



Press Release
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Castro County Healthcare Encourage Summer Wellness Exams

Supporting Lifelong Health Through Proactive Check-Ups During Men's Health Month

DIMMITT, Texas (June 17, 2024) – Castro County Healthcare and Medical Center of Dimmitt are advocating for all community members to schedule their annual wellness exams this summer. These check-ups are a cornerstone of preventive healthcare, crucial for identifying potential health issues early and maintaining overall well-being. In alignment with Men's Health Month this June, the focus on routine health evaluations becomes even more pertinent, underscoring the importance of regular check-ups for men of all ages.

"Annual wellness exams are vital for staying ahead in health management," says Kimberly Smith, MD, at Medical Center of Dimmitt. "They provide an opportunity to catch health issues early and address them proactively. This approach can significantly enhance the quality of life and long-term health outcomes for our patients."

Wellness exams at Medical Center of Dimmitt are comprehensive, involving a thorough review of a patient's medical history and a detailed physical assessment. "We consider all aspects of a person's health – physical, mental, and emotional," explains Dr. Smith. "These visits include screenings for prevalent conditions such as diabetes, heart disease, and cancer. Early detection through these screenings is crucial because it allows us to manage health issues at the earliest and most treatable stages."

Focus on Men's Health

As we observe Men's Health Month, it's particularly important to emphasize the need for men to engage in regular healthcare practices. Historically, men are less likely to visit healthcare providers for routine check-ups, often waiting until symptoms become severe. This month serves as a reminder for men to take a proactive stance on their health.

"Men's Health Month is a perfect time to encourage men to get their wellness exams," Dr. Smith states. "Men often prioritize other aspects of life over their health. Regular exams can prevent small issues from becoming major health problems. By addressing risk factors early, we can help men lead healthier, more fulfilling lives."

Men's Health Month aims to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases among men and boys. This initiative aligns perfectly with the objectives of annual wellness exams, which play a critical role in monitoring key health indicators such as blood pressure, cholesterol levels, and body mass index (BMI).

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Importance for Families and Children

While the spotlight is on men this month, wellness exams are equally crucial for women and children. "For children, these exams ensure they are growing and developing properly, staying up to date with vaccinations, and ready for the upcoming school year," says Dr. Smith. "It's about building a strong foundation for lifelong health."

Summertime offers an excellent opportunity for families to focus on health, especially with children out of school. "Summer provides a perfect break to schedule wellness exams for your children," Dr. Smith advises. "It's a time to ensure they are healthy and prepared for the upcoming school year."

Commitment to Community Health

Castro County Healthcare and Medical Center of Dimmitt are dedicated to promoting preventive care and empowering the community to take charge of their health. By advocating for regular wellness exams, they aim to foster a healthier, more informed community.

"We believe that everyone, regardless of age or gender, should have access to comprehensive healthcare," says LNAME. "Our mission is to support the health and well-being of our community by providing the highest standard of care and encouraging proactive health practices."

To schedule a wellness exam at Medical Center of Dimmitt, call us at 806-647-3317 today. For more information about our healthcare services and providers, please visit our website at www.castrocountyhealthcare.com.

About Castro County Healthcare

Founded in 1963, Castro County Healthcare provides healthcare for Castro County, Texas residents 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, and more. For additional information, please visit www.plainsmemorial.com.

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Castro County Healthcare

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