



Mouth Cancer
FOUNDATION
www.mouthcancerfoundation.org

MEDIA ALERT - LOCAL WOMAN TAKES ON SHEFFIELD HALF MARATHON

FOR IMMEDIATE RELEASE

**INTERVIEWS AVAILABLE: RUNNER GEMMA SIMPSON
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.

24 year old Gemma Simpson from Sheffield will be running the Sheffield Half Marathon on Sunday 26th April 2009, in memory of her dad who lost his battle against mouth cancer and to raise funds and awareness for the **Mouth Cancer Foundation**.

Gemma, a Regulatory Officer for the Environment Agency in Sheffield says "My dad, David, died from mouth cancer when he was 62, I was 17 years old. I remember him getting bad ulcers in his mouth; he had an ulcer on his lip which was removed by laser surgery. Shortly after that we found out he had mouth cancer. My dad had surgery to remove half of his jaw and teeth, followed by radiotherapy treatment that caused his neck, shoulder and face to blister. After his treatment we found out that the cancer had returned.. He died 3 months later in May 2002. I think it is really important for people to be more aware of the symptoms of mouth cancer and I hope that by doing this event I will help do that".

Gemma will join runners from all over the country in one of the greatest running events in the Northern sporting calendar. Gemma 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.

Gemma's training regime involves two 60 minute runs a week and is going to be increasing her running time up to 2 hour sessions each week, she hopes that all this training will help on the day.

The founder of the **Mouth Cancer Foundation** Dr Joshi says "*Gemma is an inspiration. She is doing a tough challenge to raise funds to raise awareness and also help provide support for mouth cancer patients and carers. Highlighting the symptoms of this terrible disease will help save lives in the future*".

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 Gemma and support **Mouth Cancer Foundation** in the Sheffield Half Marathon 2009 please log onto www.justgiving.com/gemmasimpson5.

-ENDS-

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NOTES TO EDITORS

The Mouth Cancer Foundation - 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 or by emailing info@mouthcancerfoundation.org