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MUSCULOSKELETAL
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MSK News

*The news you can use
delivered to your inbox every fortnight*

28 January 2021

Welcome to MSK News! I hope you've had a wonderful couple of weeks.

In this issue we're focusing on gout. Did you know it's the most common form of inflammatory arthritis in the world? If you don't have gout, it's likely you know someone who does. Unfortunately there are a lot of myths and stigma attached to this painful condition, so we want to change that and share the facts.

Also, in case you missed it, the Australian Rheumatology Association has developed some information to answer some frequently asked questions about the COVID-19 vaccines for people with musculoskeletal conditions. [You can read it here.](#)

We also have a delicious pancake recipe for you to try, info about our upcoming free webinar on your rights at work, ways to get involved in research and much more. Enjoy! And as ever, take care, keep safe and enjoy our latest issue of MSK News.

Rob Anderson - CEO

Gout: a misunderstood condition

There are 41 million adults with gout



worldwide; that's more than twice the number of people living with RA. But not many people realise it's a type of arthritis, or that it can be managed effectively. [Find out more about gout](#) - what it is, what causes it and how it's treated.

Your rights at work

Are you concerned about the impact your condition may have on your ability at work? If so, it's important to understand your rights in the workplace, including when to disclose your condition, what your employer should do to keep you in your job, and what your options are if you experience discrimination. Join us on 10 March for our FREE webinar, as Jessica Dawson-Field, an employment Associate at Maurice Blackburn, takes us through all of these issues and more. [Register today.](#)

Can gout attacks be managed through diet?

There's a common misconception that making some simple changes to diet can keep gout under control. But it's more complicated than that. Find out about [the link between gout and diet.](#)



Banana oat pancakes

Sunday breakfast is sorted! These [banana oat pancakes](#) are a yummy twist on a classic pancake, and are packed with fruit and wholegrains. This tasty recipe was supplied by Melissa Jones, an Accredited Practising Dietitian, who's helping us bring you healthy and nutritious recipes. Melissa has said these pancakes are also suitable for people living with gout. So they're delicious and good for you!

Va va vroom!

You could win an Audi SQ5, fuel for a year and cashable gold worth \$125k! Better yet, while you're feeling the wind in your hair you'll also be feeling warmth in your heart, knowing that you've helped us support those who need us most. [Get your raffle ticket today](#) and you're in with a chance!



Have your say on medicines

The Pharmaceutical Benefits Advisory Committee (PBAC) recommends new medicines for funding by the Australian Government. [Find out what musculoskeletal drugs](#) are being considered by PBAC at its March meeting and how MSK can help you to provide your input into their decisions.

Water: the elixir of life

More than half of your body is made up of water - it lubricates and cushions our joints, aids digestion, carries nutrients and oxygen to our cells, flushes out toxins, helps prevent gout attacks, boosts energy levels and fights fatigue. It's practically magic! But do you drink enough of it? And how much is enough? [Find out more about water and staying hydrated.](#)



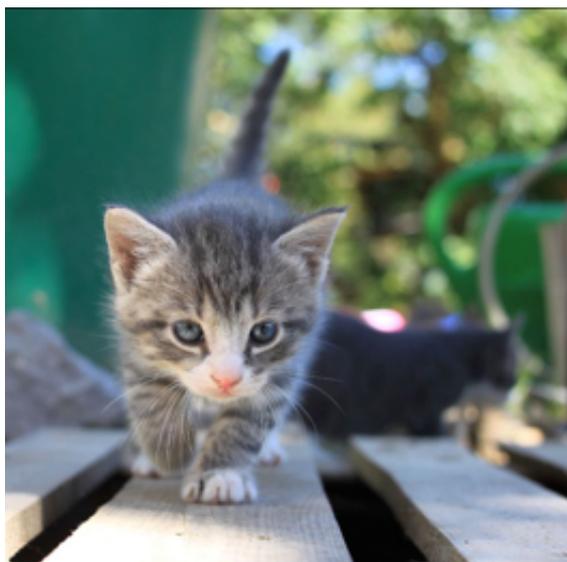
Interested in research?

If you've had a joint replacement and have an interest in contributing to health research that benefits the wider community, the Australian Orthopaedic Association National Joint Replacement Registry (AOANJRR) wants to hear from you! They're running consumer workshops in early 2021 to help inform how they present health information back to patients on their Patient Reported Outcome Measures (PROMs). If you're interested in potentially being involved, please email info@msk.org.au

Contact our Help Line

If you have questions about things like managing your pain, your musculoskeletal condition, treatment options, COVID-19, telehealth, or accessing services be sure to call our nurses.

They're available weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).



Smile!

If you love cats, kittens and all things fluffy, [these adorable foster kittens](#) will literally make you go squee!! And there's not just one video, so be prepared to lose a bit of time here. But it's so worth it.

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