



Press Release
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Knox County Hospital District Encourages Men to Make Health a Priority

Men's Health Month is a reminder to schedule checkups with local providers

KNOX CITY, Texas (**May 29, 2026**) – June is Men's Health Awareness Month, and Knox County Hospital District is encouraging men throughout the area to take a more active role in protecting their health by scheduling routine checkups, discussing age-appropriate screenings and talking openly with a medical provider about health concerns.

For many men, healthcare is something they may delay until symptoms become difficult to ignore. However, many serious health conditions, including heart disease, diabetes, high blood pressure, certain cancers and other chronic illnesses, can often be detected earlier through regular visits with a primary care provider.

"Men's Health Month is a good opportunity to remind men that taking care of their health should not wait until there is a problem," Stephen Kuehler, CEO said. "A yearly checkup, a conversation about family history, routine lab work and recommended screenings can give patients and providers important information before a condition becomes more serious."

Preventive care does not have to begin with a major concern. It can begin with a simple appointment to review blood pressure, cholesterol, blood sugar, weight, medications, symptoms, lifestyle habits and family health history.

At Knox City Clinic and Munday Clinic, medical providers can help men take practical steps toward better health. Depending on a patient's age, symptoms and risk factors, that may include wellness exams, lab testing, medication management, diabetes care, blood pressure checks, cholesterol monitoring, referrals for additional testing or specialty care and conversations about nutrition, exercise, sleep, stress, tobacco use and alcohol use.

"Primary care gives us a chance to look at the whole picture, not just one symptom," Chris Scott-FNP said. "Sometimes a patient comes in for one concern, and that visit opens the door to important conversations about blood pressure, blood sugar, medications, family history or screenings that may be due."

Scott encourages men not to ignore changes in their health. Fatigue, shortness of breath, chest discomfort, frequent urination, unexplained weight changes, pain, changes in mood, digestive changes or difficulty sleeping may all be important to discuss during a medical visit.

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Men's health also includes mental and emotional well-being. Stress, anxiety, depression, grief, sleep problems and changes in energy or motivation can affect work, relationships, physical health and quality of life. Men may be less likely to talk about these concerns, but they are medical issues that deserve attention and support.

"We want men to know that it is okay to bring up concerns that may feel personal or uncomfortable," Scott, said. "Those conversations help providers understand what is really going on and how we can best help."

Cancer screenings are also an important part of men's health. Depending on age, personal history and family history, men should ask their provider about screenings for colorectal cancer, prostate health and other conditions. KCHD does not perform colonoscopies in-house, but providers at Knox City Clinic and Munday Clinic can help patients understand screening recommendations and make referrals when additional testing is needed.

Families also play an important role in encouraging men to seek care. A spouse, adult child, friend or coworker may notice changes or encourage a loved one to schedule an appointment. KCHD reminds families that a supportive conversation can help someone take action before a health concern becomes more difficult to manage.

Men of all ages can benefit from developing a relationship with a primary care provider. Younger men may need physicals, wellness visits, injury care, blood pressure checks or conversations about healthy habits. Middle-aged men may begin focusing more on cholesterol, blood sugar, heart health and recommended screenings. Older men may need more frequent monitoring of chronic conditions, medications, mobility, balance, nutrition and overall wellness.

"Sometimes the hardest part is simply making the appointment," Scott, said. "Whether a man has a specific concern or just needs to get back on track with routine care, that first visit is an important step."

Knox County Hospital District encourages men to use June as a reminder to schedule a checkup, review recommended screenings and talk honestly with a provider about any health concerns. To make an appointment, call Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271.

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

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education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.