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MUSCULOSKELETAL
AUSTRALIA

MSK News

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

5 November 2020

Welcome to another issue of MSK News.

Wow, it's been an exciting fortnight. We've had elections, footy finals and a race that stopped the nation. We've experienced these things in a dramatically different way to previous years, but we still got to experience them. So that's a win in my book! And in the spirit of looking on the bright side of life, how amazing are our COVID stats? We're doing such an amazing job in Australia – and just in time for us all to enjoy a COVID-safe summer and festive season!

And speaking of the virus, the Australian Rheumatology Association has recently updated their information about COVID-19 for people with inflammatory arthritis and autoimmune conditions. You can [read it here](#).

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

Let's go for a ride

COVID-world has seen many of us rediscovering the joy of riding a bike. It's a great low impact exercise for those of us with a musculoskeletal condition, but if it's been a while since you've pulled on the Lycra, we've got [some tips to help you hop back on that bike](#).



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.

Dealing with morning stiffness

Do you wake up feeling stiff in the morning and find it hard to get moving? You're not alone. It happens to a lot of people with musculoskeletal conditions. So we thought it was time to look at the causes and provide some [suggestions on how you can manage it](#).



Research snippets

This week we've been reading some fascinating articles about psoriatic arthritis, stem cell injections for osteoarthritis and whether vaccinations trigger flares in juvenile arthritis. [Read our research snippets here](#).

Yummy 'sausage' rolls

Our staff are turning into Master Chefs! Lisa made these [vegetarian sausage rolls](#) for a Cup Day picnic. Quick and easy to make,



they're the perfect finger food for vegetarians and meat eaters. And so delicious you won't be able to stop at one!

Free lupus webinar

Join us on 25 Nov as A/Prof Alberta Hoi, rheumatologist and leading lupus expert discusses the diagnosis and management of this complicated condition and answers your questions. [Bookings are essential, so register today.](#)



Have you got your ticket yet?

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](#).

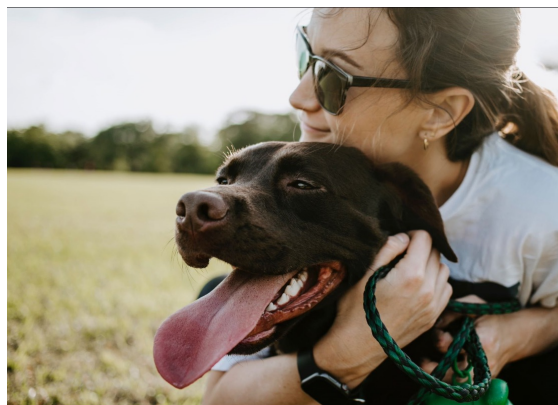
Information at your fingertips

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.

Smile!

Our pets deserve a round of applause for helping us through a tough year. **Check out the reactions** of these pups as their owners do just that.



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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