

PATS President John Moyer attends World Diabetes Day in Harrisburg, PA.

November was National Diabetes Awareness Month. During the month, PATS President John Moyer and other athletic trainers worked with other healthcare providers to help educate the public about diabetes and the role of the athletic trainer in the care of diabetic athletes.

Harrisburg, PA ([PRWEB](#)) December 05, 2014 -- Diabetes is a disease that one can be affected with but will never know because symptoms don't present themselves. The only way a person can be diagnosed with diabetes is by having their blood sugar checked. Diabetes has two forms; Type 1 and Type 2. Type 2 diabetes generally develops later on in life and can be controlled with diet and exercise. 29 million people in America have been diagnosed with diabetes and there are estimates that up to 8 million more are undiagnosed.

Governor-Elect of Pennsylvania Tom Wolf reported those numbers and encouraged everyone to get regular screenings. He spoke and presented these numbers as part of World Diabetes Day at the Capital in Harrisburg.

The event was part of Wolf's Diabetes Awareness Month for November. The Pennsylvania Athletic Trainer Society (PATS, Inc) was in Harrisburg to encouraging people to stay active. PATS President John Moyer worked and educated attendees with other healthcare professionals. His goal was to educate providers and people on how the profession of athletic training can help people stay healthy. John Moyer said "World Diabetes Day was a great opportunity for PATS to interact with other health care organizations and educate the public about our role in providing care for the diabetic athlete. In many circumstances, the public is not aware that Athletic Trainers are educated on how to care for the diabetic athlete as well as other athletes with unique medical conditions."

One athlete who was part of the program was former Pittsburgh Steeler offensive lineman Kendall Simmons. He has been living with Type 1 Diabetes since 2003. He was the featured speaker at World Diabetes Day. He spoke about his affliction "I have Type 1 diabetes and I have been living with it going on for twelve years and it tried to interrupt my life and I didn't let it."

He went on "I went through a lot but I was determined to everything necessary for me to continue playing football and living healthy."

The athletic trainers of the Commonwealth of Pennsylvania work with athletes who have diabetes. According to Sec. Wolf approximately 100,000 Pennsylvanians have diabetes. Type 2 diabetes happens later on in life if the body stops producing insulin or loses the ability to use it to convert sugar and starches into energy. The cause is unknown, but genetics lifestyle, lack of exercise, and obesity all play a role. PATS encourages all Pennsylvanians to live a healthy lifestyle. Athletic trainers are available to answer questions and educate the population.

For more information regarding this topic or to schedule an interview with PATS President John Moyer LAT, ATC, please contact Linda Mazzoli MS, LAT, ATC, PATS Executive Director
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The Pennsylvania Athletic Trainers' Society, Inc. is a progressive organization of licensed health care professionals who work under the direction of a licensed physician. Our society continues to increase public awareness and education regarding Athletic Trainers and the Athletic Training profession while serving as the



premier source of information for public safety, injury and illness prevention, early intervention, patient care, and healthcare delivery for the physically active in the Commonwealth.

“The Keystone to a Healthy and Physically Active Life”



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