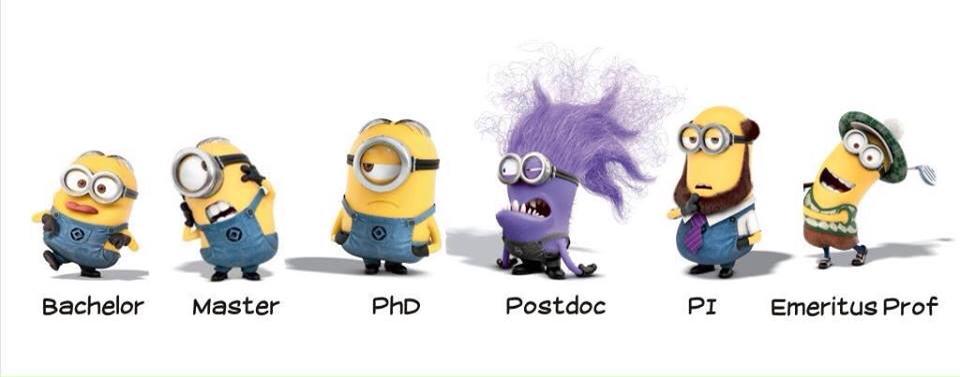
Image inserted using LO:

  
Illustration 1: This is the caption text

This is a cross reference using LO to Fig. 1.

It should work in MSWord as well.