



# BRENDA'S EASY-TO-SWALLOW COOKBOOK

Recipes for mouth  
cancer survivors

INCLUDES RECIPES FROM:

Nigella Lawson, Rick Stein, Antony Worrall Thompson and Phil Vickery



Mouth Cancer  
FOUNDATION  
[www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org)

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Founder of the Mouth Cancer  
Foundation - Dr Vinod Joshi  
&  
Brenda's Husband - John Brady  
Available for Interview

## MOUTH CANCER FOUNDATION LAUNCH 'BRENDA'S EASY-TO-SWALLOW COOKBOOK' FREE FOR MOUTH CANCER AWARENESS WEEK

**Fabulous recipes donated by famous chefs including Nigella Lawson, Rick Stein, Anthony Worrall Thompson and Phil Vickery**

John, Dan and Rebecca Brady have carried out their wife and mother's dying wish to publish the cookbook Brenda Brady started when she was fighting mouth cancer. They've joined forces with the UK's leading mouth cancer charity, the **Mouth Cancer Foundation** to publish '**Brenda's Easy-To-Swallow**' cookbook.

The cookbook which is full of scrumptious recipes suitable for mouth cancer patients, survivors and anyone who has difficulty swallowing food, is being given away for FREE during **Mouth Cancer Awareness Week**. It will then be sold for donations to the **Mouth Cancer Foundation** to raise funds which will help increase the awareness of mouth cancer and provide support for mouth cancer patients and carers. Highlighting the symptoms of this terrible disease will help save lives in the future.

Brenda, from Whitley Bay, Tyne and Wear, lost her battle with mouth cancer in 2008. Brenda wrote a cookbook for people who, like her, couldn't chew or swallow after their operations.

The concept of '**Brenda's Easy-to-Swallow**' cookbook is as follows:

- Sumptuous soups and starters
- Marvellous Mains and Desserts
- Top tips from mouth cancer patients.

Brenda Brady was an inspirational person. During her struggle with mouth cancer, despite her own constant pain, she became a great support to others, volunteering with the **Mouth Cancer Foundation** to help people who were experiencing disfiguring operations and coming to terms with life post operation. She was also a patient representative on the **NICE** board campaigning for drugs to be made available on the NHS.

Brenda's husband John says: *"We carried on Brenda's work to get the book published in time for **Mouth Cancer Awareness Week** to give us lot left behind a positive goal to achieve. We also hope sales of the book will add to the £15,000 Brenda raised for the **Mouth Cancer Foundation**".*

The founder of the **Mouth Cancer Foundation** Dr Joshi says *"It was so sad to hear that Brenda lost her battle with this vicious and heartless disease. Brenda has been a huge source of encouragement to so many people. Her legacy lives on through the cookbook and her family is doing her proud by publishing it to help thousands of others".*

'**Brenda's Easy to Swallow Cookbook**' is available nationwide. For more information visit [www.easytoswallowcookbook.wordpress.com](http://www.easytoswallowcookbook.wordpress.com).

**- ENDS -**

**For further information or to arrange an interview with Dr Vinod Joshi or John Brady please contact: Elizabeth Ayto Laverack, Sophie Love or Kathryn Platt at Media Ambitions on 020 8940 2222 or email [elizabeth@mediaambitions.com](mailto:elizabeth@mediaambitions.com)**

#### NOTES TO EDITORS

The Mouth Cancer Foundation – [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org)

The Mouth Cancer Foundation is a registered charity no. 1109298.

Cancers can occur 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. Every 3 hours someone in the UK will die from Mouth Cancer. In its very early stages, these Mouth Cancers can be easy to ignore.

In the UK, nearly 8000 people are diagnosed with Mouth Cancer every year. Mouth cancer is more common in men than women, but that gap is closing. An increasing number of younger people are developing mouth cancer. The mortality rate from mouth cancer is just over 50% due to late detection. These are the shocking facts from the **Mouth Cancer Foundation**.

Symptoms to look out for include:

- Ulcer or white or red patch that does not heal within 3 weeks.
- Lump or swelling in the mouth, jaw or neck that persists for more than 3 weeks.
- Difficulty in swallowing, chewing or moving the jaw or tongue.
- Numbness of the tongue or other area of the mouth.
- Feeling that something is caught in the throat.
- Chronic sore throat or hoarseness that persists more than 6 weeks.
- An unexplained loosening of teeth with no dental cause.
- Persistent nasal (especially unilateral) nasal obstruction, particularly associated with mucus (clear, purulent or bloody) discharge causing difficulty breathing through nose.
- Unexplained persistent earache.

Patients can reduce their risks of getting Mouth Cancer by:

- Not smoking or chewing tobacco, gutkha/pan.
- Drinking as little alcohol as possible.

- People who both drink and smoke are **30** times more likely to develop mouth cancer.
- Having a healthier, low meat, low fat diet, rich in fruit and vegetables.
- Avoiding frequent oral sex and having many sexual partners.

More information about Mouth Cancer is available at the Mouth Cancer Foundation web site [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org) or by emailing [info@mouthcancerfoundation.org](mailto:info@mouthcancerfoundation.org)