



Press Release
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Men's Health Month: Don't Wait to Screen

Reeves Regional Health urges men to get evaluated early—especially for colon cancer

PECOS, Texas (June 9, 2025) – June marks Men's Health Month, a timely reminder that when it comes to health, silence can be deadly. Men across the country—and in our own community—are falling behind on critical screenings that could catch diseases early and save lives.

One of the most important screenings is a colonoscopy.

"Men often avoid the doctor until something feels wrong. But with colon cancer, you may not feel symptoms until it's too late," said Dr. Subhash Nagalla, General Surgeon in Pecos. "Early screening can detect issues before they become life-threatening."

Screening Saves Lives—But Only if You Do It

Colon cancer is the third most commonly diagnosed cancer among men in the United States. The American Cancer Society estimates over 54,000 new colorectal cancer cases will be diagnosed in men this year alone. The good news? Regular screenings can drastically reduce the risk of death.

National guidelines now recommend colon cancer screenings begin at age 45 for men at average risk. For those with a family history or other risk factors, screening may need to start even earlier.

At Reeves Regional Rural Health Clinic, patients can meet with their provider to evaluate their risk, discuss symptoms, and receive a referral for a colonoscopy or other screening method. The clinic also helps patients interpret results and coordinates any necessary follow-up imaging or care.

"We're not here to scare you. We're here to support you," Dr. Nagalla said. "Whether it's your first screening or you've had one before, we'll walk with you through every step."

It's Not Just About Colon Cancer

Colonoscopies are a critical part of men's preventive health, but they aren't the only one. Many common—and often deadly—conditions in men can be prevented or managed through regular checkups and routine screenings.

Reeves Regional Health encourages men to schedule annual visits that may include:

- Blood pressure and cholesterol screenings
- Diabetes testing

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- Prostate and testicular cancer checks
- Mental health conversations
- Lifestyle counseling around diet, exercise, and substance use

“It’s easy to think, ‘I’m too busy,’ or ‘I’ll do it later,’” said Dr. Nagalla. “But prioritizing your health now means more time with your family, more years of doing what you love, and more chances to catch something early.”

Colon Cancer: Know the Signs, But Don’t Wait for Them

Colon cancer is often referred to as a “silent” disease, because it can develop slowly and without symptoms. That’s why routine screening is so important. However, men should still be alert for symptoms such as:

- Blood in the stool
- Unexplained weight loss
- Ongoing abdominal pain or discomfort
- A noticeable change in bowel habits
- Family history of colon cancer

“If any of these symptoms sound familiar, don’t wait. Contact a provider right away,” said Dr. Nagalla. “Even if it turns out to be something minor, it’s always better to be sure.”

“Even if you don’t have any of the above, you should still have a screening colonoscopy when you reach 45 years of age or 10 years earlier than your youngest family member diagnosed with colon cancer (in case of family history of colon cancer), whichever comes first”, said Dr. Nagalla.

Barriers Are Real—But So Are Solutions

Reeves Regional Health understands that fear, finances, and confusion can stop men from seeking care. That’s why the clinic offers flexible appointment scheduling and works with all major insurance plans.

Men’s Health Month is more than just a date on the calendar—it’s a challenge to break the cycle of avoidant behavior and normalize preventive care.

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“Talk to your sons, brothers, partners, and friends,” Dr. Nagalla urged. “Encourage them to get checked. And if you haven’t scheduled your own exam, make that call today. You’ll never regret investing in your health.”

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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