



Press Release
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Reeves Regional Health Highlights the Importance of Wellness Exams for Women

Annual Checkups Are Essential for Preventive Care During Cervical Cancer Awareness Month

PECOS, Texas (January 27, 2025) – January marks Cervical Cancer Awareness Month, a time to focus on the importance of early detection and preventive care for women’s health. Reeves Regional Health and Reeves Regional Rural Health Clinic encourage women to schedule their annual wellness exams as a vital step in maintaining overall health and addressing potential concerns early.

“Preventive care is essential for long-term health. Annual wellness exams provide an opportunity to discuss your health, receive important screenings, and address any potential issues,” said Deana Davis, FNP at Reeves Regional Rural Health Clinic. “We want to empower women with the information they need to take charge of their well-being.”

Annual wellness exams play a critical role in preventive health care for women. These checkups often include screenings such as Pap smears, which can detect early signs of cervical cancer. The Centers for Disease Control and Prevention (CDC) recommends that women begin cervical cancer screenings at age 21 and continue with regular follow-ups as advised by their healthcare provider.

Cervical cancer is one of the most preventable forms of cancer when detected early through routine screenings. Pap smears and HPV tests can identify abnormal cell changes before they develop into more serious conditions. Early detection significantly improves treatment outcomes and can save lives.

“Routine screenings, like Pap smears, allow us to identify changes early, giving patients more options for effective treatment,” said Davis. “Cervical Cancer Awareness Month is a reminder to prioritize these important exams.”

In addition to cervical cancer screenings, annual wellness exams offer an opportunity to discuss other aspects of women’s health, such as family planning, menopause management, and general health concerns. These appointments can also include screenings for breast cancer and bone density, as well as guidance on managing chronic conditions like diabetes.

“We encourage women to see their wellness exams as a chance to ask questions and stay informed about their health,” said L Davis. “These visits are about collaboration between the patient and provider to support overall health and well-being.”

Preventive care extends beyond immediate health concerns. By addressing risk factors and focusing on early detection, women can take proactive steps to reduce their chances of developing serious health conditions. Building a relationship with a trusted healthcare provider is a key part of this process.

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Women Wellness Exams

Page 2

Regular wellness exams are also an important time to review personal and family health histories. This information can help healthcare providers identify patterns or potential genetic risks that may require additional monitoring or testing.

“Understanding a patient’s complete health history helps us deliver more tailored care and catch potential issues before they become serious,” said Davis. “It’s about taking a proactive approach to health care rather than reacting to problems.”

Additionally, these exams provide an opportunity for women to address lifestyle factors that contribute to overall health, such as nutrition, exercise, and mental well-being. Small, manageable changes in these areas can have a significant impact on long-term health outcomes.

“Wellness is about the whole person, not just one part of their health,” said Davis. “We work with our patients to develop achievable goals that support their overall well-being.”

Reeves Regional Health encourage women in the community to make their health a priority by scheduling their annual wellness exams. These exams provide an essential opportunity to stay informed and address any health concerns in a timely manner.

“Your health is one of your most valuable assets. Taking the time for regular checkups can make a significant difference in your long-term well-being,” said Davis. “We’re here to support you every step of the way.”

Women can schedule their annual wellness exams by calling Reeves Regional Rural Health Clinic at 432-447-0565. Additional information about available services and health resources can be provided during the appointment.

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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