



Reeves County
Hospital District

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

Careful Management of Diabetes Improves Quality of Life

Diet and physical activity help those with diabetes live a longer, fuller life.

PECOS, Texas (July 3, 2020) – For those living with diabetes, careful management is key to living a long, healthy life. From making smart decisions about what you eat to consulting regularly with your healthcare provider, how you approach your condition can make a big difference.

“Not only can managing diabetes help you live longer, but it can help improve your energy level and overall quality of life,” said Robert “Bob” Rice, NP at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “Diabetes is a serious disease, but it does not mean you can’t live a fulfilling and enjoyable life.”

According to the Centers for Disease Control and Prevention (CDC), diabetes is the seventh leading cause of death in the US. Diabetes causes elevated blood sugar, also known as glucose, in the body. Although glucose is important for proper body function, too much can cause serious health risks. Complications can include eye disease, skin and dental issues, kidney disease and heart disease.

Although there are several types of diabetes, type 2 diabetes is the most common, affecting approximately 90 percent of people who have the condition. Risk factors include older age, obesity, family history, and lifestyle factors such as smoking and lack of physical exercise.

For those living with diabetes, carefully following a diet and exercise program recommended by a healthcare provider is key to managing the disease.

In general, it is important to eat balanced meals. Meals should include a healthy balance of starches, fruits and vegetables, proteins, and fats. It is also important to pay attention to which types of carbohydrates go into each meal to better manage blood glucose. Sugary drinks should be avoided, since they can cause blood sugar to rise quickly.

Planning meals ahead of time and keeping healthy snacks on hand when out and about can help ensure that you are getting the foods you need to manage your blood glucose level without putting you at risk.

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Physical activity can provide a number of important benefits for those living with diabetes. In addition to helping manage weight, exercise can help the body use insulin more efficiently.

Rice added that consulting regularly with your healthcare provider about your condition and your needs is key. Your healthcare provider can help you understand what blood sugar levels you should maintain and when you should check yours. Keeping a close eye on your blood sugar level is critical for those living with diabetes.

“If you are living with diabetes or might be at risk, don’t delay consulting with your healthcare provider,” Rice said. “Getting the support and information you need to manage your condition can make a huge difference to your wellbeing – and it could save your life.”

Diabetes and prediabetes can be detected by a simple blood test available through Reeves County Hospital District. Rice said an annual wellness exam at the Pecos Valley Rural Health Clinic is an excellent opportunity to discuss your risk and learn about getting tested. Additionally, those living with diabetes can consult with their provider about better ways to manage their condition.

Additionally, Reeves County Hospital District offers a nationally accredited Diabetes Education Program, which helps those living with diabetes or prediabetes better manage their condition and improve their overall quality of life. By offering individual and group sessions, this program provides participants with tools and support to manage types 1 and 2 diabetes, prediabetes, and gestational diabetes. Referrals are accepted from any healthcare provider.

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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