

Did you know that Frocktober began 17 years ago? Blending fashion with fundraising, a group of ten friends joined forces to raise \$200 for ovarian cancer research in the first year. It's since gone from strength to strength, and in 2024, the campaign raised more than \$1.1 million in funds for ovarian cancer research through the [@OCRF](#). Please help us go above and beyond this year and donate to my fundraising page!

Let's bust some myths and get informed 🧐

Pap smears or cervical screenings cannot detect ovarian cancer. Currently, there is no early detection test for ovarian cancer and the only way to definitely diagnose it is through surgery. Funds raised throughout Frocktober go toward research projects, including diagnostics and early detection.

This is why I'm frocking up for ovarian cancer research 🧡🩸🌟

The current five-year survival rate for ovarian cancer is less than 50%, and this statistic has barely changed in decades. Raising funds for vital medical research including early detection, prevention and treatment, can improve outcomes for women, girls and their families everywhere. Help me say 'frock ovarian cancer' and donate to my fundraising page.

From frocks to fundraising to fundamental research 🧡

Your Frocktober donations go to the Ovarian Cancer Research Foundation, which funds medical research across three key research areas: early detection, prevention, and treatment. We urgently need progress in all these areas to improve survival rates and change the outcomes for women, girls and their families.

Live-saving research starts right here 📌

Fundraising campaigns like Frocktober, generate vital funds for major research grants. In 2025, the Ovarian Cancer Research Foundation announced over \$3.5 million in new grants for potentially life-saving research, all of which was raised by the Australian community.

Frocking up my way to support ovarian cancer research ❤️

Did you know that the Ovarian Cancer Research Foundation (OCRF) was established in 2000 and is the leading independent funder of ovarian cancer research in Australia. They seed-fund brilliant scientists across the nation to develop ways to better detect, treat and prevent ovarian cancer. Your donation dollars will help continue their amazing work.

Putting the fabulous into fundraising for ovarian cancer research 🧡🩸🌟

And this is how your Frocktober donations help researchers. \$36 helps to secure vital resources needed to collect and analyse patient samples, \$58 supports researchers to grow ovarian cancer cells, giving them the opportunity to study the disease, \$100 supports research to analyse the DNA from cancer cells. Head to my donation page to make a difference today.

I'm making a difference by frocking up 🙌🧡

Ovarian cancer currently receives less than 0.7% of the Australian government's medical research funding. It's estimated that if nothing changes, there will be an 81% increase in ovarian cancer deaths in our region by 2050. This is why supporting research is so important!

### Help me raise funds to change the stats 📈

1800 Australian women and girls are diagnosed with ovarian cancer every year. Ovarian is the most lethal gynaecological cancer and more than half of those diagnosed will be alive in five years' time. Research is the only way to change this! That's why I am frocking up - please donate today!

### Spot the symptoms 🧐♀️

Symptoms of ovarian cancer are often vague and attributed to other more common conditions such as IBS or food intolerance. Common symptoms of ovarian cancer include persistent stomach pain and/or bloating, feeling full more quickly and urinating more frequently. Learn more at [Frocktober.org.au](https://frocktober.org.au)

### Did you know?

Ovarian cancer is an umbrella term for more than 30 different subtypes, which vary by cell of origin, genetic mutations, and therefore, how they respond to various therapies although options are limited. Your support can find better treatments for this complex disease.

The more you know, the more you understand the impact of your support 🧑♀️  
Ovarian cancer can impact any woman or person with ovaries at any age and stage of life, from young girls to older people. According to the most recent data available, around 40% of cases are diagnosed in women under 60 years old.

### Frock that! Bust some myths with me!

The HPV vaccine does not target or prevent ovarian cancer. The HPV vaccine targets the main strains of the Human Papilloma Virus, which can lead to the development of cervical cancer, but HPV not involved in ovarian cancer. Your Frocktober donations can help researchers develop better ways to detect and prevent ovarian cancer.

### Donate to make a difference 💰

For people diagnosed with late-stage ovarian cancer, even after successful treatment and going into remission, the chances of recurrence are around 80%. Once there is a recurrence, the chances of long-term survival are low. Head to my Frocktober page to donate and help develop better treatments to change this statistic!

### How your donations support the OCRF 🧪

The Ovarian Cancer Research Foundation funds research across three key research areas: early detection, prevention, and treatment. Medical research advancements in all three areas will contribute to improving survival rates. Show your support by donating to my Frocktober page.

### Why Frocking up and fundraising for research is so important 💪

Due to the vague symptoms and lack of early detection test, about 70% of people with ovarian cancer are diagnosed in the advanced stages, when it becomes difficult to treat. Your generous support can help researchers continue their work to develop early detection methods.

