

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

Hello, and welcome to MSK News!

We've got a mixed bag of goodies for you in this issue! We take a look at [Raynaud's phenomenon](#), a condition that affects the hands, especially in the cold. Speaking of hands, hand therapist Catherine shares her top [five tips for healthy hands](#). And if you're looking for more reasons to laugh, we explore the [healing powers of a good giggle](#).

Our fantastic volunteers, Kitty and Lauren, have provided some [tasty treats](#) for you to whip up this week - [matcha tofu pudding](#) and [ginger soy salmon](#). Yum! I know what I'll be cooking for the family this weekend!

Finally, next week (5-11 September) is [Women's Health Week](#). The theme '*It's all about you*' is a call to action for busy women to make time to look after their health and wellbeing. So if you've been putting off a health appointment, taking time to be active, or even just finding some space in your day to chill, make it a priority. And remember, if you need info or support about your musculoskeletal condition, contact our [Help Line](#) or visit our [website](#). You can also get general information about women's health from our friends at [Jean Hailes](#).

Stay safe, stay well, and have a wonderful week.

Rob Anderson, CEO

---

### There's still time

Don't miss our free online lecture [Working Wise](#) on 7 September. Our presenters will provide tips, strategies, and resources to



help you manage your symptoms, stay at work, change jobs, understand your rights and more.



### Raynaud's phenomenon

Apart from having a really cool name - *it's a phenomenon, for goodness sake!* - what is Raynaud's? [We look at this common condition](#), how it affects people and how it's treated.



### Five tips for healthy hands

As an Accredited Hand Therapist, Catherine is often asked about the things people can do to look after their hands. [She shares her top tips.](#)



### No kidding!

When the poet Lord Byron said, '*Always laugh when you can. It is cheap medicine*'; he was on to something. Laughter really can help you deal with your pain better. [Find out how.](#)



### COVID antivirals

What's the deal with COVID antivirals? How do they work, and who can access them? Learn the answers to these questions and more at The Health Issues Centre's [free online forums.](#)



### A unique gift for Father's Day

Make Dad feel special this Father's Day with a [Peninsula Hot Springs gift certificate](#). There are loads to choose from, and they're valid for 3 years. You can use them at Peninsula Hot Springs and their sister springs, Metung Hot Springs, opening soon. Peninsula Hot Springs are proud charity partners of Musculoskeletal Australia.



### Buy one ticket - win two cars!

How would you like to win a \$250,000 electric duo, including a BMW iX xDrive 40, a MINI Cooper SE Hatch AND \$32,263 in cashable gold bullion? For just \$10 a ticket, all this and hundreds of other great prizes could be yours. Raffle closes 15 September, [so hurry to get your ticket today](#).



### Kitty's matcha tofu puddings

This dessert uses matcha, a powder made from finely ground green tea leaves. You'll love the smooth, sweet and healthy combination of ingredients in this [simple but tasty pudding](#).

### Lauren's ginger soy salmon

This [simple and healthy dish](#) is high in omega-3 fatty acids and other good stuff. But it's the combination of flavours that'll really make this dish a family favourite.



## Advertise with us

Looking to reach people with arthritis and other musculoskeletal conditions? [Get in touch with us](#) to discuss the many advertising options we can offer.

---

## Dragon Claw

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

---

## Recruiting now!

The following research trials are currently looking for participants.

### ***Do you have knee pain and/or knee osteoarthritis?***

La Trobe University is investigating ways to improve knee pain, function and quality of life through food. [For more info and to register, visit http://semrc.blogs.latrobe.edu.au/feast-study/.](#)

### ***Do you have chronic pain?***

Researchers from The University of Queensland are looking for people to participate in a short online survey to understand the thoughts and feelings that might influence pain management. [Fore more info or to get started, go to https://redcap.link/UQpainsurvey.](#)

---

## 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**  
A U S T R A L I A

PO Box 130 Caulfield South, VIC 3162  
P: 03 8531 8000 ♦ E: [info@msk.org.au](mailto:info@msk.org.au)  
MSK HELP LINE 1800 263 265  
[msk.org.au](http://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