



UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES

News Release
Aug. xx, 2018

Media Contacts:

Kathy Packard

kapackard@uams.edu

Liz Caldwell, 501-686-8995

Wireless phone: 501-350-4364

liz@uams.edu

**Free, Six-Week Diabetes Workshop Sept. 10-Oct. 15
at Oaklawn Center on Aging**

LITTLE ROCK — The Oaklawn Center on Aging, part of the Donald W. Reynolds Institute on Aging at the University of Arkansas for Medical Sciences (UAMS), will hold a free, six-week Diabetes Empowerment Education Program (DEEP) workshop for those who would like to learn about diabetes self-management.

The workshop, which is open to the public, will be held from 1-3 p.m. each Monday Sept. 10-Oct. 15 at the center, 101 McGowan Court. To reserve a space at the popular workshop, call the Oaklawn Center at 501-623-0020.

The center is partnering with the CHI St. Vincent Senior Center, Hot Springs, to promote diabetes awareness and motivate persons who have diabetes to sign up for the workshop.

The DEEP workshop teaches about diabetes, how diabetes affects your body, blood sugar levels and what they mean, how to use a glucometer, meal planning, setting goals for proper nutrition, physical activity, regular check-ups with their physicians, and consistent medication use. The workshop includes participant activities and sharing information with the group.

Diabetes self-management classes show participants how behavior change can allow them to continue living an active life with diabetes.

Nearly 13 percent of adults in the United States age 20 and older have diabetes, according to the National Institute of Health and the Centers for Disease Control and Prevention. Nearly one-third of persons 65 years and older have diabetes. The disease brings with it the risk of other complications such as blindness, amputations of lower extremities, kidney failure, heart disease and stroke. Its financial cost and the impact on patients' and families' lives are considerable.

Yet, the disease can be prevented and managed. Reducing the prevalence and managing the disease are a matter of education and effort on the part of the public, especially those more at risk for the disease. Hispanics, Native Americans and African-Americans are more at risk for the disease due to genetic and social factors.

The Oaklawn Center on Aging is dedicated to improving the lives of older adults in the area and works with other agencies committed to providing quality care and assistance for older adults and their families. It is a partnership of UAMS and the Oaklawn Foundation.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; northwest Arkansas regional campus; statewide network of regional centers; and six institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging and Translational Research Institute. It is the only adult Level 1 trauma center in the state. UAMS has 2,834 students, 822 medical residents and six dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses throughout the state, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

Like us, we're social: 

###