

[Subscribe](#)[Past Issues](#)[Translate](#)[View this email in your browser](#)

Hello, and welcome to MSK News.

This week, we're very excited to share the win for consumers who use prescription meds. Both major parties have committed to reducing PBS co-payments if elected to government! This will bring financial relief for many Australians.

We also take a look at a couple of types of [arthritis that involve crystals](#) - but not in a new-age healing way. And we explore the latest evidence for [glucosamine and chondroitin](#) for osteoarthritis - does it work, and is it safe? We've also got a couple of [yummy recipes](#) for you to try this weekend and so much more.

Have a wonderful week and stay safe.

Rob Anderson - CEO



Crystal arthritis

Did you know that some forms of arthritis are caused by crystals forming inside a joint? Two of these conditions are gout and acute calcium pyrophosphate crystal arthritis. [Find](#)



Glucosamine and chondroitin

For many years, glucosamine and chondroitin - both separately and combined - have been some of the most commonly used supplements for osteoarthritis. But [what](#)

[our more.](#)

[does the evidence say](#) for their use?

You spoke, we listened, and you won!

Consumers who took part in our 2020 national survey and those who contact our MSK Help Line every day have told us that the cost of prescription medicines causes significant financial stress. Using this information and working with the Pharmacy Guild of Australia, we've been lobbying the government to make prescription medicines more affordable. And over the weekend, both major parties committed to [reducing the PBS general co-payment](#) if elected to government. Your voice matters, and it has brought about change.



We've got the perfect gift

With an MSK gift card, Mum can choose from our range of books, DVDs, tap turners, compression gloves, wheat bags, jar openers...and much more! [Shop online](#) with confidence today.



Non-opioid pain management

Find it difficult to get relief from persistent pain? Then [register for our free webinar](#) on 18 May, 7-8pm (AEST) and discover strategies to help manage pain, including medicine and non-medicine options.

Let's get cooking!

We've got a couple of really tasty recipes for you to try this week. Lauren's [oat chocolate chip cookies](#) are crispy on the outside and chewy on the inside. They're full of fibre and protein and perfect for when you're craving something sweet. And Kitty's [Thai chicken yellow curry](#) is a tangy, saucy sensation to warm you from the inside out. Yum!



Please make your tax-deductible donation by 30 June

It's so important that people living with painful musculoskeletal conditions can access our free, easy to read information when they need it, to help manage their conditions. Your gift today can help provide the right information when people need it most. You can call us on 03 8531 8011 or click on the Donate button below.

Donate here



Awareness days

It seems like every time you look at your socials, open a newspaper or listen to the radio, another awareness day, week, or month is being promoted. In fact, as far as musculoskeletal conditions go, May is full of them. So [what's the point of all of these days?](#)



A warm welcome

Our guest Philip Mayers AM, Deputy Chairman of the Freemasons Foundation Victoria, attended our recent AGM and was presented with a Certificate in Recognition of a recent grant to support our [Help Line](#) and [community webinars](#).

Research opportunity: Do you have low back pain?

Researchers from the University of Sydney are looking for people with low back pain to volunteer in an online study. The research aims to help motivate and support people with low back pain to remain physically active and stick to their treatment programs that have been prescribed to them by a GP, physiotherapist, or chiropractor. [Learn more and register your interest today.](#)

Dragon Claw

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

STAY CONNECTED WITH MSK

Follow us on Facebook, Twitter, YouTube and Instagram for all the latest and greatest news, research, events and more.



Copyright © | 2022 Musculoskeletal Australia | All rights reserved



MUSCULOSKELETAL
AUSTRALIA

PO Box 130 Caulfield South, VIC 3162
P: 03 8531 8000 ♦ E: info@msk.org.au
MSK HELP LINE 1800 263 265
msk.org.au

[Why am I receiving these emails?](#)

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Musculoskeletal Australia · 263-265 Kooyong Rd · ELSTERNWICK, VIC 3185 · Australia