

SpeakOut

The newsletter of Oracle Cancer Trust

LEADING RESEARCH INTO HEAD AND NECK CANCER

SUMMER 2017

Oracle to join forces with Oxford-based Research Charity Heads Up

Oracle Cancer Trust is delighted to announce that from June 2017, we will be jointly collaborating with the Oxford University Hospital Trusts' Charity, Heads Up.

The charity, headed by Oxford-based surgeon Stuart Winter, was founded ten years ago with the sole aim of funding research into head and neck cancer. During this time it has acted as pathway for raising funds, mostly from the Thames Valley region from a core group of supporters who generously support the charity throughout the year.

Head and neck cancer affects over 11,000 people per year. Unfortunately the numbers of cases is increasing.

Furthermore it is affecting younger, healthier people and this has huge implications for those unfortunate to be diagnosed with it. Heads Up has been very successful in funding projects ranging from basic molecular research to looking for cancer cells in saliva to reasons for radio resistance in cancer.

The collaboration of Heads Up and Oracle has been a hugely exciting opportunity for increasing the amount of research into head and neck cancer. The synergy of the two organisations will increase the range and size of projects that can be funded and promote closer collaborations between those treating this condition. Together we will have fifteen current research projects and details about a further Oxford based project we are currently evaluating are later in this newsletter.

Heads Up Trustees and Volunteers will take up key roles within Oracle, as Honorary Trustees, on the Finance and Research Committees and in Fundraising and look



Oxford surgeon Stuart Winter of Heads Up

forward to briefing you more fully at the launch official event in Oxford in September.

Oracle Cancer Trust was founded in 1979 by ENT cancer surgeon and Oracle's Chairman, Peter Rhys Evans at The Royal Marsden Hospital in London.

The charity has since grown to become the UK's foremost funder of pioneering research into head and neck cancer in the UK and has had some notable successes in funding projects that have resulted in breakthroughs in delivering treatment to head and neck cancer patients. These developments have included pioneering ways of delivering radiotherapy treatment to preserve the vital senses, improving swallowing and speech for patients during treatment and exciting combination drug therapies which are now part of mainstream clinical trials.

With the support of our fundraisers and supporters we look forward to funding more projects to discover newer and kinder treatments for patients.

To be kept informed about the latest developments, receive the regular newsletter and hear about news and events please send your details to info@oraclecancertrust.org or call us on 020 7922 7924. Oracle does not cold call or share information with third parties.



Research Projects Update



Support our nine riders from "Team Oracle" at RideLondon



Leading dietitian Sarah Ballis offers advice on lifestyle changes following cancer



Join us to help raise funds at Walk the Test Way in October



Message from our Voluntary CEO, Jamie Newall

Dear Supporters,

Welcome to our special edition newsletter to celebrate Heads Up and Oracle Cancer Trust joining forces to improve outcomes for patients with head and neck cancers.

Both charities have so much in common, from a committed community of supporters many of whom have been patients, led by excellent surgeons and oncologists and a focus on supporting early stage head and neck cancer research.

But in the current environment smaller charities have a hard time regardless of the importance of the cause they support. Small charities are required to have the same level of governance as the large charities and this takes considerable time and effort away from fundraising and other key functions.

Small charities are also competing with the big charities and their network of high street shops, television advertising and outsourced fundraising - often using private companies to cold call or 'chugg' on high streets.

Therefore, to join together, allows us to move from a local to regional and national level, utilising Oracle's excellent governance framework to support a wider community of volunteer fundraisers. It also means that together we are currently funding 15 head and neck cancer research projects covering a range of areas from genomic sequence testing to immunotherapy, thereby making a real difference to outcomes for head and neck cancer patients.

Key Heads Up personnel will be woven into Oracle Cancer Trust: Stuart Winter becoming an Honorary Trustee with Stuart and Ketan Shah joining the Research Committee, our independent committee that reviews and selects research projects. James Robertson is joining the Finance and Investments Committee and we are delighted that Ray Derkacz will be assuming responsibility as Volunteer Fundraising Co-ordinator for the Thames Valley area.

Together we are much more than the sum of the parts, and I am very excited about 2017, from our support for World Head and Neck Cancer Day on the 27th July. We are also to our current engaging with Cancer Research UK trying to persuade them to increase their spend on head and neck cancers from around 2% to closer to the national incidence of the disease of around 3-4%.

