



Press Release
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Empowering Women: Castro County Health Urges Awareness of Heart Health During Heart Month

Yearly wellness exams can help identify risk for heart disease.

DIMMITT, TEXAS (February 20, 2024) – Heart disease doesn't discriminate, affecting both men and women. Contrary to popular belief, it's not just a man's problem. Heart disease continues to be the leading cause of death among women in the United States, claiming one in every three lives.

Castro County Healthcare, in recognition of American Heart Month, stresses the importance of women understanding and addressing the risks associated with cardiovascular diseases.

"Many women underestimate the danger of heart disease, wrongly assuming it's a concern primarily for men. However, the reality is grim: heart disease is a silent predator among women, often with catastrophic consequences," stated Kimberly Smith, MD, at Medical Center of Dimmitt, a service of Castro County Healthcare. "By fostering increased awareness and taking proactive healthcare measures, women can take control of their heart health and potentially save lives."

Heart attacks claim more than five times as many women as breast cancer, yet women are less likely than men to receive adequate treatment after such an event. "Due to common misconceptions about heart disease, many women fail to recognize their vulnerability," said Dr. Smith. "Understanding that heart disease poses an equal threat to women as it does to men is crucial. Armed with this knowledge, women can make informed decisions to manage their heart health effectively."

Symptoms of heart disease can vary among individuals and genders, with risk factors including high blood pressure, stress, high cholesterol, smoking, diabetes, obesity, family history, and lack of regular exercise. Dr. Smith stresses the importance of discussing family history and current health status with a healthcare provider to accurately assess individual risk factors.

"Regular check-ups and open communication with healthcare professionals are essential steps in early detection and prevention of heart disease," Dr. Smith advised. "Understanding your personal risk profile empowers you to make informed decisions about your health and significantly lowers your risk of experiencing a heart attack or stroke, potentially saving your life."

Dr. Smith emphasizes proactive management of cardiovascular health for both women and men.

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By prioritizing heart health and seeking timely medical guidance, individuals can significantly reduce their risk of heart disease and lead healthier, more fulfilling lives.

For more information about cardiovascular disease and to determine your risks for a heart attack or stroke, schedule an appointment with your local primary care provider at the Medical Center of Dimmitt, 806-647-2194.

About Castro County Healthcare

Founded in 1953, 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, swing bed services, patient education, assisted living facility and more. For additional information, please visit www.plainsmemorial.com.

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