



Press Release
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Knox County Hospital District Highlights Women’s Heart Health During American Heart Month

KNOX CITY, Texas (Feb 7, 2025) – February is American Heart Month, a time dedicated to raising awareness about cardiovascular health and the steps people can take to protect themselves from heart disease. Knox County Hospital District is emphasizing the importance of heart health, particularly among women, who are often unaware of the risks and symptoms of heart disease. By encouraging early detection, prevention, and proactive medical care, local healthcare providers at Munday Clinic and Knox City Clinic are ready to help women take charge of their heart health.

“Heart disease remains the leading cause of death for women in the United States, yet many don’t realize they’re at risk,” said Cindy Guess- FNP, of the Knox City Clinic, a service of Knox County Hospital District. “Too often, women dismiss symptoms as stress, fatigue, or something less serious. This delay in seeking care can lead to severe consequences.”

Many women believe that heart disease primarily affects men, but statistics tell a different story. According to the Centers for Disease Control and Prevention, heart disease accounts for one in every five female deaths in the U.S. The signs and symptoms of heart disease in women can also be more subtle than the commonly recognized chest pain experienced by men.

“Women may experience symptoms such as shortness of breath, nausea, dizziness, or pain in the neck, jaw, or back,” explained Guess. “They might not always feel the crushing chest pain we associate with heart attacks. That’s why it’s critical to listen to your body and not ignore persistent discomfort.”

Prevention plays a key role in reducing the risk of heart disease. Small lifestyle changes can make a significant difference. Adopting a heart-healthy diet, staying physically active, managing stress, maintaining a healthy weight, and avoiding smoking are all steps that support cardiovascular health. Regular check-ups and screenings are also essential, as high blood pressure, high cholesterol, and diabetes significantly increase the risk of heart disease.

“Preventative care is the best way to fight heart disease,” said Guess. “Routine visits with your healthcare provider can help detect risk factors early. The sooner we identify issues, the better we can manage them to prevent serious complications.”

Despite the importance of regular healthcare visits, many women prioritize the needs of their families over their own well-being, often delaying necessary medical attention. However, being proactive about heart health is not just beneficial for the individual—it can also set an example for loved ones.

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“As women, we tend to take care of everyone else first,” said Guess. “But taking care of your heart means you’ll be there for your family in the long run. Seeking care when you notice symptoms and staying on top of regular screenings is one of the best ways to ensure a healthier future.”

Knox County Hospital District encourages all women to be mindful of their heart health, recognize the warning signs of heart disease, and take action toward prevention. Scheduling an appointment with a healthcare provider is a crucial first step in managing cardiovascular risk.

“Our team at Munday Clinic and Knox City Clinic is committed to helping women protect their heart health,” said Guess. “We offer screenings, counseling, and treatment options to help prevent heart disease and catch early warning signs before they become life-threatening.”

For more information on heart disease and to understand your risks, please speak with your primary care provider at Knox City Clinic at 940-657-3906 or the Munday Clinic 940-422-5271. Taking steps now can make a lasting difference in your heart health and overall well-being.

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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