



Press Release
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Reeves Regional Health Champions Heart Health

Prevention and rehabilitation programs empower residents to live healthier lives.

PECOS, Texas (Feb 6, 2025) – In recognition of Heart Month, Reeves Regional Health (RRH) is raising awareness about the importance of heart health and recovery. The organization is committed to helping community members understand how preventative care and effective rehabilitation can combat heart disease.

Reeves Regional Health encourages residents to take simple yet powerful steps toward a healthier heart. “Our mission is to empower individuals to make informed choices about their cardiovascular health,” said Dennis Alibangbang, PT, DPT, Director of Physical Therapy, who oversees the Cardiac Rehab program. “A heart-healthy diet, regular exercise, and routine wellness exams can significantly reduce the risk of heart disease.”

He emphasized that even small changes—such as replacing processed foods with fresh fruits and vegetables and incorporating daily physical activity—can greatly improve overall heart health.

Local health experts agree that awareness is the first step toward prevention. RRH advises community members to consult with their primary care providers to assess risk factors such as high blood pressure, high cholesterol, obesity, and diabetes. “Preventative care is key,” Alibangbang added. “Early detection through regular check-ups not only helps prevent serious heart conditions but also allows for timely intervention if needed.”

In addition to prevention, RRH offers an innovative Cardiac Rehabilitation program designed to support those recovering from cardiac events. “Recovering from a heart incident is a journey that benefits immensely from a comprehensive rehabilitation plan,” Alibangbang explained. “Our program helps patients rebuild their strength, improve cardiovascular function, and regain confidence in managing their heart health.”

The Cardiac Rehabilitation program is housed at the new 140,000-square-foot medical campus, which opened in November 2022. This state-of-the-art facility was built with the needs of the Reeves County community in mind. “The new campus reflects our commitment to innovative, patient-centered care,” he noted. “We designed the facility to provide modern amenities and comprehensive services for all our patients.”

Heart disease remains the leading cause of death in the United States, and in rural Texas communities, challenges are compounded by limited access to healthcare resources in rural areas. Reeves Regional

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Health continues to work diligently to bridge this gap by offering accessible, high-quality care to the people in Reeve County and the surrounding area. “Our comprehensive approach to both prevention and rehabilitation addresses these challenges head-on,” Alibangbang explained.

Residents are encouraged to take advantage of the available services by scheduling routine wellness exams and discussing any concerns with their healthcare providers. “Routine check-ups are a cornerstone of maintaining heart health,” Alibangbang remarked. “They allow us to identify risk factors early and develop personalized plans that can prevent future complications.”

He added that early intervention is vital for patients recovering from a cardiac event. “Our Cardiac Rehabilitation program is not just about recovery—it equips patients with the knowledge and skills they need to lead active, fulfilling lives long after a heart incident.”

Medicare and most private insurance plans cover all or part of cardiac rehab programs. Patients typically qualify if their medical history or condition includes a heart attack, congestive heart failure, or heart surgery, to name a few.

A referral by a medical provider to the cardiac rehabilitation program is required. Talk with your cardiologist or primary care provider for more information about cardiovascular disease and whether the cardiopulmonary rehabilitation program may benefit you. For more information, please call 432-447-3551, Ext. 1267 or to schedule an appointment with your medical provider, call 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.

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