



Press Release
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It's Time to Take Diabetes Seriously

Reeves Regional Health urges adults to schedule annual checkups and take control of their health

PECOS, Texas (August 11., 2025) — You might feel fine. You might think diabetes could never happen to you. But the truth is, millions of Americans are living with diabetes or prediabetes—and many don't even know it. That's why Reeves Regional Health is encouraging adults to schedule a wellness exam and have a real conversation with their healthcare provider about diabetes risk.

"Diabetes often flies under the radar," said Dr. Steven Serrano, Family Practice with Obstetrics at Reeves Regional Rural Health Clinic in Pecos. "People assume they'd know if something was wrong, but the early stages of diabetes can be silent. That's why screening is critical. A simple blood test can reveal important health changes before they become serious."

According to the CDC, more than 38 million Americans have diabetes, and another 96 million are estimated to have prediabetes—a condition where blood sugar levels are higher than normal but not yet in the diabetic range. Without intervention, many people with prediabetes will develop type 2 diabetes within five years.

"We want our community to understand that diabetes is both common and preventable," said Dr. Serrano. "Early action can help people avoid long-term complications like heart disease, kidney damage, and vision loss."

Watch for the Subtle Signs

Unlike some medical conditions, diabetes can develop slowly over time and may not produce obvious symptoms at first. But there are signs to watch for. According to Dr. Serrano, symptoms of early or undiagnosed diabetes can include:

- Feeling unusually tired
- Blurry vision
- Frequent urination
- Excessive thirst or hunger
- Weight changes
- Slow healing of cuts or infections

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"People tend to write off these symptoms as part of aging or stress," said Dr. Serrano. "But if you're experiencing several of these signs—or even just one—it's worth getting checked. We'd much rather rule it out than miss an opportunity to intervene early."

Small Steps, Big Impact

The good news? Type 2 diabetes is largely preventable. By making a few lifestyle adjustments, individuals can significantly reduce their risk or better manage an existing diagnosis.

"You don't need to overhaul your life to make progress," said Dr. Serrano. "Start with small goals: switch out soda for water, take a short walk after dinner, get more sleep. These habits add up."

Additional tips for preventing or managing diabetes include:

- Choosing whole foods and high-fiber options
- Limiting processed snacks and sugary drinks
- Exercising at least 30 minutes most days
- Managing stress and prioritizing sleep
- Attending annual wellness visits and completing lab work

"These are achievable changes," said Dr. Serrano. "And you don't have to do it alone—we're here to guide you."

Support Is Available

If you've already been diagnosed with diabetes, it's not the end of the story. Reeves Regional Health offers personalized care and education for those managing the condition.

"Our team provides support that goes beyond medication," Dr. Serrano said. "We offer nutrition counseling, routine check-ins, and practical tools to help people take charge of their health."

Many patients report noticeable improvements in their energy levels, mood, and overall well-being once they begin a consistent care plan.

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"When patients feel informed and supported, they're more likely to stay on track," said Dr. Serrano. "Managing diabetes doesn't mean you're failing—it means you're investing in a better future."

Take the First Step

Reeves Regional Health is urging adults to prioritize their own health by scheduling a wellness exam—especially if it's been more than a year since their last checkup.

"This is about being proactive," said Dr. Serrano. "It's easy to let your own health slide when you're busy taking care of everyone else. But catching something early can change everything."

Annual wellness exams typically include lab work to evaluate blood glucose, cholesterol, and other markers that provide a clearer picture of your health. These visits are usually covered by insurance, including Medicare and Medicaid.

"Don't wait for symptoms to tell you something's wrong," Dr. Serrano said. "Your annual exam is a chance to catch issues early and get peace of mind."

To schedule a wellness exam or talk with a provider about diabetes prevention and management, 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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