## The power of research 🧪

The OCRF's International Scientific Advisory Committee (ISAC) plays a key role in driving the OCRF towards achieving its mission by providing informed and expert advice to ensure the most innovative and promising ovarian cancer research is prioritised on funding. Learn more at [Frocktober.org.au](https://frocktober.org.au)

## Your support can change the game 🏆

The OCRF vision is a healthy, vital future for all impacted by ovarian cancer, a goal that they are achieving through raising funds, promoting greater awareness, advocacy, and, crucially, investing in high-potential research. Join me and get behind this great cause!

## This is why frocking up for research is so important 👩🏻👨🏻

If ovarian cancer is diagnosed at stage 1 (when the cancer is confined to the ovaries or fallopian tubes), the five-year survival rate is around 90%. There is still no early detection test for ovarian cancer so funding for research is pivotal to raising survival rates. Donate today!

## How your funds can help change the stats 📊

In Australia, ovarian cancer is the fifth most common cause of cancer-related mortality. Investing in research is how we can change this statistic and create a healthy vital future for all impacted by ovarian cancer. Donate to my page today!

## Frock yeah! This is what community is all about 🥰

Funds raised throughout Frocktober support the Ovarian Cancer Research Foundation and the important work they do in supporting innovative ovarian cancer research projects across Australia. Frocktober has raised over \$6 million over the years! Keep this momentum going by heading to my Frocktober fundraising page and showing your support today.

## Why we need to progress research 📌

Regular pelvic ultrasounds are not effective as a population screening tool for ovarian cancer in asymptomatic women and are not recommended for this purpose. A transvaginal ultrasound (TVU) can detect masses in the ovary; however, it cannot distinguish between benign and cancerous disease. We need better tests and research holds the key – that's why I am going this and asking for your support.

## Here's something everyone should know 🚩

The CA125 blood test is non-specific and is often elevated in other diseases and inflammatory conditions such as endometriosis, menstruation and uterine fibroids. Although it can be helpful to monitor the status of ovarian cancer in women who have already been diagnosed, it is not an accurate detection test for ovarian cancer. This is another reason why developing an effective early detection test is so crucial. Let's back research and find it.

## Why your donations are more important than ever 💰

Sadly, between 12,500 and 16,000 years of life are lost to ovarian cancer every year in Australia. Let's frocking change this! Head to my Frocktober donation page to be part of the change.

I'm frocking up to show support for ovarian cancer research 🧪🏫👩🏻

Around 20% of ovarian cancer cases are hereditary, caused by mutations in genes such as the BRCA1 or BRCA2 genes. Vital research helps researchers better understand ovarian cancer so crucial developments can be made in diagnosis and treatment, including precision medicine.

Frocking up is so much more than a head turning outfit 💪

Ovarian cancer makes up a quarter of gynaecological cancer diagnoses, but accounts for almost half of deaths. This is due to the late diagnosis, few treatments and low survivability of the disease. But this can be changed! With your donations, the OCRF can fund the critical research needed to change the outcomes.

Get the facts and share with others 🗣️

The most common type of ovarian cancer, high-grade serous, originates within the fallopian tubes. The cancer cells detach from the fallopian tube and attach to the outside of the ovary and develop. Only research can help us better understand ovarian cancer and your Frocktober donations are key to making that happen.

Frocking rare. Your donations can do incredible things when you support ovarian cancer research 🙌

Endometriosis has found to be linked to some rarer subtypes of ovarian cancer, such as mucinous, endometrioid, clear cell and low-grade serous ovarian cancer. Make a difference to the lives of girls and women everywhere by supporting my Frocktober page today!

Now this is news you need to hear 📰💡

Medicare-funded PARP inhibitors are a form of treatment now available in Australia for those with certain genetic subtypes of ovarian cancer. This was the result of over 20 years of research from the laboratory to the clinic. Help make more treatments possible by donating today!

Why I'm frocking up to be a part of Australia's most fashionable fight against ovarian cancer 💜

The OCRF has been funding ovarian cancer biobanks over 10 years. Samples are collected from the hospital and are processed in the laboratory. These samples can then be used to develop new therapies, new early detection tests and to understand the biology behind ovarian cancer. Help keep this research going by donating to my Frocktober fundraising page!

Let's Frocking do this! 🌟

All OCRF funds are raised by the Australian community, people who share their vision and are determined to do something to make improved outcomes a reality. Together, we will overcome ovarian cancer. Show your support today on my Frocktober fundraising page.