On September 14th we will be officially celebrating the joining of our two charities with a special event in Oxford and will be in touch soon with further details.

Jamie Newall
jamie@oraclecancertrust.org



Oracle's Voluntary CEO Jamie Newall

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Heads Up and Oracle Cancer Trust Team

Voluntary Fundraising Co-ordinator for Thames Valley



Ray Derkacz, Voluntary Fundraising Co-ordinator, Thames Valley

I am really excited at the merger of Heads Up and Oracle Cancer Trust. Having been involved with Heads Up for nine years this is a great development for the charity and will ensure that the hard-earned funds raised by our many supporters are channelled into the best possible research projects.

The merger is a timely one for me as it coincides with my retirement from full-time employment as a project management consultant and allows me to devote more time to the role of Voluntary Fundraising Co-ordinator for Heads Up, in its new guise as Oracle Cancer Trust, Thames Valley.

I'm looking forward to engaging further with our supporters and providing them with the assistance they need in their fundraising efforts. Over the years many of our fundraisers have organised successful golf days, themed tribute nights, curry nights as well as abseiling, skydiving and running marathons. I am also involved with Heads2gether, a head and neck cancer patient support group. We are in the early stages of launching a regional Oxford support group and hope to roll this out to other areas in the near future.

Many of you will be familiar with my colleague, Leigh-Anne who is the outpatients supervisor at The Blenheim Head and Neck Centre at The Churchill Hospital in Oxford. Leigh-Anne will continue to be a volunteer and point of contact at the hospital if you have any questions about fundraising.

In the meantime if you you have any questions please don't hesitate to get in touch,

Ray Derkacz
Voluntary Fundraising Co-ordinator, Thames Valley
ray@oraclecancertrust.org

Visit
oraclecancertrust.org
to read patient stories
and find out more
about the charity

Meet the Oracle office team

Sarah Bender, Head of Marketing and Operations

I have been working with Oracle for over seven years and initially helping as a volunteer, organising events such as the annual golf day and a racenight at Newbury. My interest in Oracle was following my husband's successful treatment for cancer of the larynx at The Royal Marsden Hospital in 2008. Following the charity's re-organisation in 2014 I joined as Head of Marketing and Operations and manage a wide range of functions at the organisation including the charity's governance through to events, marketing and finance, part-time. It's a very busy job and we run a very well organised and lean operation at Oracle. I am proud to be associated with the charity at such an exciting time of its growth and development. sarah@oraclecancertrust.org



Emma Colliver, Head of Fundraising

After working in the charity sphere since graduating from Cambridge University in 2013, I feel privileged to have been appointed to manage Oracle's fundraising activity. My mother was twice diagnosed with thyroid cancer and my father sadly passed away from cancer when I was just four years old. With my background in science, this means that cancer research is a cause particularly close to my heart and I am excited to support Oracle as it funds some of the most cutting-edge research projects in the head and neck cancer sphere. The main focus of my role is fundraising from corporates, trusts and foundations. emma@oraclecancertrust.org



Linda Wimble, Charity Administration

I manage the administration of Oracle part-time which is a varied role including working with fundraisers, donors and ensuring the smooth running of the office. I am also Vice-Chair of Friends of The Royal Marsden Hospital in Chelsea which involves managing and working alongside volunteers, and fundraising for projects that directly benefit patients and staff at the hospital. linda@oraclecancertrust.org



Research Update

Oracle sponsor Annual BAHNO Lecture



In May Oracle Cancer Trust attended the BAHNO Annual Scientific Meeting in London to raise awareness of the charity's pioneering head and neck cancer research work.

BAHNO is a leading multi-disciplinary society for healthcare professionals involved in the study and treatment of head and neck cancer. Many of the UK's leading head and neck surgeons, oncologists, speech therapists and other health professionals involved in the care of head and neck cancer patients attend this prestigious meeting.

Oracle supports BAHNO by sponsoring the annual "Blair Hesketh Memorial Lecture" which was set up in memory of the late Blair Hesketh. This year's speaker was Professor Katherine Hutcheson, Associate Professor at the Department of Speech Pathology & Audiology at The University of Texas MD Anderson Cancer Centre.



Oracle's Emma Colliver (pictured) and Linda Wimble represented Oracle in the event's exhibition breakout area and shared information about the charity's pioneering research activities with delegates.

Oracle's Honorary Trustees Professor Kevin Harrington and Professor Chris Nutting also spoke and debated at the event, talking about the latest advances in treatment.

