



Press Release
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Hospital Encourages Women to Take Action for Breast Health

October Is the Perfect Time to Schedule Wellness Exams and Talk About Screening Options

KNOX CITY, Texas – (Sept 26, 2025) – October is recognized as National Breast Cancer Awareness Month, a time to focus on one of the most common health challenges women face today. With thousands of new breast cancer cases expected in Texas this year, Knox County Hospital District (KCHD) is urging women to make their health a priority by scheduling wellness exams, reviewing family history, and discussing screening options with a trusted provider.

“Awareness month is about more than wearing pink—it’s about starting a conversation,” said Stephen Kuehler, CEO. “When women take time to meet with a provider, they gain knowledge, peace of mind, and, most importantly, the best chance at catching potential problems early. That single step can make a life-changing difference.”

Early Conversations Save Lives

Breast cancer is the most frequently diagnosed cancer in women worldwide. Fortunately, advances in medicine and early detection have led to better outcomes than ever before. Routine wellness visits and screenings remain the most reliable way to catch breast cancer early, when treatment is most effective.

“Every woman’s health journey is unique,” said Cindy Guess-FNP at Knox City Clinic. “That’s why we encourage patients to talk to their provider about their personal and family medical history. Together, we can decide the right timing and approach for screenings, including mammograms when they are recommended.”

Guess explained that women should not wait until they notice symptoms. “Even if you feel healthy, it’s important to have regular check-ups,” Guess said. “They allow us to talk through risk factors, answer questions, and keep you on track with preventive care.”

Personalized Care Close to Home

Knox County Hospital District provides primary care through two convenient clinics — Knox City Clinic and Munday Clinic — giving area residents access to comprehensive services without traveling far.

“Our healthcare practitioners know the people they serve,” said Kuehler. “That local connection means we are not only treating symptoms but also helping patients stay healthy long-term. We believe prevention is just as important as treatment.”

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While KCHD does not perform mammograms on site, the clinics play a crucial role in coordinating care. “If a mammogram is needed, we work closely with trusted imaging centers and specialists to make sure our patients get scheduled quickly and receive timely results,” said Guess. “We help navigate the process so it’s as stress-free as possible.”

Understanding Breast Health

Health experts recommend that women perform monthly self-checks and watch for changes such as new lumps, thickening of breast tissue, nipple discharge, or changes in the skin. Any concerns should be reported to a provider as soon as possible.

“Mammograms are a valuable tool in finding breast cancer early,” Guess said. “They can detect changes in breast tissue before they can be felt, which often means treatment can start sooner and be less invasive.”

A Community Effort

Kuehler emphasized that supporting women’s health is a shared responsibility. “When we talk openly about breast cancer and the importance of early detection, we encourage more women to take action,” Kuehler said. “Our goal is to make sure every woman in Knox County knows where to turn for care and feels supported in taking that first step.”

Take Action This Month

National Breast Cancer Awareness Month is an ideal time for women to schedule their wellness visit and make breast health a priority. Most health insurance plans, including Medicare, cover preventive wellness visits once a year.

“Preventive care is one of the most important investments you can make in your health,” Guess said. “We want to partner with you to keep you healthy, informed, and confident about your care decisions.”

To schedule an appointment, call Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271. Your provider can guide you through risk assessment, discuss screening options, and connect you with the right resources for further care.

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

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