

A photograph of a man in profile, wearing a dark jacket, playing an acoustic guitar. The background is dark with some light streaks, suggesting a stage or performance setting. The text is overlaid on the right side of the image.

**Adam Bell died from  
a sudden illness that  
randomly strikes  
young people.**

**Know the symptoms of  
diabetes type 1...**

- Increased thirst
- Going to the toilet all the time - especially at night
- Extreme tiredness
- Genital itching or regular episodes of thrush
- Weight loss
- Blurred vision
- Slow healing of wounds

To help the charity to build further awareness of Type 1 diabetes text:

ADAM34 followed by £1, £2, £5 or £10 to 70070

[www.adambellfoundation.org.uk](http://www.adambellfoundation.org.uk)

