



Mouth Cancer
FOUNDATION
www.mouthcancerfoundation.org

**MEDIA ALERT - BOURNEMOUTH MAN RAISES RECORD FUNDS FOR MOUTH
CANCER CHARITY**

FOR IMMEDIATE RELEASE

**INTERVIEWS AVAILABLE: CYCLIST - MARCUS OUGHTON
FOUNDER OF THE MOUTH CANCER FOUNDATION -
DR VINOD JOSHI**

PHOTOS AVAILABLE:

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

Today, Marketing Manager Marcus Oughton, 30, from Bournemouth handed over a cheque for £2050 to the UK's leading mouth cancer charity - The **Mouth Cancer Foundation**. He raised the staggering amount by taking part in the challenge of a lifetime, cycling 180miles from London to Paris in August.

Marcus was keen to raise much needed funds and awareness for the **Mouth Cancer Foundation** as he lost his Nan to the disease. Lauren Jones was diagnosed with tongue cancer in October 2008 and sadly passed away in December the same year at the age of 83.

The London to Paris Bike Ride challenge starts from London, taking participants through the English countryside, over to rural France and finishing under the Eiffel Tower in Paris.

Marcus started training a year before the challenge, cycling up to 10 miles a day during the week and up to a 100 miles at the weekend. He was sponsored to the tune of a brand new cycle jersey and £500 for completing the challenge, by the company he works for, LV=, a Bournemouth based insurance firm.

Marcus say's " The challenge was physically and mentally demanding, but it was an incredible experience. The encouragement that I received from all my family and friends spurred me

*on during the difficult times. I even had one of my daughters' toys attached to the handle bars which really pushed me on up the difficult hills. I am thrilled that I managed to raise such an overwhelming amount of money for the **Mouth Cancer Foundation** and I know it will help people who are currently in a similar situation as my Nan."*

The founder of the **Mouth Cancer Foundation** Dr Joshi says "Marcus has made an incredible contribution to the Mouth Cancer Foundation. This is one of the largest donations we've received from an individual fund raiser. Every penny that he has raised will go towards helping the **Mouth Cancer Foundation** increase awareness and also help provide support for mouth cancer patients and carers. It is people like Marcus that really can help make a difference."

To sponsor Marcus and support the **Mouth Cancer Foundation** please log onto www.justgiving.com/marcusoughton

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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

