



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

News Release

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New Support Group for Those With Diabetes *Larry Combest Center to Offer Free Diabetes Education*

Texas has one of the highest rates of diabetes, according to the Texas Demographic Center. Approximately 12.9% of the population of Texas have diagnosed diabetes. Across the nation, diabetes is the seventh leading cause of death. To help those with the disease, the Larry Combest Community Health and Wellness Center launched a diabetes support group.

People with diabetes are at risk for heart disease and stroke, blindness and other eye diseases, kidney disease, nerve damage, amputations and more. Early treatment can help prevent or delay diabetes-related complications.

There is no fee to join the diabetes support group. Meetings are held every third Monday of the month from 6 to 7 p.m. at 301 40th St. The next session is April 17.

Family and caregivers of people with diabetes also are welcome to attend.

The diabetes education topics include: improving medication management, healthy feet, safe and effective physical activity, diabetes and mental health, eye and dental care, cooking demonstration for diabetes-friendly meals and diabetes-friendly food products.

The topics will be presented by health care professionals including: pharmacists, licensed professional counselors, registered dietitians, foot tech specialists and physical therapists.

The new support group is one of an array of services offered by the Larry Combest Community Health and Wellness Center, a part of the Texas Tech University Health Sciences Center School of Nursing, one of the few nurse-managed Federally Qualified Health Centers in the country.

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