Oracle is passionate about helping to create a community of researchers and supporters for the head and neck cancer cause.

The lecture was held at the historic Royal College of Physicians in London

Annual Supporters Research event Tuesday 10th October 2017

Following the success of our 2016 event we are delighted to announce that our third Annual Research event will be held on the 10th October at the Grange City Hotel, located in the heart of the City of London, just moments from the Tower of London. Having outgrown holding our annual event at The Institute of Cancer Research, we are extremely grateful to Grange Hotels for generously hosting and sponsoring the evening.

The event starts at 6.30pm with registration, followed by a series of short presentations from research project leaders including Professor Chris Nutting, Professor Kevin Harrington and Professor Uwe Oelfke as well as their teams of talented researchers. All researchers will be available to talk to visitors in a series of break-out areas to discuss their projects in more detail.

This is a free event and open to all supporters interested to hear more about our pioneering work in head and neck cancer research. During the evening refreshments and a buffet will be served. For guests that would like to stay over at The Grange City after the event, please get in touch so we can offer, subject to availability, a preferred Oracle guest room rate.

Please note that numbers are limited for the event and early registration is advised.

To register, please visit www.oraclecancertrust.org/events, email us at events@oraclecancertrust.org or call on 020 7922 7924.



Grange Hotels are kindly sponsoring and hosting our 3rd Annual Research Event



Join the team for our third Annual Supporters Research evening on Tuesday 10th October at the Grange City Hotel, London EC3

Research Committee to review new project

Research Committee to consider new research project: Genome Sequencing for Head and Neck Cancer Patients



As the UK's leading charity dedicated to funding head and neck cancer research, Oracle funds a variety of research projects in targeted therapies, radiotherapy, imaging and pathology.

Oracle has a robust governance procedure in place for all research applications which undergo a three-tiered review process. All applications are reviewed and vetted by the research committee which consists of independent medical and non-medical professionals.

This review consists of a written application and a presentation to the team. If this application is successful at this stage it is then passed to the financial and investments committee for review. The final stage is sign off at Board level. All committee members are independent, professional trustees and volunteers.



All projects, though unique, all share a common thread – the aim to develop techniques and treatments to improve prospects for head and neck cancer patients.

As researchers develop new treatments, they are also looking at ways to ensure we are selecting the best treatment for each individual patient.

In this vein, Oracle is considering funding for a new Oxford-based research project looking at how we can use Genome Sequencing to select the most appropriate treatment for a particular patient's cancer.

What is Genome Sequencing?

- Genome sequencing is working out of the order of DNA bases in a genome - the order of A's, C's, G's and T's to make up the organism's DNA
- Sequencing is mostly done by high-tech machines
- The human genome is made up of over 3 billion of these genetic letters
- Genome sequencing gives scientists a valuable shortcut, helping them find genes more easily and quickly

The proposed new research project will be based at the Oxford University and University Hospitals Trust and carried out by a group of scientists led by Associate Professor Jenny Taylor (pictured) of the University's Wellcome Trust Centre for Human Genetics.

The aim of the project will be to pioneer the use of new Genome Sequencing technologies in selecting the optimal treatments for head and neck cancer patients.

Each cancer patient's tumour is different. However, we know a great deal about the genetic drivers of cancer so if we know the particular sequence of genes present in a patient's tumour we may be able to select a treatment that will target those specific genetic changes.

Head and neck cancers present a particular challenge for clinicians which Genome Sequencing could help to address: some patients have very good prognosis and are likely to be cured whilst others have a poor prognosis.

These two groups of patients are currently treated in the same way meaning that some patients suffer significant side effects from the toxic therapy unnecessarily whilst others would benefit from having more treatment options.

The new research project aims to sequence the genomes in tumours from head and neck cancer patients to understand how we can differentiate between these two patient groups by identifying differences in patients' genomes.

It is hoped that results from this project could have immediate clinical impact on the patients sequenced and could also inform clinical practice or guidelines for future patients to ensure that they are receiving the most appropriate treatment for their cancer.

Support our fundraising events

9th Annual Golf Day, Thursday 28th September 2017

Oracle's 9th Annual Golf Day will be held on Thursday 28th September 2017 at the prestigious Burhill Golf Club near Weybridge in Surrey. Always hugely popular with friends and supporters of all golfing abilities, our golf day is always a fun day out whilst raising funds to support our pioneering research programmes tackling head and neck cancer.

