



Press Release
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Prioritizing Healthcare Among Men

*Reeves Regional Health observes Men's Health Month,
a nationwide awareness campaign that encourages men to be health conscious.*

PECOS, Texas (June 3, 2024) – Men are 80 percent less likely than women to utilize a consistent healthcare provider, showing reluctance to take charge of their health. This behavior in men could lead to preventable severe conditions due to neglecting routine checkups and screenings.

Given the lack of attention men give to their healthcare, Reeves Regional Health (RRH) is joining other hospitals, clinics, and healthcare providers nationwide in observing Men's Health Month. This initiative aims to raise awareness about men's health challenges and encourages proactive healthcare measures.

By participating in Men's Health Month, RRH seeks to empower men to prioritize their well-being and foster a culture of preventive care in the greater Reeves County region.

"Men tend to delay addressing health and wellness concerns, often visiting their primary medical providers less frequently than women," explains Christopher Wallace, PA at Reeves Regional Rural Health Clinic in Pecos. "This tendency can lead to significant consequences, as conditions and ailments may go unnoticed and worsen over time."

Current estimates indicate that 13.8 percent of men 18 years and older are in fair or poor health. Approximately 28.3 percent of men do not meet federal physical activity guidelines, and an estimated 41.6 percent of men 20 years and older are considered obese.

Wallace says that when it comes to men's health, focusing on a few core areas – such as common cancers, health screenings, exercise, and diet – can make a difference in the prevention and early detection of some health conditions.

Cancers common among men

Most common among men ages 55 to 74, prostate cancer is more likely to occur in men with a family history of prostate cancer and among men of African-American descent. Testing for the disease can be performed through some screenings, including prostate-specific antigen (PSA) and digital rectal exams.

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According to the American Cancer Society, one in eight men will be diagnosed with prostate cancer during his lifetime, with 299,010 new cases expected in 2024 and 35,250 deaths this year as a result.

Although not as common, testicular cancer is another condition that affects an estimated one of every 250 men. Common among men ages 20 through 54, the American Cancer Society estimates approximately 9,760 new cases will be diagnosed in 2024, with 500 deaths as a result.

Males who have had an undescended testicle or a family history of testicular cancer are at most significant risk. Fortunately, this type of cancer can typically be detected at an early stage through frequent self-examinations for unusual lumps or swelling in the testicles or if men experience aching in the testicles.

Colorectal cancer is a collective term that includes both colon and rectal cancer and is the third most diagnosed cancer among men and women. The American Cancer Society estimates more than 54,210 new cases of colorectal cancers will be diagnosed this year among men.

Typically developing slowly, colorectal cancer is often referred to as a silent killer because of how slowly it can creep up on a person before it is detected. Screening methods have been proven to reduce cancer rates. These options include colonoscopy, flexible sigmoidoscopy, and fecal occult blood test.

Health and screenings are the first line of defense

Cancer and other health conditions can be detected through annual and frequent health exams and screenings, as your primary care provider recommends.

Wallace says that early screenings might save money in the long run and can also save a person's life or make life easier if diseases are caught in time.

Screening for common cancers among men is often overlooked if they do not see a medical provider regularly. According to Wallace, men should be screened for high blood pressure, abnormal cholesterol levels, diabetes, and other conditions annually, at the very least. The frequency of screenings will depend on individual health status.

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Improve physical activity

Regarding essential guidelines for living healthy, the U.S. Department of Health and Human Services recommends at least two hours and 30 minutes of moderate-intensity or one hour and 15 minutes a week of vigorous-intensity aerobic activity.

Also referred to as cardio, aerobic activity can include several activities that make you breathe harder and your heart beat faster. You can log this activity through everyday tasks such as mowing the lawn, walking around the neighborhood, and parking farther from entrances when running errands.

Adult men are also encouraged to do moderate—or high-intensity muscle-strengthening activities involving all major muscle groups on two or more days a week, which provides additional health benefits.

Pay more attention to diets and healthy eating

To maintain a healthy weight, men should focus on a healthy eating plan that emphasizes fruits, vegetables, whole grains, and low-fat dairy products; includes lean meats, poultry, fish, beans, eggs, and nuts; is low in saturated fats, trans fats, cholesterol, salt, and added sugars; and – most importantly – stays within your daily calorie needs (which is typically 2,000 to 2,500 calories per day for adult men).

“Assuming responsibility for your health is essential for everyone,” Wallace emphasizes. “Men’s Health Month is about raising awareness of the health issues affecting their lives and encouraging them to schedule annual checkups with their primary care provider. It might save their life.”

To learn more about local medical providers or to schedule an appointment at Reeves Regional Rural Health Clinic, please call 432-447-0565. For more information about local healthcare resources, visit www.reevesregional.com.

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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