



Press Release
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Reeves Regional Health Encourages Men to Make Their Health a Priority

Men's Health Month is a reminder to schedule checkups, ask questions and take preventive care seriously.

PECOS, Texas (May 25, 2026) — June is Men's Health Month, and Reeves Regional Health is encouraging men throughout the community to take an active role in protecting their health by scheduling routine checkups, talking with a provider and staying current on recommended screenings.

For many men, healthcare visits are often delayed until symptoms become difficult to ignore. Reeves Regional Health wants to remind men that preventive care can help identify health concerns earlier, when they may be easier to manage. Routine visits also give patients an opportunity to ask questions, review medications, discuss family history and address changes in energy, weight, sleep, stress or overall wellness.

"Men's Health Month gives us an important opportunity to remind men that taking care of their health is not something to put off," Brenda McKinney, CEO, said. "A routine visit can provide valuable information, help identify risks and give patients a chance to talk openly with a provider about their health. At Reeves Regional Health, we want men in our community to know that care is available close to home."

Common health concerns for men may include high blood pressure, diabetes, high cholesterol, heart disease, prostate health issues, weight management, stress, sleep problems and other conditions that can affect long-term wellness. Some of these concerns may develop with few noticeable symptoms, which is why routine checkups and screenings are important.

"Many men feel fine and assume that means everything is okay, but some health conditions do not cause obvious symptoms in the early stages," Carlos Quiñones, PA-C said. "Blood pressure, cholesterol and blood sugar levels can change over time, and a checkup helps us look at those numbers before they lead to more serious problems."

During a primary care visit, providers may review a patient's medical history, current medications, lifestyle, family history and any symptoms or concerns. Depending on the patient's age, risk factors and health history, a provider may also discuss recommended screenings or lab work.

"Preventive care is not about finding something wrong," Quiñones said. "It is about understanding where you are today and what steps may help protect your health in the future. That may include lab work,

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screenings, changes in nutrition or activity, medication adjustments or simply having a better plan for follow-up care.”

Men's Health Month is also a good time for family members to encourage the men in their lives to schedule an appointment. Spouses, children and friends often notice when someone is tired, under stress, avoiding medical care or not feeling like themselves. A conversation from a loved one can be the encouragement someone needs to take the first step.

Reeves Regional Health also reminds men that mental and emotional health are part of overall wellness. Stress, sleep problems, anxiety, depression, fatigue and changes in mood can affect work, family life and physical health. These concerns should be discussed with a medical provider, just like other health issues.

“Men sometimes hesitate to bring up concerns such as stress, sleep, weight, sexual health or changes in mood, but those conversations are important,” Quiñones said. “Your provider is there to listen; answer questions and help you decide what steps make sense for your health. No concern is too small to discuss.”

Preventive care is especially important for men with a family history of heart disease, diabetes, cancer or other chronic conditions. Age, lifestyle, tobacco use, alcohol use, diet, activity level and past medical history may also affect a man's health risks. A provider can help determine what screenings or follow-up care may be appropriate.

Reeves Regional Rural Health Clinic offers local access to primary care services for patients who need checkups, ongoing care for chronic conditions or help getting back on track with preventive health. Whether a patient has a specific concern or simply has not seen a provider in some time, Men's Health Month is a timely reminder to schedule an appointment.

“The most important step is often making the appointment,” Quiñones said. “Once you are here, we can talk through your questions, review your health history and work together on a plan. Taking care of your health today can make a meaningful difference for your future.”

To schedule an appointment with Reeves Regional Rural Health Clinic, call **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, 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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