



Mouth Cancer Walk  
www.mouthcancerwalk.org



**MEDIA ALERT - WALKERS WIN BIG AND RAISE AWARENESS FOR MOUTH CANCER**

**IMMEDIATE RELEASE**

**Interviews Available: Founder of the Mouth Cancer Foundation Dr Vinod Joshi  
Walker John Dabell**

**Photos: Photos available upon request**

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

On Monday 8<sup>th</sup> February 2010, John Dabell, 41, from Wollaton in Nottingham is announced as the highest fundraiser by the **Mouth Cancer Foundation** for raising an amazing £9,627.32 in their annual 10KM sponsored walk.

John wins a paintballing day out for himself and 7 friends from the world's number one paintballing operator, Delta Force. John took part in the **Mouth Cancer Foundation's Awareness Walk** on Saturday 26<sup>th</sup> September 2009 in Hyde Park, London to raise awareness for the cancer about which little is known. In total the walk raised in excess of £59,000 in 2009.

John, who was diagnosed with mouth cancer in March 2009, took part in the annual sponsored walk for the first time alongside his wife and brother. John's diagnosis of mouth cancer devastatingly came on his daughters second birthday, turning what should have been a happy occasion into one of great sadness.

John underwent a 15 hour operation to remove the tumour in which he lost 75% of his tongue. In order for doctors to get to the tumour his jaw was broken, a muscle and skin graft was then taken from his arm to replace his tongue. The cancer had also spread to his neck which meant that his lymph nodes were also removed. John is currently recovering well and finished his last treatment last year.

*John says "I used the **Mouth Cancer Foundation's Walk** as a target after my surgery and chemoradiotherapy. The walk was a way of raising awareness about these Cinderella cancers and each step of the walk was a symbolic stamp on a cancer cell. The walk itself was thoroughly enjoyable; it gave me the opportunity to meet other foot soldiers battling against a common enemy. I was extremely touched by the support of everyone and it was*

*great to know that I was not alone. I am proud to know that by raising such a large amount of money the **Mouth Cancer Foundation** can continue to help and support fellow sufferers and their families."*

Hundreds of walkers from all across the UK took part in the free 10KM giant sponsored walk from the country's leading mouth cancer charity. The event was supported by Pop Star Natasha Hamilton.

Money raised from the walk will help improve the support for mouth cancer sufferers and their families as well as highlighting the shocking facts about mouth cancer as participants walk, talk and save lives.

- **Every 3 hours someone in the UK dies from Mouth Cancer.**
- **Mouth Cancer kills 1 in 2 people diagnosed due to late detection.**
- **Mouth Cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma**

The Founder of the **Mouth Cancer Foundation** Dr Vinod Joshi says *"The 2009 Mouth Cancer Walk was bigger and brighter than ever. It was a perfect opportunity for the public and professionals, especially within the dental health profession and trade, to join together to make big noise in Hyde Park London about mouth cancer, loud enough for everyone to take notice!"*

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Further Media Enquiries please contact:



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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.

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.
4. A swelling of the jaw that causes dentures to fit poorly or become uncomfortable.
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 obvious 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)