



Press Release
FOR IMMEDIATE RELEASE

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

September is National Cholesterol Awareness Month

Knox County Hospital District Encourages Community to “Know Your Numbers”

KNOX CITY, Texas (Sept. 5, 2025) – September is recognized nationwide as National Cholesterol Awareness Month, a time dedicated to raising awareness about the dangers of high cholesterol and the importance of preventive care. Knox County Hospital District (KCHD) is encouraging residents to take charge of their health by scheduling a simple cholesterol screening this month.

“Cholesterol is often called the ‘silent risk factor’ because you can feel perfectly healthy and still be in danger,” said Stephen Kuehler, CEO of Knox County Hospital District. “The only way to know where you stand is to get tested. Once you know your numbers, you and your healthcare provider can make a plan to protect your future.”

Cholesterol itself is not the enemy—it’s a natural substance the body needs to build cells. But when levels are too high, cholesterol can build up in blood vessels, restricting blood flow and putting people at greater risk of heart problems. A healthy balance of LDL, often referred to as “bad” cholesterol, and HDL, or “good” cholesterol, is vital. Too much LDL can lead to clogged arteries, while HDL helps remove cholesterol from the bloodstream.

“Many people are surprised to learn that high cholesterol doesn’t cause obvious symptoms,” explained Chris Scott-FNP at Munday Clinic. “That’s why testing is so important. A simple blood test can reveal where you stand and help us catch potential problems before they become serious.”

High cholesterol can affect people of all ages, though the risk increases with factors such as diet, physical inactivity, smoking, excess weight, and family history. Lifestyle changes like eating more fruits and vegetables, exercising regularly, and reducing saturated fats can make a significant difference. In some cases, medication is necessary to keep cholesterol at safe levels, but the first step always begins with testing.

“Sometimes people think cholesterol is only an issue for older adults, but that’s not the case,” Scott said. “We see patients in their 20s and 30s with cholesterol concerns. The earlier you know your numbers, the sooner you can start making healthy changes that will benefit you for decades to come.”

With summer winding down and fall routines beginning, September is an ideal time to focus on preventive health. National Cholesterol Awareness Month serves as a reminder for families to schedule screenings and have conversations about heart health.

“September is a perfect reset point for many people,” Scott added. “Kids are back in school, schedules

MORE



Cholesterol Awareness Month

Page 2

are settling down, and it's easier to carve out time for appointments. Getting a cholesterol check now means you can start the fall season with valuable knowledge about your health."

The local impact of heart disease and high cholesterol is not abstract—it affects families right here in Knox County. Everyone knows someone who has dealt with heart-related issues, and prevention is the best defense.

"We can't always change our genetics, but we can control many of the risk factors," Scott emphasized. "By eating healthier, staying active, avoiding tobacco, and knowing your cholesterol levels, you can take real steps to reduce your risk. It's empowering to know that simple choices can have such a big impact."

According to the Centers for Disease Control and Prevention (CDC), nearly 94 million adults in the United States have high cholesterol. That's about 38% of the population—a reminder of just how important it is to know your numbers

National Cholesterol Awareness Month is about more than statistics. It's about encouraging individuals and families to take small but meaningful steps that can prevent future illness. By learning their numbers, community members can partner with local healthcare providers to stay on the path to better health.

"Prevention is always the goal," Kuehler said. "At KCHD, we want to make sure our patients have the information and resources they need to live healthier, longer lives. September is the perfect opportunity to take that step."

Appointments are available throughout September, and residents are encouraged to schedule early. For families in Munday, call the Munday Clinic at 940-422-5271. Those in Knox City and surrounding areas can reach the Knox City Clinic at 940-657-3906.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. Services include 24-hour emergency care, diagnostic imaging, laboratory testing, long-term care, home health, physical therapy, patient education, and preventive care. For more information, visit www.knoxhospital.org or call 940-657-3535.

###

Knox County Hospital District

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