific needs. These services include:

- **Annual Wellness Exams:** Regular check-ups to monitor overall health and catch potential issues early.
- **Comprehensive Gynecological Care:** Includes routine pelvic exams, Pap smears, and treatment for gynecological conditions.
- **Menopause Management:** Personalized care to manage symptoms and maintain health during menopause.
- **Breast Cancer Screening:** Breast screening and discussion of monthly self-examination. Mammograms are also reviewed and scheduled when appropriate.
- **Family Planning:** Guidance and services for contraception, pregnancy planning, and reproductive health.
- **Diabetes Management and Prevention:** Support for managing diabetes and reducing the risk of developing it.
- **Bone Density Screening:** Tests to monitor bone health and prevent osteoporosis may be considered.
- **Health Education and Counseling:** Resources and advice on maintaining a healthy lifestyle and making informed health decisions.

Medicare and most private health insurance plans cover the cost of preventative women's health exams once a year. These exams are not only a chance to screen for diseases but also to discuss important aspects of women's health such as menopause, family planning, and bone health. Regular visits to a healthcare provider help ensure that women receive timely advice and intervention for any health issues that arise.

At Knox County Hospital District, we understand that each woman is unique, and our healthcare approach reflects this understanding. We offer a wide range of services to meet the diverse needs of women at different stages of life. From young women seeking advice on reproductive health to older women needing support with menopause or chronic conditions, our team is here to provide the highest level of care.

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“Use annual wellness visits as an opportunity to discuss your overall health with your primary care provider. It is one of your chances to get answers to all the health-related questions that you may have,” Dr. Ebangit explains. “My advice is to be open and honest; that is what’s most important during these visits. After all, this is your health we’re talking about here.”

For more information about annual women's health exams, or to find a local medical practitioner, 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.

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