

Diabetes can affect EVERYONE. From patients in Normanton to Hollywood actors. Neglect your diet and regular exercise and your risks increase dramatically.

Hollywood actor, Tom Hanks has a roll call of famous films



Forrest Gump

Apollo 13

Saving Private Ryan

Cast Away

The Da Vinci Code

Toy Story Trilogy

The Polar Express

But he's hitting the headlines again



Tom Hanks diagnosed with diabetes after being an 'idiot' with food and weight when younger

'I was heavy. You've seen me in movies, you know what I looked like. I was a total idiot'.

There are two types of diabetes, Type 1 and Type 2. Type 2 is the most common and is associated with obesity, poor diet and infrequent exercise. If left untreated Type 2 diabetes can cause blindness, kidney failure, and even lower limb amputation. It also increases the risk of cardiovascular disease.

Tom also said "I'm part of the lazy American generation that has blindly kept dancing through the party and now finds ourselves with a malady. I thought I could avoid it by removing the buns from my cheeseburgers. Well, it takes a little bit more than that"

The rate for diabetes in Normanton is twice the UK national average. It is more prevalent in South Asian populations. Your risk of diabetes could be high. Diet and exercise is important. **If it can happen to Tom Hanks it can happen to you!**

DON'T LET IGNORANCE DAMAGE YOUR HEALTH