

# Thank You

## for hosting a Tea for Teal event

You are making a real difference to women who have been, or will be diagnosed with ovarian cancer. Women like Katherine, who may not get the opportunity to thank you in person, but we can assure you they are grateful for your support.

Once you have hosted your Tea for Teal event, please fill in the form below and send the money raised to Mater Foundation.



To bank the donations please deposit funds directly into our bank account or pay by cheque or credit card.

Name: ..... Contact Number: .....

Address: ..... Postcode: .....

Email address: .....

TOTAL AMOUNT I WOULD LIKE TO DONATE \$ .....

Direct deposit

Mater Foundation  
Branch: ANZ Woolloongabba  
BSB: 014-278  
Account No: 7752-40886  
Reference code: TFT18 and your surname

Cheque or money order

Please make payable to: Mater Foundation

Credit card

Please debit my:  VISA  MasterCard  AMEX  Diners

Card no:

Cardholder Name: .....

Cardholder Signature: .....

Exp Date:   /

Reference Code: TFT18

Thank you – All donations over \$2 are tax deductible.

Please return this form to: Mater Foundation, Locked Bag 111, COORPAROO DC Qld 4151

Alternatively, you can donate over the phone or fax through this form: Phone (07) 3163 8000 or Fax (07) 3163 2737

### Signs and symptoms of ovarian cancer

- Abdominal or pelvic pain
- Increased abdominal size or persistent abdominal bloating
- Needing to urinate often or urgently
- Difficulty eating or feeling full quickly
- Changes in your bowel habits
- Unexplained weight gain or weight loss
- Bleeding in-between periods or after menopause
- Back pain
- Indigestion or nausea
- Excessive fatigue
- Pain during intercourse

Remember most women with these symptoms will not have ovarian cancer, but it is important to see your doctor if you are suffering from any of these symptoms and get yourself checked.

Mater Foundation (ABN 96 723 184 640) is committed to protecting your privacy. Our Privacy Policy is aligned with the Australian Privacy Principles to ensure greater transparency around how we handle your personal information in line with global privacy reforms. Our Privacy policy and notification statement can be read in full at [www.materfoundation.org.au/privacy](http://www.materfoundation.org.au/privacy).

[www.teafor teal.org.au](http://www.teafor teal.org.au)

Freecall 1800 440 155

# HOST HANDBOOK

Feel Teal

Supporting ovarian cancer research at Mater





# Katherine's Story



At 22 years old, Katherine Brown had the world at her feet; she'd moved out of home and started her dream job as a teacher working in a small country town.

## Then she was diagnosed with ovarian cancer.

"It took me a while to work out I had cancer; I was feeling unwell for a few months, but ignored it because I thought it was fatigue. I was a young person just starting out in life," Katherine said.

"I had put on a lot of weight and was always tired and I wondered if that was normal.

"After a while, my tummy grew to be huge—it was so big and I couldn't eat anything, but constantly felt full. This went on for weeks and weeks, until I finally went to a local GP and was told I probably had the flu."

However, after visiting a local hospital in North Queensland with breathing difficulties, Katherine was flown to Mater for further testing—and diagnosed with a tumour on her ovary.

"I thought ovarian cancer was something that young people would never get. I wondered 'Why me?'," Katherine said.

"My family were in disbelief. All my friends and I thought the vaccination for cervical cancer covered ovarian cancer. It doesn't."

Surgery revealed a 20 cm tumour and more than four litres of fluid, and surgeons had to remove Katherine's right ovary.

She then underwent three months of intensive chemotherapy.

"I had four cycles of treatment and each treatment was made up of chemo every day for one week, then one day a week for two weeks," she said.

"I wasn't able to work for seven months and I missed teaching and my old life."

But her recovery wasn't over yet—it took another operation before Katherine was clear of cancer cells.

"I still require regular check-ups but I have just celebrated my ninth anniversary of being cancer free, which is a special occasion for me each year," she said.

"I don't recognise my life now from what it was nine years ago—I'm a completely different person, but in the best possible way.

"My family and friends also have a different outlook—we are more positive. I now live life to the fullest."

Katherine is now helping raise awareness of ovarian cancer, and holds a yearly fundraising high tea to support Mater's Ovarian Cancer Research Collaborative.

"Ovarian cancer doesn't discriminate against age or anything and there's still no early detection test such as a pap smear," she said.

"We all know someone who has been touched by cancer and ovarian cancer often flies under the radar, so I think it's great to have research that will improve treatment options as well as help work towards an early detection test for women."

Following her ovarian cancer treatment—and once given the all clear—Katherine felt that ovarian cancer awareness and research needed to shine. And the best way to do this? Get a group of women chatting over a high tea of counsel. And her 'Katherine's Journey High Tea' was born.

"Katherine's Journey High Tea is a great day for family, friends and colleagues to get together, and at the same time raise much needed funds for and awareness of ovarian cancer," Katherine said.

"If only one person goes away being aware, then I feel that Katherine's Journey High Tea has been successful."

Katherine's high tea is now an annual event, raising more than \$15 000 each year for ovarian cancer research at Mater. But her event started off small—and she wants people to remember that.

"Everyone can make a difference—no matter how big or small!" Katherine said.

Katherine urges all women to come together to talk to one another about the disease, and raise funds to create change in the lives of women who already have ovarian cancer.

"I now have a bright future ahead of me and that is because of the care and treatment provided at Mater."



# It's time for change

It's a terrifying reality that two out of three women diagnosed with ovarian cancer in Australia—our mothers, sisters, wives and dear friends—will eventually die from the disease.\*

And this heartbreaking figure hasn't changed in more than 17 years. We believe that too many women for far too long have died from this disease—but you can help change this.

**It's time to commit to changing the future for women with ovarian cancer. And the only way to do that is through research.**

Funds you raise at your Tea for Teal go straight to the research lab, where our dedicated Mater Ovarian Cancer Research Collaborative (MOCRC) team is working tirelessly to increase early diagnoses and raise survival rates.

Led by Professor John Hooper at Mater Research, the '*Genomic changes driving ovarian cancer*' project aims to develop approaches that will help create more individualised treatment plans for ovarian cancer patients.

While there is still a long way to go, if successful, this research could turn ovarian cancer into a manageable disease. Treatment and lifestyle plans could be individually tailored to each patient based on the genetic comparison between their DNA, and that of their cancer.

**It's time to change the future for women with ovarian cancer.**

## How to host a Tea for Teal...

- 1 Choose a date and write your guest list.
- 2 Download your special invites from [www.teafor teal.org.au](http://www.teafor teal.org.au) to invite your guests. We encourage all those invited to make a donation (even a small contribution) to help women with cancer.
- 3 If you're hosting a morning or afternoon tea at work, in a group, as part of a club or nursing home, you can use the poster (available on the website) to let people know.
- 4 As the host you could provide tea, coffee, sandwiches and biscuits for a donation.

## How to raise money to support ovarian cancer research.

- You can raise money online by setting up your host page at [www.teafor teal.org.au](http://www.teafor teal.org.au)
- Email your friends, family and colleagues and ask them to donate to your page
- Ask your guests to make a donation when attending your tea party or host a raffle or lucky prize draw
- Don't forget to say thank you!

\*Statistics sourced from Australian Institute of Health and Welfare