



Press Release
FOR IMMEDIATE RELEASE

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Heart Disease remains he Leading Cause of Death in Texas

*Castro County Healthcare encourages area residents
to talk with their medical provider about cardiovascular diseases.*

DIMMITT, Texas (Feb. 12, 2024) – Recent data from the Texas Department of State Health Services underscores the persistent threat of heart disease as the leading cause of death in the state, constituting approximately 23 percent of all fatalities. As the nation observes American Heart Month during February, Castro County Healthcare aims to intensify efforts in raising awareness about the critical importance of cardiovascular health.

“Understanding the nuances of this prevalent disease is the initial stride towards preventing future complications,” says Dr. Mike Ruggiero, at Medical Center of Dimmitt, a service of Castro County Healthcare. “It’s never too early to gain insights into your risks and make pivotal lifestyle changes.”

“Being proactive when it comes to heart health is crucial. Identifying high-risk individuals enables us to equip our patients with effective tools for combating heart disease, such as prescribed medication, tailored dietary plans, and an exercise program are the usual options prescribed to improve your health,” notes Dr. Mike.

Dr. Mike emphasizes the control individuals have over four major risk factors for cardiovascular diseases: high blood pressure, high cholesterol, smoking, and lack of regular exercise.

During an annual wellness exam, the medical provider performs a comprehensive physical examination, including weight assessment, blood pressure monitoring, and cardiovascular fitness evaluation, that can aid in early identification of potential complications. Individuals who may be at the highest risk for heart disease could benefit from an electrocardiogram, a test that can be performed locally at Castro County Healthcare that allows the medical provider to take a closer look at your heart’s performance

Engaging in regular physical activity significantly reduces the risk of heart attacks. According to the American Heart Association, exercise not only decreases the likelihood of cardiovascular disease but also contributes to overall well-being.

Physically active individuals are not immune to cardiovascular disease but are twice as likely to avoid a heart attack. Exercise is beneficial because it decreases the risk of developing cardiovascular disease and other illnesses.

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Heart Disease is Leading Cause of Death in Texas

Page 2

“Knowing more about this pervasive disease is the first step in knowing how you can prevent complications in the future,” says Dr. Mike. “It’s never too early to learn about your risks and make the necessary changes in your lifestyle.”

For more information on heart disease and to understand your risks, please speak with your primary medical provider at Medical Center of Dimmitt at 806-647-2194.

For more information about local healthcare programs and services or to find a local medical provider, please visit www.plainsmemorial.com.

About Castro County Healthcare

Founded in 1963, Castro County Healthcare provides healthcare for residents of Castro County, Texas, and the surrounding region. Anchored by Plains Memorial Hospital, the healthcare system offers many medical services, including 24-hour emergency care, advanced radiology services, including CT scanning and MRIs, outpatient lab, physical and occupational therapy, surgical services, swing bed services, patient education, and more. For additional information, please visit www.plainsmemorial.com.

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