



Mouth Cancer  
**FOUNDATION**  
[www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org)

**MEDIA ALERT - LOCAL WOMAN TAKES ON BUPA GREAT YORKSHIRE RUN**

**FOR IMMEDIATE RELEASE**

**INTERVIEWS AVAILABLE: RUNNER FIONA SAUNDERS  
FOUNDER OF THE MOUTH CANCER FOUNDATION -  
DR VINOD JOSHI**

**PHOTOS AVAILABLE UPON REQUEST**

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

21 year old Sheffield dental student, Fiona Saunders, will be running the Bupa Great Yorkshire 10k Run on Sunday 6<sup>th</sup> September 2009 to raise funds and awareness for the **Mouth Cancer Foundation**.

Fiona, who is studying at the Charles Clifford Dental Hospital in Sheffield says, *"I have never done anything like this before. As a dental student and soon to be dentist I will be responsible for good oral health promotion. I feel that it is vital to make people more aware of the symptoms of mouth cancer. The work that the charity does is so important that I wanted to support them by doing this challenge"*.

Fiona will join 8,000 runners from all over the country in this great challenge. Fiona is running for the first time to raise much needed funds for the **Mouth Cancer Foundation** and is busy training in preparation for the half marathon.

Fiona is following two training schedule to get fit for the run in September. She is following the online training advice on the Bupa website. She is also following a schedule put together by her personal trainer at Hillsborough Leisure Centre. Her current aim is to run 5k in about 30minutes and then build up her stamina from there.

The founder of the **Mouth Cancer Foundation** Dr Joshi says *"Fiona is an inspiration. She is doing a tough challenge to raise funds which will help us increase awareness of mouth cancer and provide support for mouth cancer patients and carers. Highlighting the symptoms of*

*this terrible disease will help save lives in the future. It is amazing that she is thinking about good oral health issues so early in her career".*

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.

In the UK, nearly 8000 people are diagnosed with Mouth Cancer every year. Mouth cancer is more common in men than women, but that gap is closing. An increasing number of younger people are developing mouth cancer. The mortality rate from mouth cancer is just over 50% due to late detection. These are the shocking facts from the **Mouth Cancer Foundation**.

To sponsor Fiona and support **Mouth Cancer Foundation** in the Bupa Great Yorkshire Run 2009 please log onto [www.justgiving.com/mouthcancer/donate](http://www.justgiving.com/mouthcancer/donate).

**-ENDS-**

**For general press enquiries, please contact:**

**Elizabeth Ayto or Vicki Walker-Wright**

**Media Ambitions - 020 8940 2222**

[Elizabeth@mediaambitions.com](mailto:Elizabeth@mediaambitions.com)

[Vicki@mediaambitions.com](mailto:Vicki@mediaambitions.com)

[www.mediaambitions.com](http://www.mediaambitions.com)

#### **NOTES TO EDITORS**

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

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

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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)