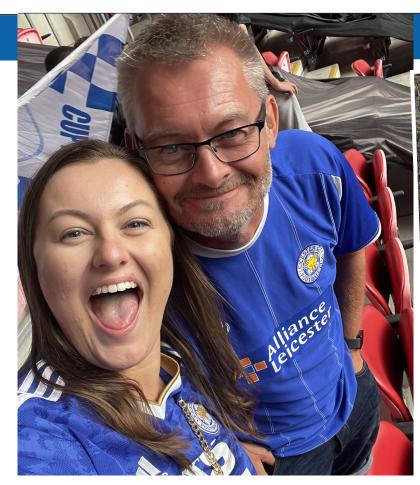
News



Alongside raising money for the Brain Tumour Charity, the 29-yearold hopes she can also show others with chronic conditions that physical goals are still achievable. "It's an umbrella of symptoms that they struggle to diagnose," says Naomi.

"One of the key symptoms is

chronic pain, especially in the cold. I've been training quite a lot in the winter, my back will suffer, I'll have chronic pain, muscle fatigue, I experience pain every single day from it, but you have to just get on with it.

"That's what it's like living with a chronic condition, it's just the norm



'I'M VERY PROUD OF HER': Naomi and Gary at a City game and Naomi in her training gear

to work through the pain. It's been more difficult because I've been training more and my body's been more active.

"But on the flip side, it's benefited my body, becoming more active because I'm moving more.

"There's still days when I'm bedbound and can't move and struggle to walk around. But the overall impact of me being able to get out impact as well."

end, her dad will be cheering her on every step of the way.

'I'm very proud of her," says Gary. athlete, she can down a bottle of to the doctors. But you know your wine faster than she can run a kilometre.

"It's not about speed, it's about out. raising the profile for the Brain heard of 18 months ago. We're now telling everyone about it because they're being so good to us, and the nearly falling off my bike. There was information they've shared with us, just something not right about me." through leaflets and what's online is great. They're really giving us support."

"If people have a brain tumour, we need to highlight there are places to go, there are people that can talk to you and help you on your journey."

free counselling, online support or fatigue were symptoms." groups, a money clinic and many more services for those who need it.

They break down medical jargon and words that you don't undera brain tumour 20 years ago, and ble." now you want to talk about it, you can do that with the charity."

Gary is now calling on other men to take symptoms seriously. "I was below: grumpy, my personality was chang-

and do something has had a positive ing," he said. "I was fatigued and had pains in my lower limbs so I was As Naomi's training comes to an struggling to walk up and down stairs. I was getting forgetful, I was stuttering and my body ached.

"I'm a bloke and I put it down to "She's not a runner, she's not an old age, I'm 56 and blokes don't go own body - if you think there's something wrong, go and get it checked

"I used to run, kayak and cycle, Tumour Charity, which we'd never but my thighs were getting slower and slower. I fell in the water kayaking, which I've never done, and I was

The Brain Tumour Charity raises awareness of symptoms like these to help potential sufferers catch a brain tumour as soon as they can.

"People need to be aware of the symptoms," says Naomi.

"We would never have thought The Brain Tumour Charity offers that things like losing your strength

Naomi will run the London Landmarks Half Marathon next Sunday. 'It's not about a personal best," she said. "It's about finishing and raising stand," says Naomi. "Even if you had as much money for charity as possi-

> ■You can donate to Naomi and Gary's page by searching for "Naomi Lowe" before April 6 at the website

justgiving.com

