



MEDIA RELEASE

MR009: 13 March 2006 [for immediate release]

Mum-of-two clocks up the miles for Mouth Cancer

Many mothers of young children find that there just aren't enough hours in the day to get everything done, and the thought of running up to 42 miles a week wouldn't enter into their heads.

Not so for Sidmouth's Kate Stamp. A mother of two, she is running the Flora London Marathon on 23rd April 2006 in aid of the Mouth Cancer Foundation, and is undertaking a gruelling training schedule in preparation. A major part of this preparation will be running "The Grizzly" on Sunday 12th March in Seaton. This is a multi-terrain race (which roughly translates as mud, bogs, hills and beach) of about 20 miles, which is billed by some as one of the toughest in Europe.

The London Marathon won't be a completely new experience for Kate, as she previously ran in it 1994. **However Kate explains** "Training back then was a doddle. I had nothing to do but run. Things are a bit different now I'm married, have two young sons and am rapidly approaching 40!" In addition she has a busy job as a partner in the Honiton office of Everys solicitors.

The Mouth Cancer Foundation has Kate's husband, Mike, to thank for Kate getting her running shoes on again.

Kate explains "I would not have entered the Marathon again thinking that I would not have the time to put in quality training, but Mike entered me (very kindly) as a birthday surprise - you can imagine how thrilled I was! However, the idea of running it again started to grow on me and I started to increase my training in anticipation. I was therefore very disappointed to be rejected. However, I won a place in the Sidmouth Running Club's ballot and was delighted, particularly as I'd already got some good training in hand. In fact my training is probably better focused now than it was then, but age is not on my side!!"

Kate has chosen to support the Mouth Cancer Foundation in memory of her good friend, Paul "Beamers" Beament, who died from Mouth Cancer in December 2004, aged just 34. Paul was brought up in the area, and was a keen sportsman, but is probably best known for being the captain of the Sidmouth Cricket Club second XI in the mid 1990s.

If anyone would like to support Kate's efforts, you can donate via her webpage which is: www.justgiving.com/katestamp

Paul's widow, **Kezia Beament says** "I can't thank Kate enough for choosing to support the Mouth Cancer Foundation. Not only is raising money important, but also raising awareness. Mouth Cancer has a mortality rate of 50%, which is mainly due to late detection. Therefore, if more people know about the disease, its causes and early symptoms, hopefully more and more people will be able to survive it"

The advice from the Mouth Cancer Foundation is:

In its very early stages, mouth cancers can be almost invisible making it easy to ignore. You can improve your chances of survival if the cancer is detected early and rapidly treated. It is important to have a self-awareness and to perform regular, self-examinations to help in the early identification of:

1. A sore or ulcer in the mouth that does not heal within three 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
5. Difficulty in chewing or moving the jaw or tongue
6. Numbness of the tongue or other area of the mouth.
7. A feeling that something is caught in the throat
8. A chronic sore throat or hoarseness that persists more than six weeks, particularly smokers over 50 years old and heavy drinkers

9. Swelling of the jaw that causes dentures to fit poorly or become uncomfortable.
10. Neck swelling present for more than three weeks
11. Unexplained tooth mobility persisting for more than three weeks - see a dentist urgently
12. Unilateral nasal mass / ulceration / obstruction, particularly associated with purulent or bloody discharge

Further information can be found at: www.mouthcancerfoundation.org

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NOTES FOR EDITORS

Kate Stamp can be contacted at kate.stamp@everys.co.uk She is willing to have photos taken of her training, if it will boost the impact of the story.

Everys is a large general legal practice based in East Devon, Exeter and Taunton.
www.everys.co.uk

Kezia Beament can be contacted at kezia@mouthcancerfoundation.org

Paul Beament was born and raised in Devon where he was a keen sportsman from an early age and was captain of Sidmouth Cricket Club 2nd XI in the mid 90's. He moved to Bristol in 1998 to work as an IT Consultant, where he met Kezia and they married in 2002.

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 4,374 in 2000 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. Despite treatment, there were 1,703 deaths in 2002 – that's approximately one death every 5 hours. The chances of survival are much improved if the cancer is detected early and rapidly treated.

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