

## Pennsylvania Athletic Trainers' Society Discuss Importance of Health Screenings Highlighted during World Diabetes Day



Pictured from left to right; Peg Callahan, Kyle Shireman, Paul LaDuke, Kendall Simmons, John Moyer, Natalie Cook, Kyle Moyer, and Angie Armbrust.

The Pennsylvania Athletic Trainers' Society (PATS) participated in the World Diabetes Day event held at the state capitol in Harrisburg today. The event included Secretary of Health Michael Wolf presenting a proclamation from Governor Tom Corbett declaring November as Diabetes Awareness Month and Nov. 12 as World Diabetes Day. Keynote speaker Kendall Simmons, a former National Football League Pittsburgh Steeler, then spoke about his own experience with Type 2 diabetes and how he learned to manage his diabetes, which enabled him to continue to flourish as a football player, including a Super Bowl XL win.

Diabetes is a chronic disease that can occur in two forms. If the pancreas does not produce insulin, Type 1 diabetes is the result. Type 2 diabetes occurs when the body is not producing enough insulin and/or the body cannot use the insulin that is produced. Insulin is a hormone that helps convert sugar and starches from food into energy.

Athletic Trainers (ATs) are often the healthcare professionals available on-site, particularly in the athletic settings, on a daily basis to recognize diabetes and provide the necessary care. For those with Type 1 diabetes, the AT will help manage the disease by monitoring their diet, exercise routines, and testing blood sugar regularly and taking necessary medications. Further, ATs can instruct on healthy exercise and nutritional habits which can prevent or delayed type 2 diabetes.

Of the nearly 29.1 million Americans with diabetes, an estimated 8.1 million people are undiagnosed. In addition, an estimated 86 million adults have pre-diabetes, placing them at increased risk for developing the disease. Symptoms may include frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability, frequent infections, blurred vision, and cuts or bruises that are slow to heal.