



**MEDIA ALERT - BRAVE WESTBURY-ON-TRYM WOMAN TO RUN BRISTOL HALF
MARATHON IN MEMORY OF FRIEND**

FOR IMMEDIATE RELEASE

**INTERVIEWS AVAILABLE: FUNDRAISER - AMANDA BUDENIS
FOUNDER OF THE MOUTH CANCER FOUNDATION -
DR VINOD JOSHI**

To set up an interview please call Media Ambitions on 0208 940 2222.

***"Going through the tragedy of losing a good friend made me realise that
many people seem to know very little about mouth cancer."
AMANDA BUDENIS***

Technical author Amanda Budenis, 51, from Westbury-on-Trym in Bristol is preparing to run the Bristol Half Marathon on the 5th September 2010 on behalf of the Mouth Cancer Foundation in memory of her friend Paul Beament. Amanda is an employee of Jardine Lloyd Thompson in Bristol and they are supporting her by matching any funds that she raises.

Paul 33, from Bristol was a keen sportsman and in general good health when he started to get an unusual pain at the back of his throat. In January he saw his dentist, imagining it to be a mouth ulcer or a wisdom tooth. After the examination Paul was told that he had a large mouth ulcer on the back of his tongue and an appointment would be made with a specialist to obtain antibiotics. After not hearing anything for 2 weeks and the pain becoming worse his wife Kezia drove him to an emergency dentist who suspected that something serious was wrong. A specialist was called and he confirmed Paul and Kezia's worst nightmare. In February 2004 Paul was diagnosed with mouth cancer.

Within 3 weeks Paul underwent a 12 hour operation to remove half of his tongue and reconstruct it with soft tissue taken from his forearm. He had a peg feeding tube fitted to provide nutrition directly into his stomach and a tracheotomy to help him breathe. After recovering from the surgery, a 6 week course of radiotherapy followed after which he was told that he was cancer free. Mid June saw Paul and Kezia celebrate their second wedding anniversary and Paul was hoping to return to work. However, the cancer returned in July, further surgery was impossible so he faced months of chemotherapy. Sadly Paul passed away in December 2004

Amanda says "I have never done anything remotely like this in my life so I thought I would give it a go! After seeing Paul and his family go through such a traumatic time I want to help in any way I can. By running the half marathon I hope to raise awareness of the symptoms that people need to look out for. It is crucial that people check their mouths on a regular basis for any irregularities and changes. Everyone is aware that they need to check their breasts for lumps or check their skin and moles for any changes but mouths are largely forgotten, I want to help change this. Paul was an admired, respected man who was loved by many and I am proud to run the half marathon in his memory."

The founder of the Mouth Cancer Foundation Dr Joshi says *"Highlighting the symptoms of this terrible disease will help save lives in the future. Raising funds for us will allow us to provide free materials during our mouth cancer awareness campaigns and support for mouth cancer survivors. The charity and I wish Amanda the best of luck."*

For more information on the **Mouth Cancer Foundation** visit www.mouthcancerfoundation.org. Or visit www.justgiving.com/amanda-budenis to donate to Amanda's fund.

-ENDS-

For general press enquiries, please contact:
Elizabeth Ayto, Kathryn Platt or Holly Saich
Media Ambitions - 020 8940 2222
elizabeth@mediaambitions.com
kathryn@mediaambitions.com
holly@mediaambitions.com
www.mediaambitions.com

NOTES TO EDITORS

The Mouth Cancer Foundation - www.mouthcancerfoundation.org

The Mouth Cancer Foundation is a registered charity no. 1109298.

In 2010 The Mouth Cancer Foundation celebrates its 5th anniversary.

In the UK, nearly 8000 people are diagnosed with Mouth Cancer every year. Cancers can occur in any part of the mouth, tongue, lips, and adjacent areas like the throat, salivary glands, pharynx, larynx, sinus, and other sites in the head and neck area. In its very early stages, these Mouth Cancers can be easy to ignore.

* Symptoms include:

1. An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks
2. A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks
3. A difficulty in swallowing, chewing or moving the jaw or tongue
5. A numbness of the tongue or other area of the mouth
6. A feeling that something is caught in the throat
7. A chronic sore throat or hoarseness that persists more than 6 weeks
8. An unexplained loosening of teeth with no dental cause

More information about Mouth Cancer is available at the Mouth Cancer Foundation web site www.mouthcancerfoundation.org or by emailing info@mouthcancerfoundation.org