



PRESS RELEASE

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Imperial Valley Healthcare District Highlights Heart Health Resources Across Imperial Valley During American Heart Month

Pioneers Memorial Hospital, El Centro Regional Medical Center, and IVHD clinics encourage residents to take simple steps toward prevention

(El Centro, CA.) — In recognition of American Heart Month, the Imperial Valley Healthcare District (IVHD) is encouraging residents across the Imperial Valley to prioritize heart health through prevention, early detection, and consistent care. Through Pioneers Memorial Hospital, El Centro Regional Medical Center, and IVHD’s network of clinics, the district is reinforcing a simple message: heart health starts close to home—with small, daily choices and access to trusted local care.

Heart disease remains one of the leading health concerns for families nationwide, and IVHD leaders say prevention and routine checkups are key. Throughout February, IVHD is sharing heart-health reminders and resources to help community members better understand risk factors, build healthier habits, and connect with care teams when they need support.

“In the Imperial Valley, a healthy heart starts with small, daily choices. This month, try two simple steps: take a 20-minute walk at least three days per week and watch your salt intake. Little changes add up to stronger hearts,” said Dr. Vachaspathi Palakodeti, Cardiologist. “And if you’ve been putting it off, let this be your reminder to check in on your health. Know your numbers—your blood pressure, cholesterol, and blood sugar. If something looks off, don’t wait. Reach out, ask questions, and let’s take the next step together. Prevention does work.”

IVHD and the rest of the Cardiology team encourages residents to take advantage of local services that support heart health, including:

- **Primary care visits and annual wellness exams** to identify risk factors early
- **Screenings and lab work** to track blood pressure, cholesterol, and blood sugar
- **Care coordination and referrals** to help patients access specialty care when needed
- **Education and guidance** on nutrition, movement, and lifestyle changes that can reduce risk over time

“American Heart Month is a reminder that prevention is powerful—and it’s never too late to start,” said Pablo Velez, PhD, RN – Chief Executive Officer of IVHD. “Our hospitals and clinics are here for Imperial Valley families with compassionate care, practical guidance, and the services people need to protect their heart health.”

For more information about services available through the Imperial Valley Healthcare District, visit www.iv-hd.org or call (760) 351-3333.

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About Imperial Valley Healthcare District

The **Imperial Valley Healthcare District (IVHD)** is committed to improving access to high-quality healthcare for residents throughout the Imperial Valley. Through **Pioneers Memorial Hospital, El Centro Regional Medical Center**, and a network of clinics and community partners, IVHD supports patient-centered care focused on prevention, wellness, and better outcomes close to home.