



Press Release
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Men's Health Month Highlights Colon Cancer Screening

Knox County Hospital District encourages men to begin the conversation with their local provider

KNOX CITY, Texas (June 12, 2026) – June is Men's Health Month, and Knox County Hospital District is reminding men that preventive care includes more than an annual checkup. It also includes talking with a trusted medical provider about recommended screenings, including colorectal cancer screening.

Colorectal cancer is one of the most important screening conversations men can have with their primary care provider. While Knox County Hospital District does not perform colonoscopies in-house, providers at Knox City Clinic and Munday Clinic can help patients understand when screening is recommended, review personal and family history, discuss symptoms and coordinate referrals when additional testing or specialty care is needed.

"Men's Health Month gives us an opportunity to encourage men to take the first step, even if they feel healthy," Stephen Kuehler, CEO said. "A routine visit with a local provider can help identify risk factors, answer questions and make sure patients are getting the screenings that are appropriate for their age and health history."

For many adults, colorectal cancer screening is recommended beginning at age 45. Some patients may need to begin earlier, especially if they have a family history of colorectal cancer or polyps, a personal history of certain bowel conditions or symptoms that should be evaluated.

Those symptoms may include changes in bowel habits, blood in the stool, ongoing abdominal pain, unexplained weight loss, fatigue, low iron levels or a feeling that something is not normal. However, colorectal cancer may not cause obvious symptoms in its early stages, which is one reason preventive screening is so important.

"Colon cancer screening is not something men should wait to talk about until they have symptoms," Chris Scott, FNP at Munday Clinic said. "The purpose of screening is to look for concerns early, when there may be more options and better outcomes. A simple conversation during a clinic visit can help determine what the next step should be."

A colonoscopy is one of the most recognized screening tools because it allows a specialist to examine the colon and, in some cases, remove polyps before they become cancer. Other screening options may also be appropriate for some patients. The best choice depends on the patient's age, medical history, family history, risk factors and provider recommendation.



At Knox City Clinic and Munday Clinic, providers can help patients sort through those questions and make an informed plan.

“We know some people feel nervous or uncomfortable talking about colonoscopies or bowel changes, but these are common medical conversations,” Scott said. “Our goal is to make sure patients feel comfortable bringing up their concerns so we can help them get the care they need.”

Men are sometimes more likely to delay routine care, especially if they are busy, feel well or are unsure where to start. KCHD encourages men to use Men’s Health Month as a reminder to schedule a wellness visit and talk about the screenings that may be due.

During that appointment, a provider may review blood pressure, cholesterol, blood sugar, medications, weight, diet, exercise, tobacco use, alcohol use, sleep, stress and family history. The visit also gives patients an opportunity to ask about colorectal cancer screening, prostate health, heart disease, diabetes and other common health concerns for men.

“Primary care is often where prevention begins,” Scott said. “We can review the whole picture, not just one symptom or one test. When we understand a patient’s health history and risk factors, we can help guide him toward the screenings, lifestyle changes or referrals that make sense.”

Families can also play an important role. A spouse, adult child, friend or coworker may be the person who encourages a man to schedule an appointment he has been putting it off. KCHD reminds families that encouragement can make a difference, especially when it comes to preventive care.

For men who have not had a checkup in several years, the message is simple: start with a clinic visit. A provider can help determine what screenings are due and whether a colonoscopy or another screening option should be discussed.

“Men do not have to figure this out on their own,” Scott said. “If a colonoscopy is recommended, we can help with the referral process. If another screening option is appropriate, we can talk through that as well. The important thing is to start the conversation.”

Knox County Hospital District encourages men throughout the area to make their health a priority during Men’s Health Month by scheduling an appointment, asking questions and talking honestly with a provider about recommended screenings.

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

