



Mouth Cancer Walk
www.mouthcancerwalk.org



**MEDIA ALERT - THE WALK TO TALK ABOUT...STEP OUT AND SAVE LIVES FROM
MOUTH CANCER**

FOR IMMEDIATE RELEASE

**Interviews Available: Founder of the Mouth Cancer Foundation Dr Vinod Joshi
Various Mouth Cancer Case Studies**

Photos: Photos available upon request

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

"Mouth Cancer is a disease that has affected my family as it is how my Nan died. The Mouth Cancer Foundation plays a pivotal role in supporting patients and families who have to go through the horrors of Mouth Cancer."

Singer Natasha Hamilton

"Mouth cancer is still one of the least known and most deadly of cancers, but the chance of survival is greatly improved by early detection. I was diagnosed with mouth cancer in 2006. Fortunately for me, my cancer was detected early enough for it to be treated successfully. Sadly, many people are not so lucky and their mouth cancer is detected too late to prevent disfiguring surgery or even death".

Author & Mouth Cancer Survivor Andy Secombe

*"I was diagnosed with Nasopharyngeal Carcinoma in June 2006 at 22 years old! I support the **Mouth Cancer Foundation** as they helped me so much during my battle with cancer. I want to make younger people more aware of the symptoms and risk factors of Mouth Cancer. It happened to me and it can happen to anyone. We aren't indestructible!"*

Mouth Cancer Survivor Michelle Morton

"My father, brother and I all had mouth cancer at some point in the last 10 years. Sadly I lost my father, Arthur, who died of throat cancer in 1999 and my brother, Derek to oesophageal cancer in 2007. I was diagnosed with mouth cancer in early 2003. After major surgery and therapy, I have been given the all clear from mouth cancer."

Mouth Cancer Survivor Alan Scott

People from all across the UK are stepping out to support the UK's leading mouth cancer charity, the **Mouth Cancer Foundation**, by taking part in their 4th annual **FREE** 10 Km sponsored walk later in the year.

**Every 3 hours someone in the UK dies from Mouth Cancer.
Mouth Cancer kills 1 in 2 people diagnosed due to late detection.**

These shocking facts from the **Mouth Cancer Foundation** highlight the desperate need to raise awareness of this cancer about which little is known. To raise awareness, the **Mouth Cancer Foundation** is holding another 10km sponsored walk again this year on Saturday 26th September 2009 at 14:00 (13:00 arrival) in Hyde Park, London.

The walk helps raise much needed funds to enable the charity to support individuals like mouth cancer survivor Michelle Morton and families like the Scott's, who have all suffered at the hands of this terrible disease.

25 year old Michelle Morton from Hastings, East Sussex was only 22 years old when she was diagnosed with Nasopharyngeal Carcinoma in June 2006! The Nasopharynx (nasal part of the pharynx) lies behind the nose and above the level of the soft palate.

Michelle says "I had a large tumour that came from the Nasopharynx, down my left nostril. It blocked my left ear, gave me terrible nose bleeds and discharge and completely blocked my left nostril. I was treated by my GP for six months for what was thought to be a sinus infection. I was eventually referred to ENT at the local hospital and diagnosed. By this point the cancer had also spread to a lymph gland in my neck".

"I went through six cycles of high dose chemotherapy (Cisplatin & 5FU), followed by six and a half weeks of Radiotherapy. I had a Groshong Catheter fitted so they could let me do some of my chemo at home. I also had a RIG tube fitted to feed, as the mucositis made it impossible to eat".

"During treatment I dropped to 6stone 10lb and I vomited every day for about three months! It was really awful, really gruelling and to be honest there were times I wanted to go to sleep and not wake up! The cure is far harder than the disease! I'm feeling REALLY good now. I'm working full time again and I love my life! As far as they're concerned I'm cancer free".

51 year old Alan Scott, an Electrician at McVities in Harlesden is also a mouth cancer survivor. Alan and his family have suffered at the hands of mouth cancer for many years and now Alan wants to raise awareness.

Alan says, "My father, brother and I all had mouth cancer at some point in the last 10 years. My father, Arthur, died of throat cancer in 1999 at the age of 73. Sadly I also lost my brother, Derek to mouth cancer as well. Derek died of Oesophageal cancer in 2007 at the age of 56. I discovered I had mouth cancer in early 2003, I had to have major

reconstructive surgery on my tongue and that was followed by radiotherapy. Luckily I have been given the all clear from mouth cancer."

This event, which is being supported by Pop Star Natasha Hamilton, will take the form of a giant sponsored walk with people from all over the UK travelling to the capital to take part.

The Founder of the **Mouth Cancer Foundation** Dr Vinod Joshi says "*Last year's walk was a huge success; so many are looking forward to the 4th annual walk this year. This walk is an opportunity for mouth cancer survivors, their families and friends, the public and health professionals to come together in a fun outing that will make a big noise in Hyde Park London about mouth cancer, loud enough for everyone to take notice!*"

There will be **FREE** mouth cancer screening on the day, plus prizes available for top individual and team fundraisers as well as top individual and team awareness raisers. Costumes are invited if you're feeling brave!"

Walking is fun, free, easy, burns calories and saves lives! Surprisingly most of the population in the UK need to get out and walk more. Walking is an excellent exercise in the fight against cancer.

Joining the walk is also a great opportunity to help the Mouth Cancer Foundation raise funds to improve its support for patients and carers. .

To take part in the **FREE** Mouth Cancer Foundation 10K Sponsored Walk visit www.mouthcancerwalk.org

-ENDS-

For general press enquiries, please contact:

Elizabeth Ayto or Vicki Walker-Wright

Media Ambitions - 020 8940 2222

Elizabeth@mediaambitions.com

Vicki@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.

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 or calling our Mouth Cancer Helpline: 01924 950 950