

## Young Mother 'Sprinting' for Brain Tumours at the Edmonton Spring Sprint

**Edmonton, Alberta** – When Janet Hempler's team the *Tumour-nators* lace up their runners on Saturday May 30<sup>th</sup> at William Hawrelak Park, it will be a milestone morning for the young mother.

Diagnosed with an oligodendroglioma brain tumour in July 2014, while on a trip to Panama, Janet is an inspiration to those around her – and as a result, her loved ones are striving to have the biggest team in the Edmonton Spring Sprint. This annual fun-run event is part of the national movement to end brain tumours, spearheaded by Brain Tumour Foundation of Canada.

Janet's diagnosis came after several months of what she now calls "my episodes": these were 10-20 second periods of time when she would experience twitching as well as visual and auditory disturbances. After initially dismissing these occurrences as related to having too much coffee or being overtired, Janet began seeing doctors. Then, while on a trip to Panama with a friend, she experienced a Grand Mal seizure.

Following the brain tumour diagnosis, Janet has undergone a biopsy, a craniotomy (brain surgery) to remove part of the tumour (because of its place in the brain, it's not completely removable), radiation and now chemotherapy. Needless to say, it's been quite the year.

During this time, Janet feels fortunate to have found Brain Tumour Foundation of Canada – and this is why she is supporting the annual Spring Sprint. "The storybook that is available was invaluable for when we had to tell our children," Janet explains. "It gave us the words to use when sharing this news with our nine - and five-year-olds."

When asked about her advice for someone new to the brain tumour journey, Janet talks about the local support group. "They are part of my family now. No one can truly understand what this experience is like and I am so thankful to have them to lean on." And fighting back tears, she says, "You have to be patient with yourself. It takes a lot of time to get used to this new normal, and that's okay."

And now, Janet and her family are so looking forward to the Spring Sprint. "We've been waiting for spring," she laughs, "and we can't wait to see everyone at this great event."

### **About the Edmonton Spring Sprint:**

**Who:** Brain tumour patients, survivors, family and friends  
**When:** Saturday, May 30; 9:45am Opening Ceremonies, 10:00am Walk/Fun-Run  
**Where:** William Hawrelak Park  
**Walk/Fun-Run:** 2.5km or 5km  
**Learn more:** [www.springsprint.ca](http://www.springsprint.ca)

**Why do we walk?** Every day, 27 Canadians learn they have a brain tumour. Right now, an estimated 55,000 Canadians live with this disease that can impair physical and mental ability and change personality or behaviour. Brain Tumour Foundation of Canada brings hope, education and support to everyone affected. By signing up and fundraising as part of a brain tumour walk, patients, survivors, family and friends are part of a nationwide movement to end brain tumours. Their efforts support the specialized programs and resources that empower patients to be their own best health care advocates and fund the ground-breaking research that will find a cure for the disease.

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### **About Brain Tumour Foundation of Canada**

Brain Tumour Foundation of Canada offers hope to those affected through education and a national network of support programs. Brain Tumour Foundation of Canada also funds brain tumour research through annual grants, fellowships and research studentships. All activities are supported solely by the dedication and determination of donors - individuals, corporate sponsors and foundations. Learn more at Brain Tumour Foundation of Canada's website: [www.BrainTumour.ca](http://www.BrainTumour.ca).