



**MEDIA ALERT - MOUTH CANCER VOICE AWARDS WINNER
SINGS HER WAY TO SUCCESS.**

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**Interviews available: Mouth Cancer Voice Awards Winner - Lucy Hopkins
Founder of the Mouth Cancer Foundation - Dr Vinod Joshi**

To set up an interview please call Media Ambitions on 020 8940 2222.

**STRETFORD STUDENT WINS RECORDING SESSION IN TOP
LONDON STUDIO**

The winner of the second bi-annual **Mouth Cancer Voice Awards**, Lucy Hopkins, 17, from Manchester travelled to London to record a selection of songs at the prestigious *Wise Buddah recording studios.

Lucy, from Stretford beat off tough competition from hundreds of other entrants to take the singing title in the **Mouth Cancer Voice Awards** founded by the UK's leading mouth cancer charity - The **Mouth Cancer Foundation**. The prize was an all expenses paid day at the Wise Buddah studios where Lucy record a collection of songs onto CD, an excellent showcase of her musical talents for the future.

Lucy who is currently studying at Xaverian Sixth Form College in Rusholme has dreamt of becoming a singer from a very young age. She says *"The whole experience has been absolutely amazing; I've loved every second of it. To get to go into a recording studio and record a song was incredible, I felt like a real popstar. I have never done anything like this before, it was a real learning experience to see the process which popstars go through to record their songs. The day was everything I dreamt of and more, the whole experience really was a dream come true! I cannot wait for all my family and friends to listen to the CD"*.

The **Mouth Cancer Voice Awards** was created as a fun way of getting young people to not to take their voices for granted. 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. Every 3 hours someone in the UK will die from Mouth Cancer.

The public voted along with a panel of celebrity judges including Pop star and former Atomic Kitten band member Natasha Hamilton, leading West End theatre star Julie Atherton headlining in "Avenue Q", the Founder of the **Mouth Cancer Foundation**, Dr Vinod Joshi and Kirsty Nichol, who won the performance for the Best Singer at the first annual **Mouth Cancer Voice Awards**.

In its very early stages, Mouth Cancer can be almost invisible making it easy to ignore. An increasing number of cases are being seen in young people. Drinking and smoking increases the risk of mouth cancers and students are being warned against binge drinking and smoking. Individuals indulging in both face a 30 times greater risk than abstainers.

The Founder of the Mouth Cancer Foundation, Dr Vinod Joshi, says *"Lucy was a deserving winner! Everyone on the panel was stunned and amazed at the extremely high standard of everyone who took part. This is the second year we've done the **Mouth Cancer Voice Awards** and once again it was a huge success we've discovered even more talented people. I believe we have discovered some names who will be around for many years to come. I would like to thank Wise Buddah who donated the prize and played a huge part in making Lucy's day so special"*.

-ENDS-

For information on the MOUTH CANCER VOICE AWARDS visit www.mouthcancervoice.org

For general press enquiries, please contact:
Elizabeth Ayto, Kathryn Platt or Holly Saich
Media Ambitions - 020 8940 2222
Elizabeth@mediaambitions.com
Kathryn@mediaambitions.com
Holly@mediaambitions.com
www.mediaambitions.com

NOTES TO EDITORS



Prize supplied by Wise Buddah - www.wisebuddah.com

The Mouth Cancer Foundation - www.mouthcancerfoundation.org

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

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

Symptoms to look out for include:

- Ulcer or white or red patch that does not heal within 3 weeks.
- Lump or swelling in the mouth, jaw or neck that persists for more than 3 weeks.
- Difficulty in swallowing, chewing or moving the jaw or tongue.
- Numbness of the tongue or other area of the mouth.
- Feeling that something is caught in the throat.
- Chronic sore throat or hoarseness that persists more than 6 weeks.
- An unexplained loosening of teeth with no dental cause.
- Persistent nasal (especially unilateral) nasal obstruction, particularly associated with mucus (clear, purulent or bloody) discharge causing difficulty breathing through nose.
- Unexplained persistent earache.

Patients can reduce their risks of getting Mouth Cancer by:

- Not smoking or chewing tobacco, gutkha/pan.
- Drinking as little alcohol as possible.
- People who both drink and smoke are **30** times more likely to develop mouth cancer.
- Having a healthier, low meat, low fat diet, rich in fruit and vegetables.
- Avoiding frequent oral sex and having many sexual partners.