Players can enjoy breakfast in the stunning Georgian clubhouse followed by a briefing from the Head Greenkeeper. They will then head out onto the course for a 10am shotgun start. There will be some fun on-course competitions such as beat the Pro, nearest the pin and longest drive.

The price for a fourball team is £550 and individual players are welcome for £140. The price includes breakfast, 18 holes of golf on The Old Course, a three course lunch with entertainment and a welcome gift bag.

Following the golf, we have a three course lunch with entertainment provided by the hilarious Aaron James (pictured). Aaron is one of the UK's speakers and has appeared in numerous shows in Las Vegas, World Cup finals, "Friday night with Jonathan Ross", C4 "Big Breakfast", Match of the Day Live at the N.E.C and much more.

We also have a fantastic range of prizes for individual, on-course and team competitions and the replica claret jug, "The Derek Lucie-Smith Memorial Trophy" to play for.

One of the finest golf courses in South East England, Burhill Golf Club regularly hosts PGA competitions as well as qualifying rounds for the prestigious Open Golf Championship.

Could you sponsor some aspects of the day or help with prizes? From hole sponsorship to providing silent or live auction prizes any support would be greatly appreciated. Do get in touch by emailing sarah@oraclecancertrust.org or calling on 020 7922 7924.

If you have any queries or would like to book us for the day, please email events@oraclecancertrust.org or call on 020 7922 7924. You can also book individual or team places online at www.oraclecancertrust.org/events.

10am shotgun start
Golf, entertainment and
three course meal

£550 fourball team
£140 individual player



The Derek Lucie-Smith Memorial Trophy awarded to the best player was won in 2016 by Julian Buck



Leading entertainer Aaron James is our host and MC for the event



Support our fundraising events

11th Glory of Christmas Concert

The Glory of Christmas is Oracle's annual celebration concert which is held in early December. Now in its 11th year, the evening is for supporters, patients, friends and family as well as staff from the local hospitals to come together and enjoy seasonal music and readings in the stunning concert venue of St John's Smith Square.

The concert is a glorious occasion with music from The Thames Chamber Orchestra, conducted by Keith Marshall accompanied by the soaring voices of the Choir of Christ's College, Cambridge. At the 2016 concert we were treated to virtuoso performances by internationally renowned musicians, David Juritz and Deian Rowlands on violin and harp respectively. The music included pieces by Bach, Britten Handel, Rutter and Vivaldi with a number of popular carols sung by the choir and audience.

It is a tradition at Glory that we invite ex-patients and have undergone treatment for head and neck cancer to read at the concert. Other readers that have joined us at previous concerts include Vice-Presidents Nigella Lawson, Jimmy Mulville and Jenny Pitman OBE.

Following the annual concert we host a drinks reception for supporters in the crypt which has been generously sponsored this year. The crypt is also home to the Footstool restaurant which serves a pre-concert supper and is always a popular meeting point.

At last year's event we were thrilled by the level of support shown by our supporters by not only joining us at the event but also by the level of generosity with donations on the night and after the concert.

We look forward to another wonderful evening and to welcoming supporters and friends new and old at the concert which is being held this year on Monday 4th December from 7.30pm.

Save the Date

Monday 4th December
St John's Smith Square
London SW1

Tickets

available from
10th July at
www.sjss.org.uk
or call
020 7222 1061



Oracle's Vice-President Nigella Lawson reads to the audience



Some of the volunteers on the evening



St John's Smith Square is a stunning concert venue near Westminster



Oracle funded researchers Eva Crespo-Rodrigues and Dr Malin Pedersen



Former leading racehorse trainer and Oracle Vice-President Jenny Pitman OBE reads a seasonal poem



Chairman Peter Rhys Evans welcomes our Patron, HRH Princess Alexandra to the concert



Acclaimed Royal harpist Claire Jones performing at the concert



Sir Christopher and Lady Lewinton with Peter Rhys Evans

Supporter Fundraising

Walk the Test Way 8th October 2017

Walk the Test Way is a firm favourite in Oracle's calendar and is an organised and marshalled walk along the stunning Test Way in Hampshire. Superbly run by the Rotary Club of Romsey, walkers have a choice of five walks to choose from at 5, 8, 11, 16 and 25.5 miles.

All transport, signage and event support are provided for the walk which is covered by the registration fee. Dogs are also most welcome to join walkers.

