



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Prioritizing Women's Health at Every Stage of Life

Knox County Hospital District Offers Comprehensive Care and Prevention Services

KNOX CITY, Texas (January 24, 2025) – Women's health is a lifelong journey, and at Knox County Hospital District (KCHD), our dedicated medical team is committed to providing compassionate and comprehensive healthcare services tailored to the unique needs of every woman. With January recognized as Cervical Cancer Awareness Month, now is the perfect time for women to focus on their well-being by scheduling essential screenings and wellness exams.

The healthcare professionals at KCHD understand that women's health needs evolve at different stages of life. That's why we offer a wide range of personalized services, from annual wellness exams to specialized screenings and chronic disease management. Our goal is to empower women with the knowledge and medical support they need to maintain their health.

"Our medical practitioners are dedicated to providing high-quality, patient-centered care for women of all ages," said Cindy Guess-FNP at Knox City Clinic a service of Knox County Hospital District. "By offering a full spectrum of healthcare services, we help women stay proactive about their health, ensuring they receive the right care at the right time."

Women's healthcare is not just about treating illnesses but also about fostering overall well-being and preventive care. The Munday Clinic and Knox City Clinic offers annual wellness exams, gynecological care, menopause management, breast cancer health, family planning services, diabetes management, and obstetric and prenatal care. These services help ensure that women receive consistent, high-quality medical attention, tailored to their individual needs.

Guess emphasized the importance of personalized care, stating, "Every woman's health journey is unique, and our team works closely with each patient to develop a healthcare plan that supports their lifestyle and medical history. We want to make sure women have access to the right care at the right time."

Routine check-ups and screenings are crucial in detecting potential health concerns early. Many conditions that affect women, such as osteoporosis, diabetes, and heart disease, can be better managed when identified early through regular visits with a healthcare provider. Guess reiterated, "By prioritizing regular health visits, women can take control of their well-being and work with their providers to prevent serious conditions before they develop. Prevention is key to long-term health."

The team at Knox County Hospital District encourages women to establish a trusted relationship with their local medical providers to ensure they receive ongoing, comprehensive care throughout all phases of life. Whether a young woman is seeking family planning advice, a mother needs prenatal care, or a postmenopausal woman requires bone health assessments, Knox County Hospital District offers a supportive environment where women feel heard and valued.

MORE

Knox County Hospital District
701 SE 5th St. | Knox City, TX 79529 | 940-657-3535



Prioritizing Women's Health at Every Stage of Life

Page 2

Guess added, "Women's health is about more than just reproductive care. It encompasses every aspect of a woman's well-being, from mental health support to chronic disease management. Our team is here to provide the expertise and compassion that every woman deserves."

In addition to individualized care, Knox County Hospital District is committed to enhancing women's healthcare accessibility. The hospital district works to remove barriers that prevent women from seeking the care they need, whether due to financial constraints, lack of information, or time limitations. By offering flexible appointment scheduling, financial assistance programs, and patient education resources, Knox County Hospital District ensures that every woman has the opportunity to prioritize her health.

Knox County Hospital District also recognizes the importance of community education in promoting women's health. Through screenings, and individualized care, KCHD is committed to providing resources that empower women to make informed decisions about their well-being. Guess stated, "Education is a vital component of healthcare. By providing women with the knowledge they need, we help them make choices that support a healthier future."

Preventive care extends beyond the doctor's office. Knox County Hospital District encourages women to take proactive steps in their daily lives to maintain their health. Maintaining a balanced diet, engaging in regular physical activity, managing stress, and staying up to date on vaccinations and screenings are all essential aspects of lifelong wellness. "Women's health is holistic," LNAME noted. "By making small, sustainable changes in daily habits, women can significantly improve their overall health outcomes."

For women who may not have prioritized their health due to busy schedules or other responsibilities, now is the time to take action. Investing in preventive care now can make a lasting impact on a woman's health, leading to a longer, healthier life.

To learn more about women's health services or to schedule an appointment, contact Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271 today.

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.

###

Knox County Hospital District

701 SE 5th St. | Knox City, TX 79529 | 940-657-3535