



Reeves County
Hospital District

Press Release
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Media Contact
Venetta Seals | rhcacares@rchd.care
(432) 447-3551, ext. 6350

Making Your Health a Priority is Key to a Better 2021

Local hospital offers tips for protecting your health in the new year

PECOS, Texas (January 11, 2020) – With the new year upon us, many people will be making plans for the future and looking to the year in front of us. Better health will be a top priority for many people in Reeves County, and with COVID-19 remaining a serious threat, there has been no better time to take steps to protect your health.

“We have a lot to look forward to this year, and protecting your health now is key to ensuring a better 2021,” said Dr. Steven Serrano, Family Practice with OB physician at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “A vaccine for COVID-19 is on the way, which means it is more important than ever to protect each other now from the dangerous virus until we are all vaccinated.”

COVID-19 infections have reached alarming levels in recent weeks in our region and across Texas. Hospitals have seen a flood of patients suffering serious illness who need emergency medical care. According to Dr. Serrano, taking everyday steps to slow the spread of the virus will be important in the next few months.

Wearing a mask in public, washing your hands frequently and practicing social distancing can all help prevent the spread of the disease.

New COVID-19 vaccines have been approved for use in the United States, but they are currently only available in limited quantities as production gets underway. The first to receive the vaccine are front-line healthcare workers who are caring for patients affected by the highly dangerous and contagious disease. Those 65 and older, and individuals with certain high-risk health conditions and certain essential workers will be the next groups to receive the vaccine. Vaccines are expected to be available to the general public later this year.

According to Dr. Serrano, taking steps to protect your health is often on people’s lists of new year’s

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resolutions, but that this year it is more important than ever, especially since those with certain underlying health conditions are at high risk of serious illness from COVID-19. He said there are a few steps you can take to make your health a priority in 2021.

Talking to your healthcare provider about your health goals and finding out where you stand in terms of important health indicators can help set you up for success in 2021.

Schedule your annual wellness exam

An annual wellness exam is a great place to start when embarking on better health. These yearly exams, covered by Medicare and most insurance providers, help ensure that you are in good health and caught up on important health screenings.

Your provider may request several lab screenings to check for things such as your blood glucose and cholesterol levels. Depending on your age, gender and risk levels, cancer screenings might also be ordered as a preventive measure.

Take control of stress in your life

During these uncertain times, many people are feeling stressed or depressed. It is important to take breaks from the news and focus on family when things seem overwhelming. Exercise and sleep are also key to controlling stress.

If you are struggling with stress, anxiety, or depression, schedule an appointment with your provider at the Pecos Valley Rural Health Clinic. Your provider can help you get the resources you need to improve your mental health and find the relief you need.

Manage your heart's health

Heart disease remains the most common cause of death in the United States, and it is a risk factor for serious illness from COVID-19. Taking control of your heart's health can help ensure a longer, healthier life. Fortunately, a few simple steps can set you on the right path.

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People of all ages and physical conditions can benefit from regular physical activity, and it is a great way to improve your cardiovascular health. Even a little physical activity such as a brisk walk can help you improve your overall wellness. Starting slowly and finding physical activities that you enjoy will help you maintain the habit throughout the year.

Heart health also depends on good nutrition. Focusing on balanced meals rather than fad diets will help you improve your overall health, manage your weight, and improve your heart's health.

According to Dr. Serrano, it is also important to talk to your healthcare provider about your risk of heart disease. Your annual wellness exam is a great opportunity to learn about your blood pressure, cholesterol, and overall risk of developing cardiovascular issues.

"As the new year gets underway, taking time for your health is a great opportunity to set you on the right path in 2021," Dr. Serrano said. "By taking important steps to protect each other from COVID-19 as vaccines roll out and focusing on our personal health goals, we can ensure a happier and healthier year."

To learn more about local healthcare services, visit www.reevescountyhospital.com or call the Pecos Valley Rural Health Clinic at 432-447-0565.

About Reeves County Hospital District

Reeves County Hospital District (RCHD) provides healthcare services for people in Reeves County and neighboring communities in West Texas. Founded in 1954, RCHD, a Level IV Trauma Center, offers a wide variety of medical services, including emergency care, diagnostic radiology, physical therapy, general surgery, a clinical laboratory and more. RCHD also operates American Home Health and Hospice and the Pecos Valley Rural Health Clinic, which offers family care, immunizations and other medical services. For more information, please visit www.reevescountyhospital.com.

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