

Kanata man puts best foot forward in Boston Marathon

NEVIL HUNT
KOURIER-STANDARD

Testicular cancer.

If it's something you don't want to imagine, you're not alone. But ignorance is not bliss.

"It's the cancer not a lot of people like to talk about over supper," said Brian Doan, a Kanata resident who was diagnosed with the disease in 1997.

Doan, 35, plans to run in the Boston Marathon in little more than two-months' time, and he hopes to raise both awareness and money to make testicular cancer less of a threat to the health of his fellow man.

Doan now considers himself cancer-free - not an unusual outcome for men who find the problem early and get treatment.

"The cure rate is very good if it's caught early enough," he said. According to the American Cancer Society, the five-year survival rate for stage I testicular cancer - in which cancer has not spread to local lymph nodes - is 99 per cent.

And while it is still rare, it is the most common cancer among young men between 25 and 34 years old, and rates in Ontario are on the rise.

LIFE SAVER

The Canadian Cancer Society recommends that all men should perform a testicular self-exam once each month from the time they are 15 years old (see adjacent story).

For Doan, getting more men to check themselves for the disease is one of his goals.

"My aim is to raise funds and get (testicular cancer and self-examination) to be

known to do the check, and to get in and see a doctor if they don't want to do it themselves."

The April 18 Boston Marathon will be his first shot at fundraising. Any money he brings in will fund cancer research at the Dana-Farber Cancer Institute, an affiliate of Harvard Medical School in Boston.

He will travel to Boston two days before the race, with his wife Nancy and their 12-year-old daughter Stephanie, to get settled and get the lay of the land.

While it will be his first trip to Boston, he's been to New York City, where he completed the New York City Marathon in 2000. He's also finished the Canadian International Marathon in Toronto.

"This will be my fourth marathon," he said, adding he's already well into the preparation for Boston.

"This Sunday I'll be running 26 kilometres, and in three weeks I'll be up to 34 kilometres," he said.

Doan does all his training close to home. "I run all the roads in Kanata and to Bells Corners."

He looks forward to drivers urging him on as his distances slowly increase to the point that a 42-kilometre run doesn't seem so daunting.

"Drivers can honk; it's a nice bit of encouragement."

With a fundraising goal of \$3,000, Doan is seeking donations through his Web page on the Dana-Farber Cancer Institute's Web site.

He hopes to get a corporate or business sponsorship on his Web page, right next to a photo of him finishing the New York

"There's a spot that says 'Your logo here,'" he said. "I'm hoping to get local businesses to step forward and sponsor me and have their logo there for a donation."

To see how donations are going, or to make a donation of your own, visit Doan's Web site, visit www.dana-farber.org/how/danafarber and click on "Support a runner." Then enter Brian Doan's name.

MEN'S HEALTH

Self-exam save could your life

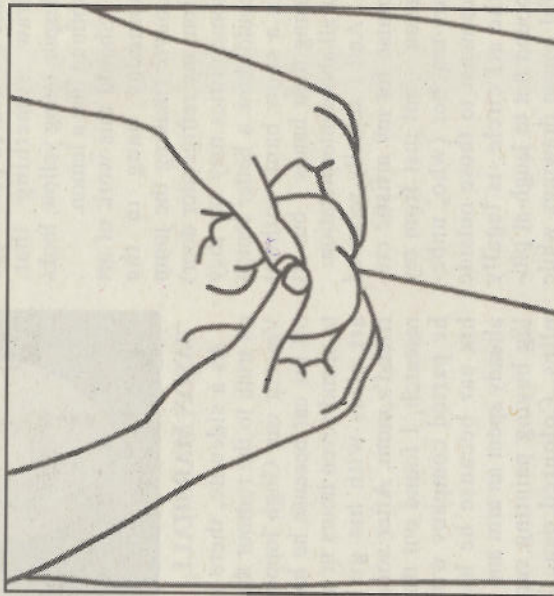
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For men, starting at age 15, monthly self-exams of the testicles are an effective way of getting to know this area of your body and allows detection of testicular cancer at an early - and very curable - stage.

WARM BATH OR SHOWER

Ideally, testicular self-examination (TSE) should be performed after a warm bath or shower. The heat causes the scrotal skin to relax, making it easier to feel anything unusual on the testicle.

- Examine each testicle gently with both hands. The index and middle fingers should be placed underneath the testicle with the thumbs placed on top. Roll the testicle gently between the thumbs and fingers. One testicle may be slightly larger than the other. This is normal.
- The epididymis is a cord-like structure on the top and back of the testicles that stores and trans-



A simple once-a-month test can detect testicular cancer in its early, most-treatable stages.

fuse the epididymis with an abnormal lump.

- Feel for any abnormal lumps - about the size of a pea - on the front or side of the testicle. These lumps are usually painless.

If you do find a lump, contact your doctor right away. The lump may be due to an infection, and a doctor can decide the proper treatment. If the lump is not an infection, it is likely to be cancer.

cancer is highly curable, especially when detected and treated early.

While routine TSE is important, it cannot substitute for a doctor's examination. Your doctor should examine your testicles when you have a physical examination. You can also ask your doctor to check the way you do TSE.

Source: *The Memorial Sloan-Kettering Cancer*