

The Creation of

Janac Sportswear



You never know what ingenuity lies inside of you until life beckons you to find it. I could never have anticipated how overcoming the greatest medical challenge in my life would turn me into an inventor.

In 1995, a routine breast self-examination started me on a journey that continues today. My GP scheduled a precautionary mammogram to investigate the odd dimpling on the side of my left breast. The mammogram and ultrasound lead to a surgeon and a stunning diagnosis of Breast Cancer

A lumpectomy was followed by a mastectomy. Determined to lead a healthier lifestyle I increased my physical activity and developed a pro-active attitude towards my health.

When I learned in 1998, that Kathy Levi was forming the Knot-a-Breast Dragon Boat Team for Breast Cancer Survivors, I knew I needed to be a member. The Team offered a positive and supportive environment in which to socialize and exercise. I soon realized that exercising with only one breast had its challenges, particularly when there were no bras to fit the situation. I designed a sports bra for a woman with a mastectomy and hence created Janac Sportswear.

Although the bra was fabulous, I noticed one day while exercising that my gel prosthesis did not mimic the actions of the female breast. This realization came while I was stretching over an exercise ball and resulted in not only my landing in laughter on the floor, but in the development of a

Prosthesis labeled the Been-a-Boob. The name simply reflects the fact that the prosthesis is inserted where a breast once existed. The Been-a-Boob is a pocket made of a special quick-drying material and filled with small pellets which molds into the shape of a breast when put in the pocket of the sports bra or any mastectomy bra or swimsuit.

In hopes of growing the Been-a-Boob business, I recently participated in a CBC TV business reality show called Dragons' Den where I had the opportunity to show the product to a team of some Canada's most successful business leaders. Starting October 1st at 9pm, you can tune in to see my proposal and whether I was able to make a deal and get additional funding to expand the business.

Exercising regularly and remaining active continues to be important to women's overall health, rehabilitation and quality of life, and especially so for those living with a chronic or life threatening disease such as breast cancer.

As women we're all fighters and survivors, so get out there, laugh most of the time, cry some of the time, but exercise, stay healthy and be positive all of the time and you will conquer anything that life brings.

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