In 2016, Oracle's team of 33 walkers raised over £5,000 and we are looking to beat that target in 2017. Early bird registration has been extended to the 30th June 2017 so if you are interested in joining the team please visit www.walkthetestway.org.uk.



Support "Team Oracle" at the 2017 Prudential RideLondon



Oncologist Dr Shree Bhide and Professor Kevin Harrington are keen cyclists and are taking up the challenge for Oracle

Oracle has nine keen cyclists riding the iconic RideLondon, a 100 mile cycling challenge that follows the route taken by the London 2012 Olympic cyclists.

Professor Kevin Harrington and Oncologist Dr Shree Bhide regularly cycle together and are taking up the challenge to raise funds for Oracle for the 2017 ride. We are also delighted that Oxford-based Plastics Registrar Nicholas Rabey will be joining "Team Oracle".

More than 26,000 cyclists are expected to be on the start line for the 2017 ride which takes place on the 30th July and takes in the sights of London before heading to the gruelling climbs of the Surrey Hills, before heading back through the streets of South-West London before finishing up The Mall in front of Buckingham Palace.

Support our 2017 Doctors riding for Oracle by donating to their pages at

virginmoneygiving.com
Kevin Harrington
Shree Bhide
Nicholas Rabey

Run The Royal Parks Half Marathon for Oracle this October

Oracle has secured three places for the popular Royal Parks Half Marathon in London taking place on Sunday 8th October. In its 10th year, this iconic run takes in some of the capital's world-famous landmarks and four of London's Royal Parks - Hyde Park, Green Park, St James's Park and Kensington Palace Gardens.

All roads are closed for runners on the day and this fantastic event goes beyond just running 13.1 miles - the event is designed so that spectators have as much fun as the runners themselves.

Oracle is looking for three supporters to take on the 13.1 miles and each raise a minimum of £500 to support our cancer research programmes. Will you take up the challenge?

To find out more about the event visit <https://royalparkshalf.com>.

If you'd like to run for Oracle email emma@oraclecancertrust.org or call us on 020 7922 7924.



Head and neck cancer survivorship

Dietary and lifestyle measures to prevent disease

Dietitian Sarah Ballis presents the latest statistics and how dietary and lifestyle measures can improve long term prospects for patients



Head and neck cancers are still considered to be rare and complex to treat.

Like many types of cancer, the incidence of head and neck cancer is on the rise with a rapid increase in diagnoses observed over the past three decades.

The rate of increase in incidence (approximately 30%) has been higher in women than in men, with the most common sites of head and neck tumours being the larynx, followed by tonsil and then base of tongue.

Just under 11,500 people in the United Kingdom are diagnosed with a head and neck cancer each year which, as a proportion of the 350,000 new cancer cases nationally, accounts for about 3% of all cases.

In the UK, there are around 2.5 million people currently who have had a diagnosis of cancer. Earlier detection alongside improvements in surgical and radiotherapy techniques, better targeted chemotherapies and scientific advancements like immune therapy, have profoundly improved survival, such that people are living longer after cancer than ever before.

Survivorship

In recent years, the term survivorship has been accepted as a description of the experience and common issues regarding the health and life of a person with cancer throughout the continuum of care.

That is from diagnosis to treatment, into remission and beyond through the rest of their life. This term survivorship encourages mindfulness of life beyond cancer and encourages clinicians to implement cancer preventing diet and lifestyle strategies as soon as possible, to minimise and mitigate long-term and late side-effects and other health conditions. This is particularly important to the head and neck group who experience significant effects from their disease and treatment.

They may experience long-term physical effects like dry mouth, swallowing disorders, shoulder dysfunction, jaw and throat tightness and also feel uncertainty about the future, have a fear of the cancer coming back, experience post-treatment anxiety, social challenges or financial hardship.

Head and neck cancer risk factors

- ➔ 90% cases associated with lifestyle factors
- ➔ 30% cases due to alcohol consumption
- ➔ 75% from cigarette and marijuana use
- ➔ Chewing betel nuts or paan
- ➔ Exposure to the HPV virus
- ➔ New research is showing that over 50% of cases of head and neck cancer in the UK may be associated with eating too few fruit and vegetables

They are at higher risk of further malignancies and may be faced with late side-effects presenting many years after treatment, including restricted jaw opening, hearing loss, bone disease, diabetes, osteoporosis, blood vessel narrowing or lung fibrosis.

More than 60% of people treated for head and neck cancer are alive 10 years after treatment.



