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MUSCULOSKELETAL
AUSTRALIA

MSK News

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

19 November 2020

Just when you start to think the whole country is becoming COVID-normal - whatever that is - virus outbreaks pop up in different parts of the country. So we'd like to send a shout out to the people in areas that are currently experiencing these outbreaks. We're thinking of you, and hoping things return to 'normal' soon. Take care.

Here's hoping a vaccine isn't too far down the track! There's been a lot of media about several promising vaccines, but until one is proven to be safe and effective, we need to stick to our usual practices – wear a mask (if it's required where you live), wash your hands regularly, use hand sanitiser, remember to physically distance from other people, and let's not become complacent.

As ever, keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. We hope you enjoy our latest issue.

Rob Anderson - CEO

The frustrations of a foggy brain

Most of us know what it's like to have a foggy brain at times, to feel like your head is full of

cotton wool, affecting your ability to focus or concentrate. It's so frustrating! We look at [what brain fog is, what causes it and what you can do about it.](#)



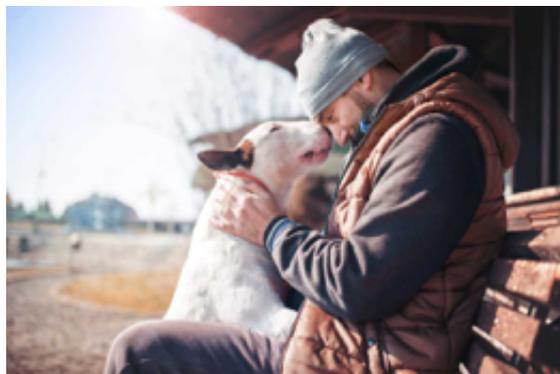
Support our Christmas appeal

Sue, who has dealt with musculoskeletal issues for more than thirty years, [shares her story.](#) *"At times, my condition has made me feel less of a mother, partner, and daughter than I wanted to be."*

Please consider [making a donation](#) to help more people like Sue access our free support services and manage their health this Christmas.

It's ok

Many of us are struggling with our mental health because of this crazy year and the things we've been going through – both personally and at a global level. We look at why it's so important that we [acknowledge our feelings.](#) And for anyone out there who needs to hear this, you're not alone.



Celebrate Christmas with less pain

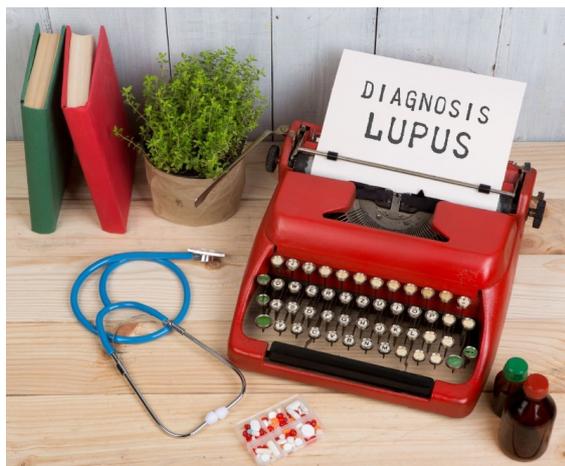
OMG, did you know there are only 36 days until Christmas?!! It seems like Christmas 2019 was just a few weeks ago, now Christmas 2020 is looming! Yikes! So here are our top hacks to help you enjoy some [festive fun with less pain and stress.](#)

Research snippets

This week we've been reading articles about osteoarthritis and weather, combination drug treatments for osteoporosis and a 'stunning' treatment for shoulder and hip osteoarthritis. [Read our research snippets here.](#)

You put the lime in the coconut...

Gabi has been at it again! She made this delicious [lime and coconut larb](#) with noodles and beef mince. It's tasty, it's light and best of all it's ready to eat in 30 minutes! Try it this weekend. It's sure to be a winner.



Free lupus webinar

There's a few more days to register for this webinar, so don't miss out! A/Prof Alberta Hoi, rheumatologist and leading lupus expert will join us on 25 Nov to discuss this complicated condition and answer your questions. [Bookings are essential, so register today.](#)

There's still time to get your ticket

Don't miss your chance to win a premium Range Rover Evoque with a boot full of cashable gold worth \$125,000 and \$25,000 in vouchers from your choice of Australia's leading retailers! [Get your \\$10 Play for Purpose raffle ticket](#) to support people with musculoskeletal conditions and you'll go into the draw to win!



Contact our free national Help Line

If you have questions about things such as 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](#).

Information at your fingertips

Visit our [website](#) for up-to-date, detailed information about [musculoskeletal conditions](#), strategies for [managing pain](#) and [getting a good night's sleep](#), [info to help you live well](#) with a musculoskeletal condition and so much more. It's there when you need it – 24/7.



Do you have OA?

OPUS is looking for interested members of the public with little-to-no scientific background, of any age or gender, to participate in osteoarthritis-related research projects. You don't need experience with osteoarthritis: we're looking for patients, carers or simply community members with an interest in health care. Find out more by [visiting their website](#).

Smile!

It's BBQ weather! Hooray! Just be sure to keep a close eye on your snags. [There are bandits everywhere!](#)



Coronavirus Health Information Line

Call this line if you're seeking information on coronavirus (COVID-19).
It operates 24 hours a day, seven days a week on 1800 020 080.

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