



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Venetta Seals | rhcacares@rchd.care
432-447-3551 ext. 2243

February is Heart Health Awareness Month

Reeves Regional Health highlights heart disease risks and prevention

PECOS, Texas (January 29, 2024) – If you're planning to give your heart away this Valentine's Day, it is best to make sure it is healthy! Maintaining a healthy heart is important every day of the year. But since February is the month we raise awareness of Heart Month, as well as Valentine's Day, the heart is front and center during this time of the year.

Since the early 1960s Americans have called February American Heart Month. "As healthcare providers, we like to take this time to educate our community on the dangers of various cardiovascular diseases and how they can be prevented," states Patricia Edwards, PA-C, at Reeves Regional Rural Health Clinic.

Reeves Regional Health (RRH) is highlighting this national education program to promote heart-health awareness and urge members of our community to pay close attention to cardiovascular health all year long by staying in communication with their primary care provider about their risks of cardiovascular disease.

Nearly 90 million Americans are living with some form of cardiovascular disease, including congestive heart failure, coronary heart disease, or high blood pressure. But, fortunately much of the of harm caused by this disease is preventable. Major risk factors for cardiovascular disease, all of which are controllable to a certain degree, include high blood pressure, stress, high cholesterol, smoking, diabetes, obesity, and lack of regular exercise.

"Far too often, individuals are taken by surprise when facing a heart attack or stroke. Taking preventative measures becomes paramount when identifying risk factors early through various screenings," emphasized Edwards. "Initiating a conversation with your primary care provider is the first step in understanding your risk of heart disease."

Engaging in ongoing consultations with your medical provider enables regular monitoring of your cardiovascular health through comprehensive examinations. Edwards highlighted, "A thorough assessment, including vital signs, bloodwork, and cardiovascular fitness evaluations, can proactively pinpoint potential future complications. Being proactive about your heart health today can pave the way for a healthier tomorrow."

MORE

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com



February is Heart Awareness Month

Page 2

Your health team can advise you on lifestyle changes, prescribe medications, and suggest other resources to prevent complications, if you are at high risk for heart disease. In addition to medication a medically directed diet and an exercise program are often recommended.

“Planning sufficient physical activity into your daily schedule is high on the list of steps you can take to help keep your heart healthy,” Edwards notes. “Do something that you enjoy like yoga, reading or working in your garden to keep your mind off troubling things as often as you can. Regular exercise decreases the risk of developing cardiovascular disease and other illnesses, and is a great way to reduce stress. Stress-reduction techniques are also important for heart health.”

“Keeping your blood pressure down and cholesterol levels low is important in preventing heart attacks and strokes. Eating a balanced diet with plenty of fresh fruits and vegetables, cutting down on red meat, fried food, and sugary snacks are a few of the ways to support your heart’s continued health,” Edwards said.

“Every day is a good day to do something heart healthy including exercise, eating health foods and keeping as much calm in your life as possible. Don’t wait for Valentine’s Day to think about your heart,” Edwards said. “

To learn more about your risk of heart disease, talk with your local healthcare provider during your next wellness exam or call Reeves Regional Rural Health Clinic at 432-447-0565 to schedule an appointment with a local medical provider.

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.

###

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com