

Mark Goddard - St Albans



As a non-smoking 35-year old, Mark Goddard would certainly not be considered at high risk of developing mouth cancer.

However, it is now two years since the Business Analyst's dentist referred him to a specialist after Mark attended with a lump in his tongue.

A few weeks later and it was confirmed that Mark had developed mouth cancer.

"I was absolutely petrified," remembers Mark. "I felt pure, unadulterated terror for a couple of weeks. It just didn't seem possible!"

However, although Mark found the experience very emotionally traumatic, he is under no illusions that it could have been much worse if his condition wasn't diagnosed as early as it was.

He said: "I had a biopsy and one operation to remove the lump and take lymph nodes from my neck, all of which tested negative for cancer cells.

"Three months after the operation my tongue had healed and my speech was back to normal. Everything ran really smoothly."

However, Mark remembers that his emotional recovery took a little longer.

He continued: "When the test results came back to say that the cancer hadn't spread I was euphoric! However, after that my moods would shift between utter gratitude that I was OK and anger that I developed mouth cancer in the first place.

"The bottom line though, is that early detection saved my life.

"I found a lump on my tongue and went straight to the dentist. We need to make sure that other people in the same position do the same thing."