



**MEDIA ALERT - BUCKINGHAMSHIRE MAN IN 90KM SKI CHALLENGE FOR CHARITY**

**FOR IMMEDIATE RELEASE**

**INTERVIEWS AVAILABLE: SKIER CLARK BETZ  
FOUNDER OF THE MOUTH CANCER FOUNDATION -  
DR VINOD JOSHI**

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

A sports sales executive from Great Missenden in Buckinghamshire is preparing to pull on his spandex and take part in the grueling world famous 90KM cross country ski race during VASALOPPET 2010 to raise much needed funds for the UK's leading mouth cancer charity - The Mouth Cancer Foundation.

Clark Betz, 27, and three friends Richard Duncan, 28, Henrik Thorell, 36, and Nick Keynes, 36 will take part in the race on Friday 5<sup>th</sup> March 2010 to celebrate Clark's brother's five year all clear from Mouth Cancer.

In 2004 Clark's brother Christian was diagnosed with Mouth Cancer at just 26 years old. Fortunately for Christian an early diagnosis of the disease meant that he was able to start treatment immediately which increased his chance of survival. Christian underwent extreme surgery which meant surgeons opening up his mouth from his jaw in order to take out his tongue. This was followed by radiotherapy and chemotherapy.

*Clark says "The determination that my brother showed throughout his ordeal was truly inspiring. To see someone that you love go through something so intense at such a young age was soul destroying. Luckily for Christian his mouth cancer was caught early but many sufferers are not so lucky. This is why I wanted to do something that would not only raise awareness of mouth cancer but also raise money for an incredibly worthwhile charity. The **Mouth Cancer Foundation** offers mouth cancer sufferers and their families vital help and support throughout the hard times and we wanted to be able to give them something back".*

Vasaloppet is a week long skiing event held in Northwestern Dalarna, Sweden and various long distance cross country races test the endurance of the most experienced skiers. To

train for their race the team have been clocking up hours in their local gyms and will be flying out to Sweden a week before the race to train on the snow.

The founder of the **Mouth Cancer Foundation** Dr Joshi says *"This story highlights the importance of an early diagnosis. The mortality rate from mouth cancer is just over 50% due to late detection so if in doubt about any symptoms\* which occur in the mouth, get them checked out. Clark and his team are taking on an incredibly tough challenge in order to raise funds to raise awareness and also help provide support for mouth cancer patients and carers. Highlighting the symptoms of this terrible disease will help save lives in the future".*

To sponsor Clark and support **Mouth Cancer Foundation** please log onto [www.justgiving.com/vasaloppetcrosscountryskirace](http://www.justgiving.com/vasaloppetcrosscountryskirace)

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#### **NOTES TO EDITORS**

**The Mouth Cancer Foundation - [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org)**

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

In 2010 The Mouth Cancer Foundation celebrates its 5<sup>th</sup> 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](http://www.mouthcancerfoundation.org) or by emailing [info@mouthcancerfoundation.org](mailto:info@mouthcancerfoundation.org)