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MSK News

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15 July 2021

Hello and welcome to another issue of MSK News!

This issue we look at some of the things many of us have been contemplating as we wind our way through winter. Namely our [relationship with alcohol](#), how we can [remain active in the colder months](#), and [eating well without the weight gain](#). We've also got a [delicious new recipe](#) to try, [something to make you smile](#), and details of [upcoming events](#) to put in your diary.

I'd also like to send a big thank you to all our readers who've supported our tax appeal. We're so grateful for your support. If you haven't donated yet, and you'd like to, there's still time. You can make a [tax-deductible donation here](#).

Happy reading, and as ever, stay safe and stay well.

Rob Anderson – CEO

Should I take a break from booze?

We're a nation that loves a drink. Wine with dinner, beer at the footy, cocktails at the local bar with friends. But what if you're drinking is getting a little out of hand? It may be time to



take a break while you assess [your relationship with booze](#).

Warm up this winter with healthy food swaps

When it's cold and wintery, we may crave hearty, comfort foods. But as we're often less active in winter, we need to be careful with our food choices. The good news is we can enjoy these foods as part of a balanced diet by making some healthy food swaps and choices. [Find out how](#).



Will you support Scott?

On 24 July, Scott will take on the challenge of beating the Australian World Record of a 50kg weighted plank hold. Scott hopes to raise \$5,000 to support the work we do and we're truly in awe! Scott took on this challenge because he's inspired by the strength of his loved ones who live with musculoskeletal pain every day. [Find out more about Scott and his challenge](#). And please consider supporting him, as he supports us.

Stuffed capsicums

Accredited Practising Dietitian Melissa has brought you a colourful dish to try this weekend. Warm, filling and so very tasty, these [stuffed capsicums](#) will satisfy the whole family. They're packed with flavour and cheesy goodness.



Congratulations...

To Fiona of Bentleigh East on winning the Peninsula Hot Springs Dine & Bathe package for registering to take part in [Walk in July for MSK](#). We'd like to thank our good friends and long-time partner [Peninsula Hot Springs](#) for supporting this and many other MSK events. Why not plan a wellness escape to the Springs...a great way to escape the winter chills! Visit their [website](#) to learn more about how you can enjoy their award-winning thermal mineral waters.



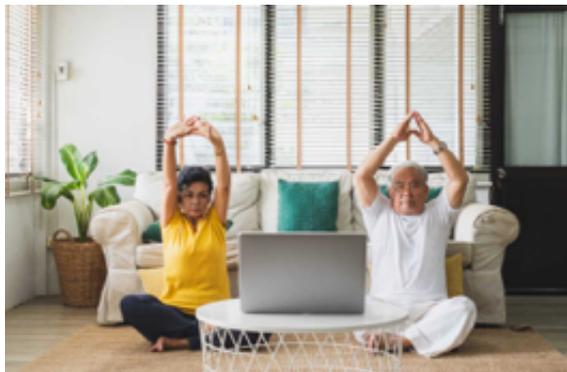
Healthy eating for kids

Join us on Wed 28 July as we unravel the facts from fiction about healthy eating for kids with JIA. Tash Billich, Clinical Dietitian and PhD Student at the Royal Children's Hospital and Monash University, will go through practical weight management strategies, nutrition for bone health and the current evidence-based research on anti-inflammatory diets. [Register today](#) for this FREE webinar.

Do you have low back pain?

Researchers from The University of Sydney are looking for people like you to help them understand the effects of an educational booklet for people with low back pain who take paracetamol. For more information and eligibility screening, please contact Thomas Patterson at cease-now.study@sydney.edu.au or call 02 9036 4243 or find out more [here](#).

Staying active in winter



Exercise is so important for managing our musculoskeletal conditions, but exercising when it's cold and wet can be a challenge. That's why we've pulled together some simple [strategies to help you stay active this winter](#).

Contact our Help Line

Do you have questions about dealing with pain, your musculoskeletal condition/s, treatment options, COVID-19, or accessing services? Then be sure to call our nurses on our free Help Line. They're available weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).

Managing your pain

We have your info needs covered when it comes to managing pain, with two pain-related webinars coming your way.

On [Tuesday 10 August](#), [Dr Jacqui Stanford](#) will provide a range of strategies to help you reduce your pain, increase your activities and enjoy life more. On [Wednesday 15 September](#), [Prof Peter O'Sullivan](#) will explain back pain, bust common myths, and provide practical information to help you become more effective at managing your back pain.

Don't miss out on these FREE events.

[Register today!](#)



Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA, and their carers. They also have weekly online catch-ups called 'Dragon Talks' which are free for people to join. [Check out their latest newsletter](#) for more details.

Smile!

We often show our enjoyment for a delicious meal with lots of yummy, happy noises. But [this kitten takes it to the next level!](#)



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