



Reeves County
Hospital District

Press Release
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Taking Care of You During Uncertain Times

RCHD offers tips for focusing on your overall health and wellness.

PECOS, Texas (June 5, 2020) – From stress to changes in our everyday lives, uncertain times can take a toll on our health. Now, more than ever, it is important to focus on your health and wellbeing. Reeves County Hospital District is offering tips to help families maintain and improve their health as the summer approaches.

“Practicing self-care and taking steps to manage your health are key to improving your life,” said Dr. Deitrick Gorman, Family Practice with OB at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “If you have health needs, don’t ignore them. Keep an eye on your health indicators and seek healthcare services if you need them.”

Managing stress

According to Dr. Gorman, many people have experienced heightened stress during the pandemic. Although stress is a normal part of everyone’s life, long-term stress can lead to a number of health issues.

Excessive stress can also have a negative effect on the immune system, causing a person to become sick more frequently. Stress can also impact a person’s cardiovascular health and can contribute to high blood pressure, heart disease and mental health conditions such as anxiety and depression.

Diet and exercise can help your mood and improve your ability to cope during stressful times. Relaxing activities such as meditation, yoga and other activities that focus on your wellbeing are also important ways that can help you cope.

Additionally, it is important to avoid substances such as drugs and alcohol, which may provide temporary relief but can cause serious consequences.

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When stress becomes excessive, it is a good idea to consult with your healthcare provider. Providers at the Pecos Valley Rural Health Clinic can offer resources to help you manage stress and improve your life.

Diet and exercise

It is also important to maintain your physical health. Regular exercise is key to overall health and has been shown to have benefits for your emotional wellbeing. You don't need to pay for an expensive gym to get a great workout. Exercising at home or outside can provide important benefits. If exercising outside, make sure to maintain a safe distance from others.

Eating a balanced diet, avoiding white sugar and processed food, can help you protect your health. Make a list before shopping and stock up on healthy foods that you can cook at home over the course of several days so you don't need to go to the store frequently. The CDC also recommends ensuring that you have enough food and medications on hand so that you can stay at home if you or someone in your household gets sick.

Sleep

Getting enough sleep will help your body recuperate and reset itself. The benefits of sleep contribute to your overall health and wellbeing and may help to prevent heart disease, weight gain and many other illnesses. Always make sure that a restful sleep is a priority.

Ensuring you are in optimal health

According to Dr. Gorman, many people have chosen to skip routine healthcare services. However, doing so can be risky.

"It's never a good idea to delay the healthcare services you need," she said. "In fact, it is more important than ever to ensure you are in optimal health and get treatment for health issues when you need it."

Scheduling your annual wellness exam is a great way to find out if you are caught up on important screenings and gain access to the support you need to protect and improve your overall health.

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According to Brenda McKinney, CEO of Reeves County Hospital District at Reeves County Hospital District, wellness exams at the Pecos Valley Rural Health Clinic are a safe and convenient option for local residents.

During a wellness exam, your healthcare provider can assess your overall health, including important indicators such as blood pressure and cholesterol, record any changes and detect signs of potential health issues.

In Reeves County, the Pecos Valley Rural Health Clinic is a convenient choice for a number of healthcare services, including immunizations such as flu shots, comprehensive adolescent and adult health, Medicare screenings, women's health care, obstetrics and annual wellness exams.

To learn more about local healthcare services or to schedule an appointment at the Pecos Valley Rural Health Clinic, please call 432-447-056.

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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