



Reeves County
Hospital District

Press Release
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Controlling Diabetes During a Pandemic Begins with Awareness

Reeves County Hospital District talks about the deadly disease during National Diabetes Awareness Month.

PECOS, Texas (Nov 2, 2020) – As the coronavirus pandemic continues to dominate the headlines, and many people still choosing to delay essential medical care, individuals with chronic diseases could face severe health risks. November is National Diabetes Awareness Month, and Reeves County Hospital District is joining the campaign to increase local awareness and urge residents to talk with their medical providers about diabetes screening.

“COVID-19 is a still a serious threat, but it can be even more serious to those with underlying conditions, including diabetes,” says, Dr. James Tarin, Family Practice, at Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “We have come a long way over the past couple of decades in our ability to detect and diagnose diabetes. Controlling your risk this year especially is even more important.”

Diabetes mellitus is a disease that causes the pancreas to alter the production of insulin - an important hormone that converts sugar and starches into energy the body needs. If the pancreas cannot produce enough insulin, then the amount of sugar in the blood rises uncontrollably, causing a deadly health risk.

Statistics show that diabetes is reaching epidemic rates, affecting an estimated 9.4 percent of Americans. Approximately 11.2 percent of Texans are currently living with the disease.

There is currently no data to suggest individuals with diabetes are more likely to contract COVID-19 compared to those without the disease, according to the American Diabetes Association. The concern is people with diabetes are more likely to face worse outcomes if they contract the virus.

“Research has shown that people with diabetes, who contracted the coronavirus, had much higher rates of serious complications and death than those without diabetes,” Dr. Tarin says. “It is data like this that is very concerning, especially given the fact that 11 percent of Texans are diabetic.”

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Symptoms of diabetes often include excessive thirst, frequent urination, drowsiness, itching, blurred vision, excessive weight, tingling in the extremities, fatigue, and skin infections. Other signs include slow healing of cuts and scratches, especially those on the feet.

Managing diabetes is possible through a healthy and balanced diet, exercise, and medication.

Diabetes can be discovered with a blood test. This screening can help your medical provider determine what stage of the disease you have and how you can maintain optimum health.

“Unfortunately, while our understanding of diabetes has increased, so has the number of people who have developed the disease,” Dr. Tarin noted. “As with other diseases and illnesses, everyone can benefit from a yearly physical. Screening for diabetes for those who fall in the high-risk categories should be done annually.”

For more information about diabetes testing please call the Pecos Valley Rural Health Clinic at 432-447-0565. Discover more about local healthcare services at www.reevescountyhospital.com.

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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