



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Anallency Ramirez | rhcacares@reevesregional.com
432-447-3551 ext. 1120

Reeves Regional Health Encourages Residents to Know Their Cholesterol Numbers

Routine wellness exams can help identify heart health risks before symptoms appear

PECOS, Texas (Sept. 21, 2026) — Knowing your cholesterol numbers can be an important step in protecting your heart health, and Reeves Regional Health is encouraging area residents to make routine wellness exams part of their plans for staying healthy.

Cholesterol is a waxy substance found in the blood that the body needs to function properly. However, unhealthy cholesterol levels can contribute to the buildup of plaque inside the arteries, increasing the risk of heart disease and stroke over time.

One of the challenges with high cholesterol is that a person may feel perfectly healthy and have no warning signs.

“High cholesterol frequently does not cause symptoms, so you cannot rely on how you feel to know whether your cholesterol is within a healthy range,” Carlos Quinones, PA-C, with Reeves Regional Rural Health Clinic, said. “A wellness exam gives us an opportunity to look at cholesterol along with other important health indicators and help patients better understand their overall risk.”

A cholesterol screening generally provides information about several types of fats in the blood. These may include total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides. Rather than focusing on a single number, a medical provider can consider those results together with other health information.

Blood pressure, blood sugar, age, family history, tobacco use, physical activity, weight and other factors can also play a role in determining a person's risk for cardiovascular disease.

“That is one reason having a relationship with a local medical provider is so valuable,” Quinones said. “We are not simply looking at one laboratory result. We can look at the patient's health history, other risk factors and changes that may have occurred since their last wellness visit.”

For some patients, improving cholesterol levels may include lifestyle changes such as getting regular physical activity, choosing foods that are lower in saturated fat, maintaining a healthy weight and avoiding tobacco. For others, medication may be appropriate based on cholesterol levels and overall cardiovascular risk.

Patients should work with their medical provider to determine what steps are appropriate for their individual health needs.



Regular wellness exams can also provide an opportunity to discuss other preventive health needs. Depending on a patient's age, medical history and risk factors, a visit may include reviewing blood pressure, blood glucose, recommended screenings, immunizations, medications and changes in personal or family health history.

"Preventive care is about identifying concerns early whenever possible," Quinones said. "Someone may come in feeling well, and that is exactly when we have an opportunity to establish where their numbers are and talk about what they can do today to help protect their health in the years ahead."

Reeves Regional Health encourages residents who have not had a recent wellness exam to consider scheduling one, particularly if they do not know their cholesterol numbers or have risk factors for heart disease.

Family history is especially important. People whose parents, grandparents or siblings have experienced high cholesterol, heart disease or stroke should discuss that history with their medical provider. Other conditions, including diabetes and high blood pressure, can also increase cardiovascular risk and make routine monitoring particularly important.

Healthy habits can begin at any age. Choosing more fruits, vegetables, whole grains and other nutritious foods, staying physically active and making time for routine healthcare can contribute to better long-term health. Small changes made consistently can make a meaningful difference.

Reeves Regional Health also reminds patients that preventive healthcare should not be limited to a single health concern.

"A wellness exam is a chance for the patient and provider to have a broader conversation," Quinones said. "Cholesterol may be one part of that discussion, but we also want to know how the patient is doing overall and whether there are other areas we need to address."

Knowing your numbers can help turn an issue that might otherwise go unnoticed into something that can be discussed, followed and managed with the help of a medical provider.

Residents are encouraged not to wait until they feel sick to make their health a priority.

Schedule a wellness exam with your local medical provider at Reeves Regional Rural Health Clinic, (432) 447-3551, and make your heart health a priority.

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

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com



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.

###