



## You're not alone if you are suffering from Crohn's or Colitis

... although sometimes you might feel as if you are. There's almost a quarter of a million people with Crohn's or Colitis in the UK – and I'm one of them.

Diagnosed with Crohn's at 26, after six years of struggling through drama school with sickness, diarrhoea, weight loss and stomach cramps – I was scared it would stop my acting career from taking off. Luckily, it didn't.

Following surgery, medication and diet control, I'm able to enjoy success currently on the set of *Emmerdale*, the much-loved ITV soap, as 'bad boy' Cain Dingle.

I know it's embarrassing to talk about it, but even simple solutions like having a desk near a bathroom at work can make such an improvement – so don't be afraid to stand up and be counted.

Take a look at the National Association for Colitis and Crohn's website – and join up!

*Jeff Hordley*



Colitis and Crohn's are inflammatory bowel diseases that can have a devastating impact on education, work, social and family life. They can strike at any age but young people are most at risk and there is no known cure. The National Association for Colitis and Crohn's Disease (NACC) offers much-needed information and support to the 250,000 sufferers in the UK, and also funds vital research. Further information can be obtained at