Highlighting the lifestyle factors at play in the development cancer is never intended to imply blame or guilt on survivors, but rather encourages evidence-based guidance about positive lifestyle change to be offered by professionals when the majority of patients still seek information from the media and online.

continued overleaf

Head and neck cancer survivorship

Reducing new and recurrent cancers

Having had a diagnosis of head and neck cancer increases the risk of another head and neck cancer by as much as 16%. 23% of head and neck survivors will go on to develop a non-head and neck related primary cancer like oesophagus or lung probably due to the shared lifestyle and environmental risk factors which lead to the initial disease.

It is not uncommon to develop a mouth cancer some years after treatment for an oesophageal squamous cell carcinoma, lung cancer or cervical cancer. The risk of larynx cancer is also much more common in survivors of lung, oesophageal, bladder and cervical cancers.

People who continue to drink alcohol after upper aerodigestive tract cancer treatment have a 2.2 times greater risk of mouth, pharynx and larynx cancer, with the least risk in people who drink the least alcohol.

Both nutrition and physical activity have important roles to play and, while there are many fear factors promoted by commercial enterprises like organic farmers, vitamin and mineral suppliers and alternative health practitioners, there are some key evidence-based dietary and lifestyle factors that are proven to impart significant cancer protective effects which will be discussed below.

Smoking cessation

Smoking is the main avoidable risk factor for head and neck cancer and the leading cause of HPV negative disease.



Tobacco smoking is classified by the International Agency for Research on Cancer (IARC) as a definite cause of mouth, nasopharynx and throat cancers. More than 65% of oral cancers and 79% of laryngeal cancers are caused by smoking.

It is the combination of tobacco with alcohol which appears to carry the highest risk when it comes to head and neck cancer, with risk almost tripled in alcohol drinkers who smoke tobacco.

Around four years after stopping smoking head and neck cancer risk begins to decline. By 20 years an ex-smoker the risk of mouth and pharyngeal cancer reduces to that of a never smoker. The risk of laryngeal cancers however remains higher for a much longer period of time after quitting.

Increasing fruit and vegetable intake

A diet high in fresh (not salted or pickled) fruit and non-starchy vegetables, especially containing carotenoids, has been described by the IARC as 'probably protective against mouth cancer'.

Carotenoids, such as beta-carotene, are antioxidants that give the orange and dark green colour to foods like carrots, sweet potatoes, berries, tomatoes, spinach and kale.

In general, a mainly plant-based diet is thought to be strongly protective against overall cancer risk with increasing protective benefit from taking as many as ten portions or 800g of fruit and vegetables per day.



When chewing and swallowing difficulties remains an issue whole juicing (retaining the pulp) or blending fruits and vegetables into a puree is an acceptable alternative. This can add variety and may even improve the absorption of some nutrients.

Frozen foods are also useful and highly nutritious when fresh fruit and vegetables are not available. These are often picked ripe and quickly frozen retaining a high nutritional content.

Reducing meat consumption

Following a diet high in processed meat, such as sausages, bacon, and luncheon meats carries a higher risk of larynx cancer. Larynx cancers also appear to be more common in people consuming a high fat diet. Red meats that have been processed and salt cured have been under the spotlight for some in relation to their link with cancers of the colon.

Keeping these foods to a minimum and limiting overall red meat intake to one portion per week is advisable. Fish, chicken, soy, lentils, chickpeas and nuts are all suitable high protein alternatives to be eaten often.

Choosing cooking methods which avoid the need for high temperature cooking and charring is also advisable.

Head and neck cancer survivorship

Minimal to no alcohol intake

Many studies have found a link between alcohol and seven types of cancer: mouth, pharynx, larynx, oesophagus, liver, breast and colon. People who drink 50g of ethanol per day (around 3 standard drinks) have a 2-3 fold increased risk of head and neck cancer compared to non-drinkers. The IARC lists alcohol as a cause of tumours in the mouth, pharynx and larynx. The American Cancer Society says there is a 'substantial' risk of developing second primary head and neck cancers in people who continue to drink alcohol after treatment.



The UK Department of Health released new advice in 2016 which suggests that there is actually no safe level of alcohol intake. In order to achieve a state of 'low risk drinking', men and women alike should consume no more than 14 units of alcohol per week.

Regular physical activity

The American Cancer Society advises that people should avoid inactivity and return to normal activity as soon as possible after a diagnosis of cancer. This includes during cancer treatment. At least 20 prospective observational studies have shown that physically active cancer survivors have an overall lower risk of cancer recurrences and improved survival compared to those who are inactive.

