



Mouth Cancer
Voice Awards
www.mouthcancerveice.org



Mouth Cancer
FOUNDATION
www.mouthcancerfoundation.org

HOW TO SEND YOUR MONEY BACK:

Send a cheque payable to "Mouth Cancer Foundation" to your Mouth Cancer Foundation contact person. Please include this form so we can claim Gift Aid.

Please sponsor me

Your details: <small>Please use BLOCK CAPITALS to fill in your full name, address and event details</small>	
Name:	
Team Name (if any):	
Address:	
Event Details: Date	11-17 November 2007, Mouth Cancer Awareness Week
Name	MOUTH CANCER VOICE AWARDS 2007
Type	SINGING / COMEDY [circle appropriate category]

The Mouth Cancer Foundation can reclaim money back on every sponsorship donation and get an extra 28% without it costing you, or your sponsors, any money. **Please tick the box below if you would like them to Gift Aid your donation and make sure that we can read your full name, home address and postcode.** This supports their tax claim and will not be used to contact you, and will not be passed on to any other agencies or companies. Please be aware that you must have paid an amount of income or capital gains tax at least equal to the tax that we claim from your donation in the tax year you make the donation.

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Full Name	Postcode	Full Home Address (please use BLOCK CAPITALS)			Amount	Gift Aid (✓)	Paid (✓)
		Number	Street (in order for us to claim Gift Aid, this must be your home address)	Town/County			
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PLEASE SEND THIS FORM TOGETHER WITH ALL CHEQUES TO: Mouth Cancer Foundation, PO Box 498, Wakefield WF1 9AW
Remember you can create a free online sponsorship page to track your online and offline donations. See www.mouthcancerveice.org/fundraising.htm

BACKGROUND INFORMATION

What is the Mouth Cancer Voice Awards?

The Mouth Cancer Voice Awards aims to raise awareness of the risk factors (smoking, drinking and HPV) as well as the symptoms of mouth cancer amongst UK University and Higher Education students by reminding them not take their voice for granted, as the 'voice' can be lost through mouth cancer. The event is run by the Mouth Cancer Foundation and will take place leading up to and during Mouth Cancer Awareness Week, which runs from Sunday 11th November to Saturday 17th November 2007. We are looking for individual and group singers and comedians who can entertain with their voice. More information at www.mouthcancerveoice.org

What is the Mouth Cancer Foundation?

The Mouth Cancer Foundation was established in June 2004 to be a professional support organization solely dedicated to supporting people with mouth, throat and other head & neck cancer face the crisis of cancer. It gained charitable status (registered charity No. 1109298) in May 2005. Visit www.mouthcancerfoundation.org for further information.

Who is organising the Mouth Cancer Foundation's 10K Sponsored Walk?

The Mouth Cancer Foundation's sponsored walking event is being administered by Media Ambitions (Enterprises) Ltd - www.mediaambitions.com

What is Mouth Cancer?

Cancer can occur in any part of the mouth, tongue, lips and throat. Mouth cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma. 1 person dies every 5 hours from mouth cancers and the mortality rate is just over 50% because of late detection. **Visit your dentist or doctor at once if you notice any abnormal problems or are not sure.**

How do I reduce the risk of Mouth Cancer?

1. Not smoking or chewing tobacco, gutkha/paan
2. Drinking less alcohol
3. Having a healthier "low meat, low fat" diet, rich in vegetables and fruit

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

What are the top 10 symptoms for Mouth Cancer?

1. A sore or ulcer in the mouth that does not heal within 3 weeks
2. A lump or overgrowth of tissue anywhere in the mouth
3. A white or red patch on the gums, tongue, or lining of the mouth
4. Difficulty in swallowing, chewing or moving the jaw or tongue
5. 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. Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
9. Neck swelling present for more than 3 weeks
10. Unexplained tooth mobility persisting for more than 3 weeks

Where do I find out more about Mouth Cancer?

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