



**Press Release**  
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## **Heart Month Highlights Prevention and Early Care**

*Reeves Regional Health encourages residents to take proactive steps to protect their heart health*

**PECOS, Texas (Feb. 9, 2026)** — As American Heart Month continues, Reeves Regional Health is encouraging area residents to pause, reflect, and take action when it comes to one of their most vital organs — the heart. While heart disease remains the leading cause of death in the United States, many contributing factors can be managed or prevented through routine care, lifestyle awareness, and early intervention.

Heart Month serves as an important reminder that cardiovascular health is not something to address only after a medical emergency. Instead, heart health is shaped by everyday habits, regular wellness exams, and ongoing communication with a trusted healthcare provider.

“Heart health is built over time, not overnight,” said Brenda McKinney, CEO. “What we do consistently — how we eat, how active we are, and whether we keep up with routine checkups — plays a major role in reducing risk. Our goal is to help people in our community stay ahead of problems, rather than reacting to them later.”

According to national health data, conditions such as high blood pressure, high cholesterol, diabetes, and obesity significantly increase the risk of heart disease. Many of these conditions develop gradually and may not cause noticeable symptoms in their early stages, making routine wellness exams a critical first line of defense.

Wellness exams allow healthcare providers to monitor key indicators such as blood pressure, cholesterol levels, blood sugar, and overall cardiovascular risk. These visits also provide an opportunity for patients to discuss lifestyle habits, family health history, and any concerns they may have. Identifying risk factors early makes it possible to take proactive steps that may help prevent more serious complications in the future.

Reeves Regional Health emphasizes that improving heart health does not require dramatic or overwhelming changes. Small, steady steps can make a meaningful difference over time. Increasing daily movement, making heart-healthy food choices, reducing sodium intake, managing stress, and avoiding tobacco products are all proven ways to support cardiovascular health.

“People sometimes delay care because they think they need to make major changes all at once,” McKinney said. “In reality, prevention often starts with small, achievable steps and regular conversations with a provider who understands your health history.”

**MORE**

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For residents of rural West Texas, access to consistent healthcare can be especially important. Reeves Regional Health continues to focus on improving access to primary and preventive care so patients can receive guidance close to home and establish an ongoing relationship with a provider they trust.

“Living in a rural community should never mean putting your health on hold,” McKinney said. “We are committed to making preventive care accessible and encouraging individuals to prioritize their health before problems arise.”

In addition to routine screenings, Reeves Regional Health encourages community members to be aware of warning signs that may indicate a heart-related concern. These may include persistent chest discomfort, shortness of breath, unexplained fatigue, dizziness, or swelling in the legs. Sudden or severe symptoms should always be treated as a medical emergency.

Heart Month also provides an opportunity for families to talk openly about health history. Genetics can play a role in cardiovascular disease, and understanding family risk can help guide decisions about screenings and preventive care.

While Reeves Regional Health offers a range of services to support patients at various stages of heart health, the focus during Heart Month is on awareness, prevention, and early action.

“Our message is simple,” McKinney said. “Heart Month is the perfect time to schedule a wellness exam, ask questions, and take control of your health.”

To schedule an appointment with a medical provider, call **Reeves Regional Rural Health Clinic at 432-447-0565**.

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### **About Reeves Regional Health**

Reeves Regional Health (RRH), a non-profit Level IV Trauma Center in Pecos, Texas, has been caring for Reeves County and surrounding West Texas communities since 1954. In 2022, the hospital opened its new facility, combining modern technology with the warmth of hometown care. In 2025, RRH was recognized as one of the Top 100 Critical Access Hospitals nationwide and also earned National Recognition as a Center of Excellence in Surgical Safety by the Association of periOperative Registered Nurses (AORN).

Our Mission and Vision: We are committed to exceptional care through servant leadership and strive to be the trusted beacon of health in our region—enhancing quality of life through innovation,

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compassion, and excellence. Guided by our WECARE values—Wellness, Excellence, Compassion, Accountability, Respect, and Equality—we put patients and families at the heart of everything we do.

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