Oral and pharyngeal cancer risk is up to 40% lower in people who do moderate to high levels of physical activity, especially men. The evidence-based recommendation is to engage in 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week, plus strength training twice per week.



Avoiding overweight and obesity

Being overweight appears to have no effect on incidence or recurrence rates of head and neck cancers. However, being overweight is associated with a number of other cancer types including colon and oesophageal cancer. Maintaining a body mass index of less than 28 kg/m² is strongly associated with improved health and weight loss of between 5% and 10% body weight in overweight individuals can have profound health benefits.

In summary, minimizing alcohol, avoiding tobacco and following a diet high in fruit and vegetables, low in processed meat and low in total fat is key to reducing cancer risk. When these dietary recommendations are adhered to alongside a lifestyle which incorporates daily walking, the risk of new or recurrent cancer is the lowest it can be.

Sarah Ballis is a senior dietitian who specializes in the management of cancer, mainly of the head and neck. Since 2013 her role at The Harley Street Clinic has been to provide dietetic care to people undergoing radiotherapy, chemotherapy, surgery or all three cancer treatment modalities.

The fully private highly skilled multidisciplinary team to which she belongs is made up from clinicians who bring extensive experience from NHS backgrounds, and work to the same evidence-based recommendations and guidelines adhered to by the NHS. Prior to this Sarah worked with patients undergoing surgery for head and neck cancer at St George's hospital NHS Trust.

Health promotion and delivering health improvement and education programmes is a key interest of Sarah's and a vocation she continues to study at post-graduate level at The London School of Hygiene and Tropical Medicine via a Master of Public Health.

She is also establishing a consultancy called Sound Bites to offer personalized dietary and lifestyle advice pre- or post-cancer treatment. She can be contacted at sarahballis@hotmail.com

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Fundraise

From cycle rides, skydives, running marathons to hosting a quiz night or a bake sale, there are lots of fun ways to raise money with friends, family and work colleagues to support our work. Oracle receives no government funding and relies on the generosity of fundraisers to continue our valuable work funding pioneering research projects.

If you have a fundraising idea, do get in touch with us at fundraising@oraclecancertrust.org or visit our website at oraclecancertrust.org/fundraise

Donate

Online

You can now make a one-off donation or set up a regular donation directly via our website at www.oraclecancertrust.org/donate

Regular Giving

By becoming a regular donor you can help ensure that Oracle's research programmes get the funding they need to make advances in finding newer and kinder treatments for head and neck cancer. A direct debit form can be downloaded via Oracle's website at www.oraclecancertrust.org/donate

Shop and Donate for free with easyfundraising

Did you know that you can shop and raise funds for Oracle at the same time? Easyfundraising has joined forces with thousands of well-known retailers who have in turn agreed to pay a small commission towards the charity of your choice at no extra cost to you. See www.easyfundraising.org for more information.

Eat out and Donate - book using www.charitablebookings.org

Whether for business or pleasure, enjoy making restaurant reservations via the ChariTable bookings app where an incredible £1 for EVERY diner will be donated by the restaurant to a charity of your choice at absolutely no cost to you. Visit www.charitablebookings.org for more information or visit the App or Android store to download the app.

Support our Events in 2017

Thursday 28th September 2017 Annual Golf Day, Burhill Golf Club, 10am start

£550 fourball team, £140 single player. Our ninth annual golf day is a day for all levels of golfers to enjoy a great day's golf at one of the UK's leading courses. The day includes breakfast, golf on the Old Course, a three-course lunch and entertainment with the hilarious Aaron James. A must for all golfers!

Tuesday 10th October 2017 Annual Research Event, Grange City Hotel London EC3

A free supporter event to hear the latest innovations in head and neck cancer research from Oracle's funded project leaders. Buffet and refreshments will be served. An informal opportunity to meet the whole team behind the research projects.

Monday 4th December 2017 The Glory of Christmas, St John's Smith Square, SW1

The highlight of our year and a wonderful start to the festive season, our 11th Christmas concert. With music by Thames Chamber Orchestra featuring popular classics as well as festive carols with readings, our much-loved celebration concert returns to St John's Smith Square in London SW1.

For further information please email us at events@oraclecancertrust.org or visit www.oraclecancertrust.org/events



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Leading research into head and neck cancer

