



The Ben Walton Trust

THANK YOU FOR YOUR INTEREST IN THE BEN WALTON TRUST. PLEASE FIND BELOW SOME INFORMATION ON THE TRUST WITH VARIOUS LINKS THAT CAN BE DIRECTLY ACCESSED FROM OUR WEBSITE WWW.BENWALTONTRUST.ORG

ABOUT THE TRUST

The Trust was established in 1996 and commemorates Ben Walton and his year-long fight against oral cancer. Ben was born at Kitleyknowe, near Carlops, and attended West Linton Primary School and Peebles High School. Ben attended Aberdeen University where he was studying Honours Psychology; in his final year, at the time of his death on 9 December 1995, he was 22 years old.

AIMS OF THE TRUST

- To raise awareness of the disease among the general public and health professionals.
- To fund research.
- To encourage appropriate palliative care.

THE FACTS

- Mouth cancer kills
- 6500 new cases per annum in the UK (Scotland 770)
- Almost 2000 people die of the disease per year – that's one person every five hours
- More people die of mouth cancer than from road traffic accidents
- Early detection and treatment dramatically improve survival rates
- Increasing numbers of young men and women affected
- Traditional risk factors do not always apply

WHAT THE TRUST DOES

- Funds research into mouth cancer in the under 45s
- Collaborates with the media and health professionals to increase awareness
- Provides emotional and financial support to vulnerable patients
- Develops training resources for healthcare professionals

WHAT THE TRUST HAS DONE

- BAHNO minimum datasets for head and neck cancers; Newell Johnson and Alison Giles.
- The King's College study on oral cancers in the under 45's, the largest epidemiological study at that date and the first to establish that, for 25% of the under 45 age group, the traditional causal factors of alcohol and tobacco did not apply; Newell Johnson, Saman Warnakulasuriya, Alison Giles and Carrie Llewellyn.
- National workshop on oral cancer.
- Establishment, with the late Richard Horner, of SOGAG.
- Presentation to the Scottish Parliament on the problem of oral cancer in Scotland which led to the re-introduction of free dental checks.
- Proposal to SIGN of a guideline on oral cancer, which became a head and neck guideline and representation as a patient representative on the SIGN guideline development team with Freda Cunningham.
- SIGN Head and Neck Guideline, quick reference guide. www.sign.ac.uk/pdf/qrg90.pdf
- SIGN Head and Neck, full guideline (starting at Notes for Discussion with Patients). www.sign.ac.uk/pdf/sign90.pdf
- There is also another excellent guideline for dentists, a Leonardo da Vinci Partnership for Lifelong Learning. www.oralcancerldv.org/en/
- Pilot study in West, East Scotland and Fife of the patient journey of under 45 year olds. LG, SW, Rosemary Day, Karin Silver and Linda Bauld. Now active as a Scotland wide study. <http://goo.gl/HT12o>
- BMJ Learning module: 'Mouth Cancer, recognising it and referring early'. <http://goo.gl/8NSZi>
- Working with FGDP (UK) Scotland on raising awareness of mouth cancer and piloting dental treatment in exchange for a donation.
- Dundee students' 'How you too can raise awareness of mouth cancer' booklet. http://www.benwaltontrust.org/pdf/mouth_cancer_awareness_booklet.pdf
- Information and links to these projects accessible from The Trust website www.benwaltontrust.org

WHAT CAN YOU DO?

- Be vigilant, any suspicious lesions get a second opinion and where appropriate refer rapidly.
- Ensure referral pathways are clear and consistent
- Encourage patients to have regular dental checks, with a full check of the oral mucosa as part of a healthy lifestyle.
- Keep an open mind – do not stereotype patients – mouth cancer can occur at almost any age and in either sex. Traditional risk factors may not apply.

If in doubt – check it out.