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Hello, and welcome to MSK News.

Friday 27 May 2022 marks the beginning of National Reconciliation Week (NRW). It's an important date in our calendar, and we're proud to be supporting it. In this issue of MSK News, [you can find our more about NRW](#), how we're involved and how you can get involved too.

We also look at the most common cause of [jaw pain](#), what to expect when you [visit a rheumatologist](#) and the changes to [telehealth](#) that came into effect at the start of the year. We've got a couple of [yummy recipes](#) from our wonderful volunteers, Kitty and Lauren, for you to try this weekend, and so much more. Enjoy!

Have a wonderful week, and stay safe.

Rob Anderson - CEO

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### **National Reconciliation Week (NRW)**

We're actively supporting this year's NRW between Friday 27 May - Friday 3 June. NRW is a time for all Australians to learn about our shared histories, cultures, and achievements and explore how we can contribute to attaining reconciliation in Australia. [Read more.](#)



### What causes jaw pain?

Did you know the joints in your jaw are the most frequently used joints in your body? [In this article](#), we take a look at temporomandibular joint disorders, the most common cause of jaw pain.



### Visiting a rheumatologist

If your GP thinks you have, or has diagnosed you with a musculoskeletal condition, they may refer you to a rheumatologist. Find out [what you can expect at a rheumatology consultation](#).

### 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](#)



### Telehealth in 2022

At the beginning of the pandemic, the Federal Government made telehealth available for all Australians. This was a temporary measure to keep us safe. But at the start of this year, many telehealth services became a permanent part of Medicare. [Find out about telehealth.](#)



### Learn about joint surgery

Join us for our next free webinar on Tuesday 12 July. Highly respected orthopaedic surgeon Professor Peter Choong will cover common painful conditions of the large and small joints, discuss surgery, and examine the important place of non-surgical care. [Book now!](#)



### Korean saucy beef

Kitty has tweaked the traditional [Korean bulgogi](#) recipe to boost your vegie intake. You'll be sure to enjoy this tasty, hearty meal of beef and vegetables. And it's so quick and easy to make, you'll be able to whip it up faster than your local takeaway can deliver it to you!

### A very simple pumpkin soup

Lauren has provided another hearty meal with this simple [pumpkin soup](#). It's made more nutritious with added fibre and protein from white beans. It's perfect for when it's cold outside and you want something healthy and comforting.



### Planning for a healthier future



"It feels good to have made plans to help people after I've gone."

Sandra Hurst - Gift in Will



Have you thought about leaving a gift in your Will to MSK? Bequests are a lasting legacy that will have a significant impact on the many people who turn to us for information, advice and support in their time of need. If you'd like to learn more, read our [Wills & Bequest booklet](#).

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