



Press Release
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September Shines a Light on Prostate Cancer Awareness

Knox County Hospital District Urges Men to Take Charge of Their Health with Simple Screenings

KNOX CITY (Sept 19, 2025) – September is National Prostate Cancer Awareness Month, a time dedicated to educating men and their families about the importance of early detection. Knox County Hospital District (KCHD) is joining hospitals across the country to raise awareness and encourage men to talk with their medical providers about prostate health.

Prostate cancer is one of the most common cancers in men, affecting about one in eight men during their lifetime. While it can be a serious condition, when caught early, prostate cancer is highly treatable, and most men go on to live long, healthy lives.

“Screenings are an important conversation that every man over the age of 50 should have with his medical provider — earlier if there is a family history of prostate cancer or if you are in a higher-risk group,” said Chris Scott-FNP at the Munday Clinic. “Many men put off talking about prostate health because they don’t have symptoms, but that can delay finding something when it’s easiest to treat.”

Why Screenings Matter

According to the American Cancer Society, more than 288,000 new cases of prostate cancer are diagnosed each year in the United States. Risk increases with age, and African American men are more likely to be diagnosed at a younger age and with a more aggressive form of the disease.

“Routine screenings give us the ability to find problems early, before they spread or become more serious,” Scott said. “The tests are quick, simple, and can give patients peace of mind.”

A prostate-specific antigen (PSA) blood test and, when recommended, a digital rectal exam (DRE) are the most common screening tools. These tests help detect changes that might suggest prostate cancer even before symptoms develop.

Understanding Risk and Symptoms

While age and family history are the two biggest risk factors, lifestyle choices also play a role. Maintaining a healthy weight, staying active, and eating a diet rich in fruits, vegetables, and whole grains can help lower risk.

“Even if you feel fine, it’s important to know your numbers,” Scott emphasized. “Prostate cancer in its

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early stages usually don't cause symptoms. By the time symptoms appear, the cancer may have already grown or spread."

Symptoms that should prompt a visit to a provider include difficulty urinating, frequent urination (especially at night), blood in the urine, pain in the hips, back, or pelvis, or unexplained weight loss.

"Any man experiencing symptoms should contact his provider right away," Scott said. "But even without symptoms, screening is still the best prevention tool we have."

Starting the Conversation

For many men, the hardest part is simply getting started. Talking about prostate health can feel uncomfortable, but it is a vital step toward protecting long-term health.

Scott encourages men to bring up the topic during their annual wellness exam or to schedule a dedicated visit if they have concerns. "We are here to make the process as easy and comfortable as possible," Scott said. "Our goal is not just to diagnose problems but to keep you healthy for years to come."

Men in Knox County and the surrounding area can schedule an appointment by calling the Knox City Clinic at 940-657-3906. For those in Munday, call the Munday Clinic at 940-422-5271. Both clinics offer a full range of primary care services, including preventive screenings and follow-up care if additional testing is needed.

"Prevention is always the goal," Scott concluded. "We want our patients to have the information, the resources, and the support they need to live healthier, longer lives. September is the perfect opportunity to take that first step."

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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