



Mouth Cancer Walk
www.mouthcancerwalk.org



MEDIA ALERT - BARNEHURST MOUTH CANCER SURVIVOR RAISES £2000.00 FOR CHARITY

FOR IMMEDIATE RELEASE

**Interviewee: Founder of the Mouth Cancer Foundation Dr Vinod Joshi
Walker Caroline McClean**

To set up an interview or for pictures of Caroline on the day of the walk please call Media Ambitions on 0208 940 2222.

Mouth Cancer Survivor, Caroline McClean from Barnehurst took part in a giant sponsored walk in London's Hyde Park, and has succeeded in raising nearly £2000.00 to increase awareness for the deadly disease.

Caroline took part in a free 10K sponsored walking event on Sunday 14th October and was joined by hundreds of people from all across the country. It was announced today, Caroline and her team 'Team McClean' succeeded in raising £1,936.57 for the Mouth Cancer Foundation and also came 3rd place in the highest team fundraiser category winning family tickets to Twycross Zoo.

42 year old Caroline from Barnehurst in Kent is a keen member of the Mouth Cancer Foundation. Caroline knows first hand the devastating effects Mouth Cancer can have on a family. She was diagnosed with cancer of the salivary gland in September 2005.

Caroline says, "I had a 13 hour operation to remove and treat the tumour site on Monday 10th October 2005. In removing the tumour which had grown into the tongue base, a nerve was also removed, which left me with paralysis in the right half of the tongue. I was in hospital for 17 days and I hated every minute of it. Then 6 weeks after the operation I had radiotherapy, I had one treatment every day for 5 weeks. There were many side effects, but mouth ulcers and the damage to the saliva flow was the worst. I had a PEG feeding tube in place for 13 months. I am on a liquid only diet as I cannot chew, my speech is affected because of the paralysis and also because of the mouth dryness caused by the radiotherapy which means I am unable to return to my part-time job (which was customer service based) I have regular 3 month checks, and was given the all clear at the last check-up".

The public do not yet realise that anyone is susceptible to mouth cancer. My lifestyle put me in a very low risk category, I was only 40 when diagnosed, I was fit and healthy, didn't smoke or drink. Yet it happened to me. The impact is life-long. Everyone needs to be aware, alert and watchful".

Caroline is also looking forward to taking part in this year's walk which takes place on Saturday 20th September 2008.

The 10K event was set up in order to raise awareness of the disease amongst the general public but especially amongst health care professionals, and the founder of the Mouth cancer Foundation Dr Joshi said that "Caroline is an inspiration to so many people, she works hard to raise awareness and show people that having Mouth Cancer as debilitating as it can be, does not mean the end."

Every 5 hours someone will die from Mouth Cancer. Mouth cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma. In the UK, there has been a 19% increase in cases from 3,673 in 1995 to 4,405 in 2002 and 13,000 people in the UK are currently living in the shadow of this debilitating disease. The mortality rate from mouth cancer is just over 50% due to late detection. These are the shocking facts from the Mouth Cancer Foundation who held the sponsored walk to mark the end of Mouth Cancer Awareness week.

According to the Founder of the Mouth Cancer Foundation Dr Vinod Joshi "25% of mouth cancer cases are not associated with any known risk factor, hence the need for vigilance. If you notice a lump in your mouth that wasn't there before or a mouth ulcer which lasts for more than 3 weeks, you should see a dentist or doctor immediately."

The World Health Organization also lent its support to the Mouth Cancer Foundation's 10K walking event. Dr. P.E Petersen of the Oral Health Programme, Chronic Diseases and Health Promotion says "Mouth Cancer Awareness Week is a very important initiative and the 10 K sponsored walking event is a great way to raise the profile of Mouth Cancer. The prevention of oral cancer is a priority action area of the World Health Organisation/Oral Health Programme. I look forward to expanding the collaboration between the Mouth Cancer Foundation and the World Health Organisation/Oral Health Programme for effective control and prevention of oral cancer in the future".

Walking is fun, free, easy, burns calories and saves lives!

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NOTES TO EDITORS

The Mouth Cancer Foundation is a registered charity no. 1109298.
www.mouthcancerwalk.org.

Cancer can occur in any part of the mouth, tongue, lips, throat, salivary glands, pharynx, larynx, sinus, and other sites located in the head and neck area. In its very early stages, Mouth Cancer can be almost invisible making it easy to ignore.

Symptoms include:

1. A sore or ulcer in the mouth that does not heal within 3 weeks
2. A lump or overgrowth of tissue anywhere in the mouth
3. A white or red patch on the gums, tongue, or lining of the mouth
4. Difficulty in swallowing, chewing or moving the jaw or tongue
5. Numbness of the tongue or other area of the mouth or jaws
6. A feeling that something is caught in the throat
7. A chronic sore throat or hoarseness that persists more than 6 weeks
8. Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
9. Neck swelling present for more than 3 weeks
10. Unexplained looseness of teeth persisting for more than 3 weeks
11. Swelling causing obstruction of the nose, particularly if associated with bleeding or pus discharge

Mouth Cancer Awareness Week, held in November each year, is co-ordinated by the British Dental Health Foundation (BDHF), supported by a wide range of leading national health organisations. These include the Mouth Cancer Foundation, Cancer Research UK, Denplan, Action on Smoking and Health (ASH), British Dental Association (BDA), British Association of Head and Neck Oncologists (BAHNO), British Association of Oral and Maxillofacial Surgeons (BAOMS), the health departments of the four UK countries, GKT, Pharmacy Health Link, QUIT and Scope.

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

Sponsors:

Event Sponsors are as follows:



Merck is a global pharmaceutical and chemical company with sales of EUR 6.3 billion in 2006, a history that began in 1668, and a future shaped about 35,214 employees (including Merck

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Biotene

The logo for Biotene, featuring the word "biotene" in a bold, blue, sans-serif font. A small red triangle is positioned above the letter 'e'. A registered trademark symbol (®) is located to the upper right of the word.

Biotène's range of oral care products has been designed to help reduce the symptoms of Dry Mouth resulting from the use of strong medications and cancer treatments. Biotene's natural antibacterial enzyme system helps promote healing of sore and tender mouth tissues, bleeding gums, gingivitis and inhibits the growth of harmful odour-causing bacteria. The gentle formulations provide long lasting moisture essential for oral comfort.

Eastman Dental Institute and Hospital, London



The **Eastman Dental Institute and Hospital, London**, is the largest postgraduate dental academic centre in Europe, the first dental school to receive the Queens Anniversary Prize for Higher and Further Education, and is currently involved in the education and training of some 13,000 dentists and dental care professionals, internationally-renowned clinical and translational research, and quality specialist clinical care.

Kings Dental Institute, London

The logo for King's College London Dental Institute, featuring the text "KING'S College LONDON" in red and black on the left, and "Dental Institute" in red on the right. Below "Dental Institute" is the text "at Guy's, King's College and St Thomas' Hospitals" in red.

King's College London Dental Institute based at Guy's, College and St Thomas' Hospitals is the largest school of dentistry in the UK.