



Welcome to the first newsletter for the OPAL study. As you know the OPAL study is a research project being undertaken by scientists at the Queensland Institute of Medical Research, together with doctors at many of the large hospitals around Australia. We are doing this study to see if lifestyle factors such as physical activity, diet and common medicines influence quality of life and outcomes in women diagnosed with ovarian cancer. By taking part in this study you are helping us develop new information for women with ovarian cancer and their families in the future.

In this newsletter we will give you an update of our progress to date and introduce some of our research team. We have also included a story about the OPAL study featuring Merran Williams, one of our consumer representatives, from the Queensland Courier Mail earlier this year.

Finally, if you have any questions about any aspect of the study, please contact us at opalstudy@qimr.edu.au or 1800 222 600. We thank you again for taking part in this study and look forward to sharing our findings with you in the future.



Penny Webb
Principal Investigator of OPAL

Study progress

We started the OPAL study in June, 2012 and, to date, 400 women have consented to take part. We have been very encouraged by the positive response and hope that we will have close to 1000 participants by the end of 2014.

We know that there have probably been times in the last few months when you have been feeling unwell and that it has been a struggle to complete the questionnaires. We would like say thankyou for taking the time to fill out the questionnaires because it is important for us to know when you are feeling well and also when you are feeling not so good. We know that some of the questions seem repetitive but they do tell us different things so please take the time to answer them all. We also know that some of you find the diet questionnaire difficult to fill out so we have made this much shorter now and will only ask you to fill out the full questionnaire once a year.

It is too early for us to give you any results but we hope to have more information to send you in about 6 months time.

Welcome

Study progress

Medicare

The OPAL QLD team

OPAL in the news

**The Weekend to End
Women's Cancer**



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SOMETHING NEW

We are particularly interested in the different treatments given to women and also whether common medicines may help prevent ovarian cancer from recurring. We ask you to tell us what medicines you are taking but we would also like your permission to obtain relevant information about the treatments and medicines you have used from Medicare Australia. We have enclosed a separate letter explaining more about this and a form for you to sign and return in the reply paid envelope if you are happy for us to access your information.

Introducing the OPAL Queensland team

Penny Webb is the Principal Investigator of the OPAL study. Penny has 15 years experience studying ovarian cancer. Over the next 12-24 months she will be busy with **Chris Nagle**, a co-investigator on OPAL, making sure that the OPAL study stays on track. We hope to have the first real results from the study in 2015.

Sue O'Brien is the project manager for the OPAL study. She looks after all of the day-to-day running of the study and keeps in contact with our team of Research Nurses around the country. Working closely with Sue is **Barb Ranieri**, who looks after all of the study paperwork and **Therese Lawton** who does all the data entry. **Sue Brown** and **Karen Martin** are our OPAL study nurses based in Queensland. Most of you from Queensland will have spoken to either Karen or Sue at some time.



Front: Sue O'Brien, Chris Nagle, Sue Brown; Middle: Therese Lawton, Karen Martin, Penny Webb; Back Barb Ranieri

OPAL in the news

The **Queensland Courier Mail** recently reported on the OPAL study.

Read the full article which features Penny Webb and Merran Williams our consumer representative for the OPAL study at www.opalstudy.qimr.edu.au



Articles have also recently been published in the **Sydney Morning Herald**, **Canberra Times** and **The Age**. Check our website to read the full article

www.opalstudy.qimr.edu.au

The Weekend to End Women's Cancers

In October this year Karen Martin, Sue Brown and Chris Nagle from the OPAL Queensland team will be taking part in the first 'Weekend to End Women's Cancers'. This is a 60km walk over 2 days to help raise money for research into women's cancers at QIMR and the Royal Brisbane Women's Hospital. To learn more about the walk log on to the website at

<http://www.endcancer.org.au/>

