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Welcome to MSK News.

I'm so excited to share with you that on 31 October 2021, we're launching the inaugural [Rattle Ya' Bones Day](#), a national day of awareness for all muscles, bone and joint conditions.

Rattle Ya' Bones Day is an outcome of our 2020 survey report '[Making the invisible visible; Australians share the impact of musculoskeletal conditions on their lives](#)'. It identified that people with musculoskeletal conditions often felt invisible and that the general population was mostly unaware of the impacts of these conditions. It was here that the idea for Rattle Ya' Bones Day was born.

Our vision is that over time, Rattle Ya' Bones Day will be synonymous with Halloween and help make invisible conditions like arthritis, osteoporosis, gout and back pain, visible and understood.

This year Rattle Ya' Bones Day will be celebrated online, and we'd love to have you involved. Find out how you can take part, and more about this awareness campaign below.

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

Rob Anderson - CEO





### Booster shots and 3rd doses - what's the deal?

The nurses on our Help Line are taking lots of calls about COVID booster shots and third doses. So we thought we'd answer some of your questions about this [next step in the vaccination rollout](#).



### Horses, farming and arthritis: Caitlin's story

Caitlin, a fifth-generation farmer from Tasmania and Australian Apprentice of the Year 2020, was diagnosed with arthritis when she was 12. [She shares her story with us.](#)

**RATTLE YA' BONES DAY**  
 October 31, 2021  
 A national awareness day for all muscle, bone and joint conditions.

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TAKE THE RATTLE YA' BONES CHALLENGE NOW!  
 MSK.ORG.AU/RATTLE-YA-BONES-DAY

TERMS & CONDITIONS APPLY

**7** million Australian lives are impacted by muscle, bone & joint conditions.

**\$ 7** please give today. Show your support this Rattle Ya' Bones Day & help make these invisible conditions visible.

please **Donate now**

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### Support for managing persistent pain

When you live with persistent pain, it can sometimes feel like it's taking over. The good



### Let's go shopping!

Have you checked out the MSK Shop? There's loads of gadgets, books, DVDs and a range of other products to help you keep

news is that there's [lots of support available](#) to help you get past this hurdle and get back to living your best life.

moving through life. [Check out the range](#) today.

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## Hands and arthritis

Join us online at 7pm (AEDT) Thursday 11 November as occupational therapist Josephine Gibbs-Dwyer takes us through things you can do to decrease hand pain and make everyday activities easier. [Book now for this free webinar.](#)

*Our thanks to Janssen for sponsoring this webinar.*



## Halloween pumpkin spice muffins

Looking for a frightfully tasty treat to whip up for your family and friends this Halloween - aka Rattle Ya' Bones Day? This [spook-tacular recipe](#) from our resident dietitian Melissa will have them howling for more! Bone appetit!

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## Medicines shortage - updated

There's currently a shortage of some abatacept and tocilizumab medicines. If you use either of these medicines, you may be affected. Contact your rheumatologist for information and advice about your treatment. For the latest information, visit the TGA website: [abatacept](#) and [tocilizumab](#).

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## Research opportunity: "Person with arthritis" or "arthritic person"?

Should you be addressed as a person with arthritis or an arthritic person? Do you think this varies depending on who's addressing you: e.g. friend, professional, media? Researchers from Charles Sturt University and Monash University want to know what you think.

Complete their [10-15 minute survey](#) and have your say!

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## Comfort Feet

Our friends at Comfort Feet have a monthly newsletter packed with info about feet and lower limb health. [Check out their latest issue.](#)

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At all times Musculoskeletal Australia has full editorial control over the content of this publication.

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