



*For Immediate Release*

**Contact:** Letty Kretz, Director  
Marketing  
(956) 365-1848 (O) (956) 202-3925 (M)  
[leticia.kretz@harlingenmedicalcenter.com](mailto:leticia.kretz@harlingenmedicalcenter.com)

Manny Chacón, Coordinator  
Community Relations  
(956) 365-1888 (O) (956) 245-4954 (M)  
[manuel.chacon@harlingenmedicalcenter.com](mailto:manuel.chacon@harlingenmedicalcenter.com)

## **Wound Healing Center at HMC Hosts Diabetes Education Lecture**

**Harlingen** – Are you, or someone you know, a diabetic? If you answered “yes,” then the Wound Healing Center at Harlingen Medical Center has a special offer for you. The Wound Healing Center at Harlingen Medical Center now offers Diabetes Education Lectures in conjunction with its monthly Diabetic Foot Clinics. The lectures are for those who suffer from the disease, those who care for them, and those who simply need to learn more about the disease. The first class is scheduled for August 31, 2010, at 11:00 a.m. at the Harlingen Medical Center Medical Office Building Conference Room, located at 5505 S. Expressway 77, in Harlingen.

### **Diabetes Education Lecture**

**Elisa Herrera, R.D.  
Certified Diabetes Educator**

**HMC MOB Conference Room  
5505 S. Expressway 77  
Harlingen, TX 78550**

**August 31, 2010  
RSVP at (956) 425-4325**

“These classes are essential in the delivery of care for our patients,” said Sylvia González, Director of the Wound Healing Center and host of the monthly Diabetic Foot Clinics at Harlingen Medical Center. “These classes are not only going to give those in attendance the opportunity to have one-on-one time with a Certified Diabetes Educator, but it will give them knowledge to better care for themselves, or those that they care for who suffer from diabetes.”

The Diabetes Education classes will be led by Certified Diabetes Educator and Registered Dietitian, Elisa Herrera. At each class, she will lecture on four topics: Diabetes 101, monitoring levels, meal planning, and physical activity. The Diabetes 101 lecture covers survival skills and what all diabetics, and those who care for them, need to know about the illness. The monitoring lecture covers checking blood sugar levels and understanding the numbers, understanding glucose levels and lab results. The meal planning lecture covers nutrition, what diabetics can and cannot eat. And, the physical activity lecture covers the importance of exercising on a daily basis to help keep weight to an appropriate level, as too much weight can contribute to diabetes and its co-morbidities.

“Having the Diabetes Education Lecture is very important to us, because those who are affected by diabetes, or those who care for someone who has diabetes, need to understand the seriousness of the disease,” said González. “Very often I speak with patients who don’t understand the long term consequences of eating the wrong foods or simply don’t know which foods to eat. People are accustomed to the high-carb foods that are common in South Texas and for the diabetic patient education is definitely the key to better health.”

Serious affects of diabetes include heart disease, kidney failure, nerve damage, vision loss and amputations.

To register for the Diabetes Education Lecture at Harlingen Medical Center, or learn about up-coming Diabetic Foot Clinics, you may call The Wound Healing Center at (956) 425-4325. Educational material will be given out to those in attendance at the Diabetes Education Lecture.

###

***Harlingen Medical Center** is redefining the way healthcare is delivered throughout the Rio Grande Valley! HMC is a general acute care hospital led by physicians specializing in bariatric, cardiac surgery, cardiology, emergency, gastroenterology, internal medicine, neurology, obstetric and gynecology, orthopaedic, orthopaedic surgery, pediatric, vascular & endovascular surgery, and wound healing care.*

***Harlingen Medical Center** is leading the way in promoting the best in patient care, striving to achieve better outcomes, and making available advanced treatment options. Our **mission** is to improve clinical outcomes for cardiac patients through a physician, patient focused approach.*