



Photo by Ron Kuzyk • The Post

Janet Cockburn's struggle with breast cancer led her to develop the prosthetic she named Been-a-Boob, for women who have had a mastectomy. Her company — Janac Sportswear — also markets a sports bra for breast cancer survivors' prostheses.

Life after surviving breast cancer

Continued from Page 1

you can learn to cope with it in a positive way.

"Still, every time I get undressed, I'm reminded of it."

For Cockburn, part of her recovery began the day she joined with a group of women determined to start a local dragonboat team made up of breast cancer survivors.

The team, known as Knot-A-Breast, now boasts more than 70 members and has competed in events across the country.

"We've had lots of laughs and we've had lots of moving times," says Cockburn. "We call it a floating support group."

Although the sport offers the challenge of physical accomplishment and the joys of teamwork, Cockburn says there is also a serious purpose behind the breast cancer group's participation.

"At the end of the day, the reason we are out there is to bring awareness that there is life after breast cancer," she said.

When Cockburn and her teammates began dragonboat racing, they quickly came to the realization that many of the traditional mastectomy bras designed to accommodate prostheses simply weren't designed for athletic purposes.

"We found, almost immediately, that we couldn't find a sports bra that was comfortable," she explains.

That realization led Cockburn to tackle the problem personally and design a sports bra for breast cancer survivors. After using her teammates to try out samples, and incorporating some sugges-

ions on hand with a booth promoting her bras and prostheses.

But she will also be offering what she thinks is the most important message of all, and that's the need for people — both women and men — to examine their breasts regularly.

"It takes less than two minutes and it could save your life," says Cockburn. "It's very important that you take your health in your own hands — literally."

For more information on Cockburn's products, visit www.janacsportswear.ca.

tions, she established Janac Sportswear and began selling the bras.

The bras, made specifically for exercising, are also designed to accommodate prostheses — both the traditional type and her Been-a-Boob style.

“The idea of them is that we can look the same as everyone else,” said Cockburn, explaining that many women are very self-conscious about their body following breast cancer surgery.

On Sunday, when participants from across Burlington join in Central Park for the Run for the Cure event to support breast cancer research, Cockburn will be