

Hundreds of Torontonians lace up for annual Brain Tumour Walk

For the 22nd year, Toronto community and businesses rally for brain tumour survivors and patients

Toronto, Ontario, June 13, 2016 – On Saturday, June 18, the Toronto Brain Tumour Walk will host hundreds of participants at the 22nd annual fundraising walk and fun-run to support research to find the cure for brain tumours and fund specialized resources for patients. Lilli Chan is a brain tumour survivor herself and this weekend's Walk is her first.

Lilli's health troubles began in 2011 with frequent headaches, and ones that sometimes caused her so much pain she was sick to her stomach. When a friend, who happens to be a nurse, noticed Lilli's migraines, she recommended Lilli get a CT scan, just to make sure everything was alright. Finally, one year later, Lilli had an appointment with a neurologist who reviewed her CT results and performed some standard motor skill and reflex tests. That's when the doctor sat Lilli down to tell her some unexpected news: Lilli had a meningioma. Calling it a "benign brain tumour," says Lilli, the doctor reassured her that she wouldn't have to worry about the tumour in her lifetime since that tumour type grows so slowly. He then recommended they take a "watch and wait" approach, monitoring the tumour for any changes through regular MRIs since surgery wasn't necessary.

Life moved forward but Lilli had to adjust to this new brain tumour diagnosis, and she chose to keep the news mostly to herself. After her most recent scan in spring 2016, Lilli's results showed that the mass continued to grow. Now at 2.8 cms, Lilli's neurosurgeon has given her the option to book a surgery date or to wait another year. Even though Lilli recognizes there are risks either way, she admits she isn't ready for an operation. Knowing that surgery is imminent and it's more a matter of when, Lilli recently opened up to her loved ones and finally shared her diagnosis with them – almost five years since she first learned of her brain tumour. "I almost felt like I'd been hiding this for so long, like I was ashamed," explains Lilli. "But with an impending brain surgery, I felt like now was the time to tell people."

Lilli also started researching online and found the information on Brain Tumour Foundation of Canada's website to be the best resource. She was able to connect with support groups and joined as many online groups and in-person meetings around the GTA as possible. "I couldn't believe my doctors didn't tell me all of these resources were available to me," she says. "Now I make it a priority to tell anyone I meet about the Foundation and I even bring their handbooks into clinics. I've received great support and feel like I belong to a wonderful community of strong people who can lean on each other."

That's the very reason that Lilli and her team are part of the Toronto Brain Tumour Walk in 2016 – to ensure that support and help is available to other people if they are diagnosed. "I didn't know there was support out there for

people like me, and I really didn't think I needed it. But it turns out I did! We need to make this information easy to find, to make it readily available so that it's well-known and credible, and everyone can find it. That's my hope for the future."

The 2016 Toronto Brain Tumour Walk takes place on Saturday, June 18th at Nathan Phillips Square. Opening Ceremonies and Brain Tumour Survivor Recognition begin at 9:45am. Online registration is encouraged; there is no entry fee to participate. Brain Tumour Walks are family-friendly and non-competitive, and feature 2.5km and 5km routes for all abilities.

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About the 2016 Brain Tumour Walks

Every day in Canada, 27 people are diagnosed with a brain tumour. That's 10,000 new diagnoses each year. By fundraising as part of a Brain Tumour Walk, patients, survivors, family and friends join the nationwide movement to end brain tumours. Their efforts support Brain Tumour Foundation of Canada's specialized resources that empower patients to be their own best health care advocates and fund the ground-breaking research to find a cure for the disease. For more than two decades, Brain Tumour Walks (formerly Spring Sprints) have been the community event to bring together thousands of Canadians in tribute to and in memory of people affected by a brain tumour. **For more information about the Brain Tumour Walks taking place in Canada in 2016, visit www.BrainTumourWalk.ca.**

About Brain Tumour Foundation of Canada

Brain Tumour Foundation of Canada is the only national charity that offers information and support to patients affected by any kind of brain tumour – be it cancerous, non-malignant or metastases. The organization also funds research across North America and, since 1982, has dedicated more than \$4 million to finding a cure for the disease and improving treatment for brain tumour survivors. **Learn more at Brain Tumour Foundation of Canada's website: www.BrainTumour.ca.**

To schedule an interview with Lilli Chan or for further information about the Toronto Brain Tumour Walk, please contact:

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