



Press Release
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Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org

Spring Is a Good Time to Check In

Regular clinic exams can support wellness, prevention, and healthy aging close to home

KNOX CITY, Texas (April 3, 2026) — As spring arrives and routines begin to shift, Knox County Hospital District is encouraging local residents to use the season as an opportunity to refocus on their health. Whether the goal is managing weight, improving energy, staying active with age, or simply getting back on track after a busy winter, one of the best first steps is scheduling a clinic exam.

April can serve as a natural bridge between the good intentions of January and the activity of summer. It is a time when many people start thinking again about exercise, healthier eating, preventive care, and feeling better overall. At the same time, it is also an important reminder that wellness is not about quick fixes. Good health is usually built through steady habits, early attention to concerns, and a strong relationship with a trusted medical provider.

For many adults, especially older adults, that approach becomes even more important with time. Energy levels change. Chronic conditions may need closer monitoring. New symptoms can be easy to dismiss. Small concerns can gradually become larger problems when care is delayed. That is why Knox County Hospital District is emphasizing the value of regular clinic visits for patients of all ages.

“Spring is a good time for people to pause and take an honest look at their health,” said Stephen Kuehler, CEO. “Sometimes that means talking about weight, blood pressure, blood sugar, medications, or ongoing aches and pains. Sometimes it simply means getting an annual exam and making sure everything is on track. What matters is getting started, and that often begins with a visit to your local clinic.”

Many people approach health goals with an all-or-nothing mindset. They may feel pressure to lose weight quickly, completely change their diet overnight, or start an intense exercise routine that is hard to maintain. In reality, providers often encourage a more practical and sustainable path. Small improvements in nutrition, movement, sleep, hydration, and routine screening can make a meaningful difference over time.

That is especially true because weight and wellness are connected to many other aspects of health. A clinic exam can help identify concerns related to blood pressure, heart health, cholesterol, diabetes risk, joint discomfort, mobility issues, and other factors that may affect a person’s quality of life. In many cases, patients benefit from knowing where they stand before trying to make major lifestyle changes on their own.

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



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The same is true for healthy aging. People often want to remain active, independent, and engaged in the lives of their families and communities as they grow older. Regular medical care can help support those goals by identifying changes early, managing chronic conditions, reviewing medications, and helping patients stay as strong and healthy as possible.

“Healthy aging does not happen by accident,” said Chris Scott-FNP of the Munday Clinic. “It comes from paying attention to the body, keeping up with preventive care, and talking with a provider about changes before they become more serious. Many of the things that affect how we feel every day can be addressed more effectively when patients come in for regular exams.”

A routine exam can open the door to important conversations that patients may have been putting off. That may include fatigue, shortness of breath, balance concerns, pain, trouble sleeping, changes in appetite, digestive concerns, or questions about screenings and medications. It can also be a chance to review family history and risk factors that may influence future care.

For some patients, the visit is about prevention. For others, it is about management. For many, it is both.

Scott said a clinic visit can also help take the guesswork out of wellness. “A lot of people want to feel better, have more energy, lose weight in a healthy way, or stay active as they get older, but they are not always sure where to begin,” Scott said. “An exam gives us the opportunity to look at the full picture and talk about realistic steps that fit the patient’s age, health history, and everyday life.”

Knox County Hospital District wants residents to remember that local care plays an important role in long-term health. Patients do not need to wait until something feels urgent to make an appointment. In fact, some of the most valuable visits happen before a condition worsens. A provider can help patients set realistic goals, track progress, recommend next steps, and tailor care to their age, lifestyle, and current health needs.

Kuehler said that message applies across generations, from adults working to improve their health habits to seniors focused on maintaining strength and independence.

“We want people to think about wellness in a realistic and encouraging way,” Kuehler, said. “This is not about perfection. It is about taking the next right step for your health. A clinic exam is one of the best places to begin, because it gives patients the chance to ask questions, receive guidance, and build a plan that makes sense for them.”

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As the community moves deeper into spring, Knox County Hospital District encourages residents not to let another season pass without checking in on their health. A single appointment can provide reassurance, direction, and an important starting point for better health in the months ahead.

To schedule an exam or wellness visit, contact Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271. Regular exams can help patients stay ahead of health concerns, support healthy aging, and take meaningful steps toward better overall wellness.

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.knoxs hospital.org.