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Welcome to MSK News.

Today we're returning to an issue raised by many people in our [National Consumer Survey](#); the impact living with a musculoskeletal condition can have on our relationships with [partners, family and friends](#). Because they're so important to our health and wellbeing, we explore some strategies you can use to nurture them.

We also look at the relatively common, but not well known condition [polymyalgia rheumatica](#). And we've got lots of exciting events coming up in October that you don't want to miss out on.

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

Rob Anderson - CEO



Nurturing your relationships

Healthy relationships are good for our physical and mental health. They help us feel less stressed, reduce feelings of loneliness, distract us from pain, boost our immune



With a little help from my friends

Our family and close friends bring so much colour and richness to our lives. They also provide support when our various health issues make us feel exhausted and sad. But

system and make us feel happier. But they also require work. This article explores [several strategies](#) to nurture the relationship with your partner.



Hmmm...there's a spooky feeling

Something's brewing at Musculoskeletal Australia towards the end of October - but it ain't Halloween! [All is revealed here.](#)

with the general busyness of life, they often get neglected. We look at simple ways you can [look after these relationships.](#)



Polymyalgia rheumatica

Causes pain and stiffness in many older Australians. But most people have never heard of it. [Find out about PMR.](#)

Shortage of tocilizumab (Actemra) medicines

There's currently a shortage of some tocilizumab medicines due to worldwide demand. If you use tocilizumab, you may be affected. Contact your rheumatologist as soon as possible for information and advice about your treatment. For more information, [visit the TGA website.](#)



MSK Kids webinar

Wonder how much exercise is good for your kid? Worried they might damage a joint or end up in a flare? Then tune in to our free webinar at 7pm on 27 October as physiotherapists Nicole Haynes and Nicole Pates share with you the many and varied benefits of being active. Don't miss out!

[Book your free spot now.](#)



The early bird gets the worm!

You can win a BONUS \$10,000 JB Hi-Fi voucher if you get your raffle ticket before 27 October. You'll also go in the draw to win a \$250k prize pack which includes a Range Rover Velar, \$120k in cashable gold plus hundreds of other great prizes. [Buy now!](#)



Lemon and blueberry snack bites

Looking for a healthy snack to get you through the afternoon cravings? Melissa (our resident dietitian) has just the thing. These [snack bites](#) are tasty, easy to make and use only a handful of ingredients. They're sure to become your new best friend.

MSK lecture on back pain a great success!

Our recent Koadlow Community Lecture was a highlight of the year with Prof Peter O'Sullivan helping viewers to better understand their back pain, and how they can manage more effectively. If you missed it, you can [check out the recording](#) on our website.

MSK Consumer Advisory Committee (CAC)

The CAC supports our Board and management on the strategic direction and future planning of our programs and services. Get to know the great people who are the [current members of our CAC!](#)

Do you experience episodes of low back pain, or work with people who do?

If so, researchers at Macquarie University want to hear from you! They're currently recruiting Australia-wide for the WalkBack Trial, investigating whether walking can prevent future recurrences of low back pain. To find out more, participate, or help spread the word within your professional community – please get in touch with the team at Macquarie Uni.

Website: www.walkbacktrial.com Email: walkback@mq.edu.au

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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