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Hello, and welcome to MSK News. In this issue we look at [painful necks](#) and [knees](#) and what you can do to manage the pain and get on with living your best life. We're also pleased to introduce our two new volunteers who're bringing some [tasty new recipes](#) to our newsletter. Don't forget to take part in our [survey on biologic DMARDs](#) - there's still time to share your experiences. And there's so much more for you to discover. Enjoy.

Rob Anderson - CEO



What a pain in the neck!

Neck pain is a common problem many of us will experience at least once in our lives. The good news is that most cases of neck pain get better within a few days. [We look at neck pain](#) - what causes it and how you can manage it and get on with life.



Osteoarthritis (OA) of the knee

DYK the knee is the largest joint in the human body? It's also one of the most complex. OA of the knee occurs when the structure of the joint becomes damaged. People over 45 are more at risk, but younger people can be affected too. [Learn more about knee OA.](#)

Abatacept shortage

Australia is still experiencing a shortage of some abatacept (Orencia) medicines. If you use abatacept, you may be affected. Contact your rheumatologist for information and advice about your treatment. You can also [find out more](#) about this shortage on our website.



Meet our new volunteers

To continue to bring you tasty, nutritious and easy to make recipes, we're joined by two new volunteers. Meet Kitty and Lauren! Kitty is a final year Master of Dietetics student and Lauren is a Registered Clinical Nutritionist. You can read their full bios when you access their recipes. From Kitty this issue, we have [peanut butter granola](#) and [Korean veggie pancakes](#). And from Lauren we have [sardine fish cakes](#). Yum!



Ready to feel fully charged?

You can support MSK AND win hundreds of prizes like a first prize pack worth \$250k! Imagine winning a fully-charged Audi E-Tron Sportsback worth \$174,697 plus over \$75k in cashable gold. Chance to win hundreds of other great prizes too. Tickets are just \$10 and will help us provide free services to those who need them most. [Get your ticket today!](#)



Have you taken our short survey?

Don't forget to respond to our survey if you (or your child) are on a biologic DMARD for arthritis and other musculoskeletal conditions and have experienced delays in receiving your scripts and medication. [Take the online survey now.](#)

New exercise leader training

Our warm water and chair-based exercise new leader training will run on Saturday 30 April and Sunday 1 May in Elsternwick with the follow-up day scheduled for Saturday 18 June. [Find out more or register today.](#)



Awaken at Peninsula Hot Springs

Enjoy an inspiring line up of musicians, visual artists, yoga teacher, Indigenous wisdom keepers and more surrounded by the beauty and rejuvenating experiences of the hot springs. Awaken takes place over two days - Sat 2 April and Sun 3 April. [Find out more.](#) And if you become a [Friend of MSK](#), you'll receive 20% off bathing at the Springs.



Reading food labels

The ingredients list and nutrition labels on foods pack a lot of useful information into a tiny space! But do you know how to read them? And what info to look for so you can compare products and make sure you buy the best and healthiest choices for you? [Learn about food labels](#) and why it's important that we become familiar with them.

Wonderful webinars!

There's still time to [register for MSK's FREE community webinars](#) for 2022. You can also watch the recording of our recent webinar, '[All about fibromyalgia](#)'. We got some great feedback from people after it: "Thank you, thank you, thank you. I finally feel normal" and "I am so, so grateful to hear my condition described in such a comprehensive and clear way. Now I can describe it to my family and friends" and "Thanks for tonight's webinar. I found it refreshing and valuable." So don't miss out. Register for our free webinars today!



Research opportunity

If you've been living with a sore shoulder for more than 3 months, check out this research study looking into people's experiences with shoulder pain. Eligible participants will be interviewed (via video conference) to better understand the impact of shoulder pain on their lives, care experiences and priorities. Researcher are interested in your journey, what's helped and what could be improved.

[Find out more about the study and whether you're eligible to participate.](#) Or call or email: School of Allied Health, Curtin University. T: 08 9266 4644 E: s.ranelli@curtin.edu.au

Partner with us

We welcome partnership interest from a diverse range of organisations and industries and are committed to ensuring these partnerships deliver mutual and tangible benefits. Opportunities for partnership involvement are extensive, as are the benefits. We're always excited to work with our partners to develop tailored solutions to connect with your audience. To discuss how a partnership with Musculoskeletal Australia might work for your organisation, please call +613 8531 8000 or email karla@msk.org.au

Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA, and their carers. [Check out their latest newsletter.](#)

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