



**MEDIA ALERT - MOUTH CANCER SURVIVOR CALLS FOR PEOPLE TO GIVE UP  
SMOKING ON THE EVE OF NATIONAL NO SMOKING DAY**

**FOR IMMEDIATE RELEASE**

**INTERVIEWS AVAILABLE: MOUTH CANCER SURVIVOR - MELANIE BROOKS  
FOUNDER OF THE MOUTH CANCER FOUNDATION -  
DR VINOD JOSHI**

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

***"Smoking and drinking remain high risk factors of mouth cancer. I would strongly advocate the importance for everyone to be vigilant about their body and aware of the signs and symptoms of mouth cancer. Give up Smoking today. The consequences of my cancer are still evident today with changes to my speech and appearance".***

**Mouth Cancer Survivor - Melanie Brooks.**

Mouth cancer survivor Melanie Brooks, 26, is working with the UK's leading mouth cancer charity, the **Mouth Cancer Foundation** to urge everyone to give up smoking a day ahead of national No Smoking Day.

Melanie has first hand experience of how devastating mouth cancer can be. She was diagnosed with Mouth Cancer aged just 21. Unusually, Melanie was NOT a smoker and had never drunk, but through her illness has met many patients who wish they had never started smoking.

Melanie says *"the symptoms of my mouth cancer went undiagnosed for 18 months. The tumor was visible on my soft palate and I had major reconstruction surgery in January 2006 followed by six weeks of radiotherapy and further reconstruction"*.

The founder of the **Mouth Cancer Foundation** Dr Joshi says *"Research shows that 3 in 4 people who have mouth cancer have smoked at some point in their lives. Most people are now aware that smoking carries serious health risks. Smoking drastically increases the risk*

*of Mouth Cancer. It is a thoroughly debilitating disease. If all smokers could see the nightmare Melanie and many of my patients live with every day I'm sure they would give up smoking immediately. This is a good day to STOP!"*

Each year, nearly \*one million smokers quit on No Smoking Day and in 2009 the No Smoking Day campaign saw one in 10 smokers, around 900,000 people, kick the habit.

For more information visit the **Mouth Cancer Foundation** at [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org).

**-ENDS-**

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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.

\*Nosmokingday.org.uk

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)