Contact us for help with awareness and fundraising. We are happy to provide leaflets, posters, pin-badges, t-shirts, wristbands and other promotional material.

Making Donations
Pledging a donation now would help towards improving support for head & neck cancer patients. You can do this by:

A one off donation:

- **Cheque** - simply send a cheque made out to ‘Mouth Cancer Foundation’.
- **Credit/Debit Card** - go to our website and make an online donation.
- **Bank Transfer** - transfer directly from your personal bank account to our charity’s bank account. Contact us for details.

Regular monthly donations:

- **Standing Order** - set up a Standing Order. Contact us for details.

If you are a tax payer, maximize your donation by using a Gift Aid form.

Legacies

- **Donation in lieu of flowers in memory of...**

Mouth Cancer Foundation
PO Box 498
Wakefield
West Yorkshire
WF1 9AW

MCF Helpline: 01924 950 950

Call the Helpline to request a chat with a patient survivor or trained counsellor.

info@mouthcancerfoundation.org
www.mouthcancerfoundation.org

Mouth Cancer Foundation
Registered Charity No. 1109298

Patron
Natasha Hamilton
Pop Star
Atomic Kitten
MOUTH CANCER refers to cancer occurring 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.

Mouth Cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma.

Mouth Cancer kills one person every 3 hours in the UK because of late detection.

In the UK, there were 7,697 cases in 2004. The mortality rate is just over 50%, despite treatment, with 2,718 deaths occurring in 2005.

Coping with mouth cancer is extremely difficult.

Because I look and speak a bit different, they presume I am either deaf, dumb or brain dead!

It is now difficult to go out and eat in public. It was not until I had mouth cancer that I realised how much social life is about eating and drinking.

As a result of the disease and its treatment, many patients must also endure alterations in facial and neck appearance as well as alterations in speech, sight, smell, chewing, swallowing and taste perception.

Why is the Mouth Cancer Foundation needed?
The Mouth Cancer Foundation charity is focused on reducing suffering and saving lives through prevention, education, support, patient advocacy and research related to survivorship issues. Head and neck cancer patients and carers need a strong patient focused organization solely dedicated to helping them face the crisis of cancer and survival.

What does the Mouth Cancer Foundation do?
- provides an award winning website for easy access to comprehensive information on head and neck cancers.
- provides an online support group for patients, carers, health professionals and the public.
- provides a telephone support helpline that puts patients with mouth cancers and carers in contact with one another.
- provides a platform for patient advocacy to secure the best possible services for people living with mouth cancers.
- collects up to date information related to survivorship issues.
- Mouth Cancer awareness campaigning throughout the year with special events.
  - Mouth Cancer Walk
    www.mouthcancerwalk.org
  - Mouth Cancer Voice Awards
    www.mouthcancervoices.org
  - Mouth Cancer Awareness Week
    www.mouthcancerfoundation.org

Reduce your risks by
- Not smoking or chewing tobacco, gutkha/paan.
- Drinking less alcohol.
- Having a healthier "low meat, low fat" diet, rich in vegetables and fruit.
- Refraining from oral sex.

NOTE: 25% of cases have no associated high risk factors!

Top 8 symptoms
- An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks.
- A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- A difficulty in swallowing, chewing or moving the tongue or jaw.
- A swelling of the jaw that causes dentures to fit poorly or become uncomfortable.
- A numbness of the tongue or other area of the mouth.
- A feeling that something is caught in the throat.
- A chronic sore throat or hoarseness that persists more than 6 weeks.
- An unexplained loosening of teeth with no obvious dental cause.

Visit your dentist or doctor at once if you notice any abnormal problems or are not sure.

For more information, visit the Mouth Cancer Foundation website www.mouthcancerfoundation.org and its online support group.