

One Loud Frock, Eight Conversations

Getting started

Thanks for your interest in joining our Frocktober community.

'One Loud Frock, Eight Conversations' is an easy way to get involved and raise awareness of ovarian cancer. Here's how it works:



Choose your one loud Frock or outfit.

Pick an occasion to wear it: in the workplace, out for dinner with friends, or at home.



Take a photo of yourself in your loud Frock and share it to your social media channel of choice. Include a fact or statistic about ovarian cancer with your photo. You'll find a heap of great conversation starters on the next page of this guide.



Tag eight friends, encouraging them to get involved.

Take it one step further and encourage everyone to donate \$8 - that's \$1 for every conversation about ovarian cancer.

Key messages to share

- People diagnosed with ovarian cancer in Australia currently face a 46% chance of survival beyond five years of their diagnosis.
- The majority of ovarian cancer cases are diagnosed when the cancer is already in the advanced stages, when the cancer has spread to other parts of the body.
- There is currently no early detection test for ovarian cancer, and symptoms are often vague or do not raise concerns until the cancer has progressed.
- If an accessible, reliable early detection test can be developed, it could save the lives of 8,000 Australians over a decade, lifting survival to 90% or above.
- The OCRF funds multiple early detection research projects looking at various ways to detect ovarian cancer in its earliest stages, ensuring every avenue towards a population-wide early detection test is pursued.





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Facts & Conversation starters

- Did you know that around 1,800 Australians are diagnosed with ovarian cancer each year?
- I was really surprised when I found out that my regular pap test doesn't screen for ovarian cancer, did you know about that?
- Did you know that the HPV vaccine (Gardasil) doesn't actually protect against ovarian cancer? It is only for cervical cancer.
- I recently learned that having a family history of the BRCA gene mutation puts you at higher risk of developing ovarian cancer (as well as breast cancer) – do you know if anyone in your family has this gene mutation?
- Did you know that people in the Ashkenazi Jewish population have a higher risk of developing ovarian cancer than the broader community? BRCA mutations occur in approximately 1 in 400 people around the world, but 1 in 40 of the Ashkenazi Jewish community, which increases their chance of an ovarian cancer diagnosis.
- Did you know that there is no early detection test for ovarian cancer? This is why majority of cases are diagnosed in the late stages, when the cancer has already spread and chances of survival are extremely low.

Common symptoms of ovarian cancer

- Bloating
- Persistent changes in bowel habits
- Increase in frequency of urination
- Lower back pain
- Appetite changes
- Abdominal swelling
- Feeling full quickly
- Unexplained changes in weight

If you experience sudden onset or persistence of these symptoms, you should contact a GP or trusted health professional.



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Shareable tiles

Frocktober Fact:

When diagnosed in the later stages, only 29% of those diagnosed with ovarian cancer will survive beyond 5 years of their diagnosis.



Frocktober Fact:

Around 10-15% of ovarian cancer patients are found to have one of the BRCA gene mutations or other similar gene mutations.



Did you know?

There is no early detection test for ovarian cancer. Most cases are diagnosed in the advanced stages.



Did you know?

Ovarian cancer is Australia's most lethal gynaecological cancer.



I'm frocking up to support ovarian cancer research



I'm getting loud about ovarian cancer!

