



Reeves County
Hospital District

Press Release
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Men Can't Afford to Take Their Health for Granted

RCHD shines a light on the importance of regular check-ups for men.

PECOS, Texas (May 28, 2021) – Studies have shown that men are less likely to visit a healthcare provider for routine medical care than women. With Father's Day just around the corner, it is an important time of year to focus on ways that men can protect their health.

"Men can't take their health for granted," said Sandra Anim, FNP at the Pecos Valley Rural Health Clinic a service of Reeves County Hospital District. "Regular visits to a healthcare provider are key to ensuring that men are in good health and caught up on important screenings that can detect health issues that affect men in their early stages."

According to the Centers for Disease Control and Prevention (CDC), men are 80 percent less likely to visit a healthcare provider for preventative care than women. Preventive screenings are key to detecting health issues such as prostate cancer and testicular cancer in their early stages for better treatment outcomes.

Routine wellness visits are also an important way that men take charge of other aspects of their health, such as blood pressure, diabetes risk and the risk of developing other diseases.

In Reeves County, the Pecos Valley Rural Health Clinic offers convenient routine healthcare services, including wellness exams, immunizations, routine blood work and more.

Anim added that many people have chosen to delay important healthcare services, including routine screenings. However, doing so can put your health at risk.

"Early detection is key to effective treatment of many types of health issues," Anim said. "Delaying the screenings and medical care you need could jeopardize your health."

Prostate cancer and testicular cancer are among the most common diseases that exclusively affect men. Prostate cancer alone accounts for an estimated 9.6 percent of all new cancer cases in the country,

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according to the National Cancer Institute.

Approximately 1 in 9 men will be diagnosed with prostate cancer during his lifetime, according to the American Cancer Society.

Men are encouraged to talk to their primary care providers about prostate cancer screenings beginning at age 50. Two common tests for prostate cancer are available. Prostate-specific antigen (PSA) analyzes blood samples, while digital rectal exam (DRE) estimates the size of the prostate and checks for abnormalities.

Testicular cancer most often occurs between the ages of 20 and 54. Self-examinations for unusual lumps, swelling or pain can help with early detection. Like most cancers, the early detection of prostate cancer and testicular cancer often leads to better treatment outcomes.

Anim emphasized that visiting the hospital and clinic is safe for patients. Providers and staff have received the lifesaving COVID-19 vaccine, and the healthcare system has taken steps to protect patient safety.

She added that another important way for men to protect their health is by getting a COVID-19 vaccine. Vaccines available in Reeves County are safe and highly effective at preventing serious illness from the dangerous virus.

“Getting vaccinated protects not only you but also others around you,” LNAME said. “Taking charge of your health begins with men taking simple steps that can make a big difference.”

To learn more about local medical services and providers, visit www.reevescountyhospital.com or call (432) 447-3551 to schedule an appointment.

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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