



**Press Release**  
**DRAFT**

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## **REEVES REGIONAL HEALTH STRESSES THE IMPORTANCE OF YEARLY WELLNESS EXAMS**

*Wellness Exam at Reeves Regional Rural Health Clinic play an essential role.*

PECOS, Texas (July 10, 2023) – Reeves Regional Health, a leading healthcare provider in the region, is urging individuals of all ages to prioritize their health and well-being by scheduling yearly wellness exams. Driven by a commitment to preventive care, Reeves Regional Healthcare emphasizes the significance of these exams in detecting potential health issues early on and promoting overall wellness.

Pete Castillo PA-C, a physician assistant at Reeves Regional Rural Health Clinic, a service of Reeves Regional Health, emphasizes the importance of yearly wellness exams as an essential component of preventive healthcare. "Regular check-ups provide an opportunity to assess an individual's overall health status, address any health concerns, and detect potential problems before they become more serious," says Castillo. "By being proactive and taking control of our health, we can prevent or effectively manage various health conditions."

During a wellness exam, healthcare professionals evaluate various aspects of an individual's health, including physical, mental, and emotional well-being. The exam typically begins with a thorough assessment of the patient's medical history, followed by a comprehensive physical examination. Castillo explains, "We perform a series of tests and screenings to check for any abnormalities. We also discuss lifestyle habits, diet, and exercise routines to provide personalized recommendations for maintaining or improving overall health."

In addition to the physical examination, wellness exams often include screenings for common health conditions such as diabetes, cancer, and heart disease. These screenings enable early detection and intervention, significantly increasing the chances of successful treatment. Castillo stresses, "Early detection is key in reducing the impact of potentially serious illnesses. By identifying health issues in their early stages, we can implement appropriate treatment plans and improve the likelihood of positive health outcomes."

While yearly wellness exams are crucial for individuals of all ages, Castillo emphasizes the significance of children having regular check-ups. "Annual exams for children are essential for monitoring growth and development, detecting any potential issues early on, and ensuring they receive the necessary vaccinations," says Castillo. "These exams provide an opportunity to address concerns related to nutrition, mental health, and overall well-being, ensuring children have a strong foundation for a healthy life."

**MORE**

**Reeves Regional Health**

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With summertime providing a break from the hustle and bustle of the school year, it is an ideal time for families to schedule their yearly wellness exams. By taking advantage of this time of year, parents can prioritize the health and well-being of their children before the busy school season begins. Castillo urges families to call the Reeves Regional Rural Health Clinic at 432-447-0565 to make an appointment and ensure their children receive the care they deserve.

Reeves Regional Health remains committed to promoting preventive care and empowering individuals to take control of their health. Through yearly wellness exams, individuals can stay proactive, a potentially detect health issues early on, and work towards achieving optimal health and well-being.

For more information about local healthcare capabilities, including medical providers, please visit the Reeves Regional Health website at [www.reevesregional.com](http://www.reevesregional.com), or call the Reeves Regional Rural Health Clinic at 432-447-0565

### **About Reeves Regional Health**

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice, and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit [www.reevesregional.com](http://www.reevesregional.com).

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