



Press Release
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Knox County Hospital District Promotes Heart Health Through Cardiac Rehabilitation

Comprehensive Program Supports Recovery and Reduces Future Cardiac Events

KNOX CITY, Texas (**Feb. 14, 2025**) – In recognition of American Heart Month and the recent observance of Cardiac Rehabilitation Week, Knox County Hospital District is emphasizing the life-changing benefits of cardiac rehab for individuals recovering from heart-related events. Cardiac rehabilitation plays a crucial role in improving heart health, preventing future complications, and empowering patients to take control of their well-being.

"Recovering from a heart attack or surgery isn't just about medical treatment—it's about making sustainable lifestyle changes that support long-term health," said Calder Cude, Director of Cardiac Rehab, at Knox County Hospital District. "Our cardiac rehab program is designed to help patients safely regain strength, improve cardiovascular fitness, and adopt heart-healthy habits."

Heart disease remains the leading cause of death in Texas, affecting millions of individuals across the state. Many factors contribute to cardiovascular issues, including high blood pressure, diabetes, smoking, and poor diet. "Prevention and early intervention are key to reducing the risks associated with heart disease," said Cude. "By working closely with healthcare providers and participating in a structured rehabilitation program, patients can significantly improve their heart health and quality of life."

Knox County Hospital District's cardiac rehab program provides a structured approach to recovery, offering supervised exercise, education, and counseling tailored to each patient's specific needs. Research shows that individuals who participate in a comprehensive rehab program can reduce their chances of experiencing another cardiac event by up to 30%.

"One of the biggest challenges for heart patients is knowing how to safely resume physical activity," said Cude. "We provide personalized guidance, ensuring that patients can build strength and endurance without overexertion or unnecessary strain on the heart."

Beyond physical recovery, the program also addresses emotional and mental health. Many patients experience anxiety or depression following a heart-related incident, and having access to a supportive rehabilitation team can make a significant difference. "Heart health isn't just about exercise—it's about stress management, proper nutrition, and a support system that encourages long-term success," Cude added.

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The cardiac rehab team at Knox County Hospital District takes a holistic approach to care, incorporating multiple elements to ensure patients have the best possible recovery experience. Through monitored exercise, dietary counseling, and one-on-one coaching, patients receive the education and support they need to make informed decisions about their health.

Knox County Hospital District also works to promote awareness about the importance of heart health in the community. By offering educational resources, outreach events, and preventive screenings, the hospital aims to help individuals identify and manage risk factors before they develop into serious cardiac issues. "Heart disease affects countless families in our community, and we are committed to providing the necessary resources to help people live healthier lives," said Cude.

Knox County Hospital District encourages community members to take charge of their cardiovascular health by scheduling regular check-ups, managing key risk factors, and exploring options like cardiac rehabilitation if they have experienced a heart attack or other cardiac event. Medicare and most private insurance providers cover the cost of rehab for qualifying patients, making it an accessible and effective option for many.

For more information about Knox County Hospital District's cardiac rehab program, call 940-657-3535 or speak with your primary care provider.

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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