



Nicole on the set of Any Given Sunday



Winning Bronze - Olympics 200m back-stroke

You or a loved one may be personally affected by ovarian cancer or you may be an ongoing champion of this important cause; either way we hope you'll consider supporting this campaign. x

A letter to my 16 year old self

Dear Me,

Can you believe in a month you'll be 45? Your 40s seem so far away (and old!) in your teens. So far away you can't even imagine what it'll be like: who you'll be, where you'll be and who you'll have in your life.

Remember when you snuck out of bed to watch the Olympic Games from Moscow? You said at nine you wanted to be an Olympic Swimmer, well, you will indeed be one.

You'll represent Australia not once but three times at the highest level! You will climb the medal podium quite often. The Australian Swimming Team will be a major part of your life - 12 years in a row you will don the green and gold. You'll win ten 100m Back-stroke titles and even more medals at the Commonwealth Games, Pan Pacific Championships and in 1992, you'll even break a world record.

The world of media and sports commentary will also be your forte, and you'll love every minute of it. But, despite all your achievements, you will lose people you love. And at a time when you really need them. At times that are meant to be the happiest moments in your life: your wedding and then when you're pregnant with twins.

Those vague symptoms your mum was experiencing: bloating, abdominal pain, feeling full after eating a small amount, and needing to go to the toilet a lot - they meant something. Ovarian cancer.

Mum will pass away after three years of battling this insidious cancer. You will be away in Japan when it happens, and you'll always wish you could have said goodbye.

Every day you will ask yourself what you could have done differently. And there are probably a lot of things. But you'll also feel lucky that your mum had the strength and foresight to leave you a gift before she dies - a blood sample. You will thank her every day for it. As a result, you and all your family are able to have a blood test to see if you have the BRCA1 or 2 genetic mutation.

When you're pregnant, you will find out you have it.

Having this information about your family medical history, means you can now make choices. You can choose to empower yourself and take control. You can have regular scans, check-ups and blood tests. You can even choose to have preventative surgery. **You can #KnowAskAct**

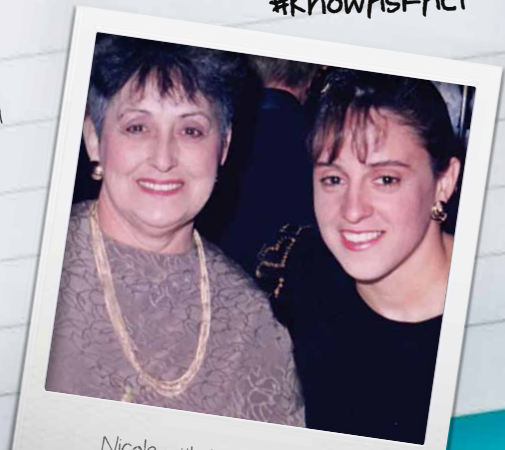
Most importantly, it means you will still be around to have this conversation with your Kids, Ella, Joshua and Robinson, when the time comes.

Nicole the time will come for you to share your story as funds will need to be raised to carry on the legacy of Knowledge that your mum left for you. Tell women - though they are self-conscious about how they look and how their body works. If you think something doesn't feel right, don't be afraid to take action. Find the time, don't put it off. Tell your GP. Don't be embarrassed or worried about being too demanding. **Don't let ANYONE tell you differently - even if they have a Dr in front of their name.**

Mum left that legacy for you. Never forget it. And remember to take the time to laugh at the stupid mistakes you'll make (even when they are live on the telly!) they're not that serious! Lots of love and respect,

Nic xo

Your support will be greatly appreciated. Please turn over...



Nicole with her mum, Elsie

#KnowAskAct