



Mouth Cancer Walk  
www.mouthcancerwalk.org



**MEDIA ALERT - 15 MILLION STEPS TO COMBAT MOUTH CANCER**

**FOR IMMEDIATE RELEASE - MONDAY 10<sup>TH</sup> MAY 2010**

**Interviews Available: Founder of the Mouth Cancer Foundation Dr Vinod Joshi  
Mouth Cancer Survivor - Michelle Morton**

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

1000 places are up for grabs in the 5<sup>th</sup> annual **FREE Mouth Cancer Foundation 10K Awareness Walk**, which is launched today. The walk is designed to increase awareness of mouth cancer, celebrate survivorship and remember lost dear ones while having a fun day out with family and friends.

The **Mouth Cancer Foundation** organises the event which takes place at 13:00 on Saturday 18<sup>th</sup> September 2010, in Kensington Gardens, London and this year they are challenging 1000 people to walk the 15,000 steps it takes to complete a 10K course in order to raise much needed funds and awareness to combat mouth cancer.

2010 is the 5<sup>th</sup> anniversary of the **Mouth Cancer Foundation's 10km Awareness Walk**. People travelled from all over the world in 2009 to step out to support the UK's leading mouth cancer charity which raised in excess of £60,000. The walk helps raise much needed funds to help improve the support for mouth cancer patients and their families, like mouth cancer survivor Michelle Morton.

Michelle, 26 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".*

*"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!"*

There will be **FREE** mouth cancer screening on the day, plus prizes available for top individual and team fundraisers. Also up for grabs is the award for best fancy dress, so for those of you who are feeling brave the bigger, brighter and weirder the better!

The Founder of the **Mouth Cancer Foundation** Dr Vinod Joshi says *"To celebrate our 5<sup>th</sup> anniversary we want to get 1000 people walking the 15,000 steps in the battle against mouth cancer. It is a great opportunity for mouth cancer survivors, their families and friends, the public and health professionals to come together and stand up against this debilitating disease."*

To take part in the **FREE** Mouth Cancer Foundation 10K Awareness Walk visit [www.mouthcancerwalk.org](http://www.mouthcancerwalk.org)

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### **NOTES TO EDITORS**

**The Mouth Cancer Foundation** - [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org)

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

In 2010 The Mouth Cancer Foundation celebrates its 5<sup>th</sup> anniversary.

The **Mouth Cancer Foundation** is a charity solely dedicated to supporting people affected by head and neck cancer. Support can play a pivotal role in meeting the psychosocial needs of patients. The **Mouth Cancer Foundation's** online and telephone support service has given head and neck cancer patients and families the opportunity to articulate the consequences of their cancer journey and communicate their shared experiences. It is vital that the charity continues to provide free accessible information resources and ensure **Mouth Cancer Foundation** support is provided to those that need them.

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](http://www.mouthcancerfoundation.org) or by emailing [info@mouthcancerfoundation.org](mailto:info@mouthcancerfoundation.org)