



Press Release
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Reeves Regional Health Advocates Heart Health in February

Tips highlights heart disease prevention.

PECOS, Texas (Feb 5, 2024) – As February marks the observance of Heart Month, Reeves Regional Health is steadfast in its commitment to promoting heart health and wellness in the community.

Mary Raheem, FNP, at Reeves Regional Rural Health Clinic, emphasizes the significance of proactive measures in maintaining cardiovascular wellbeing. "Heart health is a paramount aspect of overall wellness, and by prioritizing a health heart, individuals can mitigate some of the risk of cardiovascular diseases and lead more vibrant lives," said Raheem.

Raheem encourages individuals to focus on cultivating heart-healthy habits, including adopting a nourishing diet, engaging in regular physical activity, and seeking routine medical assessments. "A heart-healthy diet comprises an array of nutrient-dense foods such as colorful fruits, leafy greens, whole grains, lean proteins, and healthy fats. By minimizing the consumption of processed and high-sodium foods, individuals can fortify their cardiovascular health and overall wellbeing," advises Raheem.

Regular physical activity is a pivotal component of heart health," said Raheem. "Engaging in regular physical activity is instrumental in strengthening the heart, improving circulation, and enhancing overall fitness. Aerobic exercises such as dancing, hiking, or cycling, complemented by strength training activities, can fortify the heart and reduce the risk of heart disease."

Moreover, proactive healthcare measures, including annual wellness exams, are indispensable in safeguarding heart health. Raheem encourages community members to prioritize their wellbeing by scheduling comprehensive wellness assessments at the Reeves Regional Rural Health Clinic. Through these evaluations, healthcare providers can assess cardiovascular health, identify risk factors, and deliver personalized strategies for maintaining heart health. Regular wellness exams play a pivotal role in early detection of cardiac issues and enable individuals to take proactive steps in preserving their cardiovascular wellbeing.

Reeves Regional Health urges individuals to take charge of their heart health by seeking preventative care and making informed lifestyle choices. "We are dedicated to empowering our community with the knowledge and resources to prioritize heart health throughout the year. By taking proactive steps and staying attuned to heart health, individuals can enrich their lives and minimize the impact of cardiovascular diseases," said Brenda McKinney, CEO at Reeves Regional Health.

MORE

Reeves Regional Health

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Individuals are encouraged to participate in Heart Month by scheduling an annual wellness exam. By taking this step, individuals can play an active role in preserving their heart health and overall wellness.

To learn more about your risk of heart disease, talk with your local healthcare provider during your annual wellness exam by calling 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.

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