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Hello, and welcome to MSK News!

Did you know that October is choc-full of awareness days for musculoskeletal conditions? 12 October is [World Arthritis Day](#), 16 October is [World Spine Day](#), 20 October is [World Osteoporosis Day](#), and 31 October is [Rattle Ya' Bones Day](#) (RYBD). And they all have similar and vital goals - to raise awareness and draw attention to the pain, distress and disability these silent, invisible conditions cause. You can help us make some noise in Australia by getting involved in RYBD.

Also, in this issue, we answer the much-asked question, '[can you avoid getting arthritis?](#)' We look at the most common type of arthritis - [osteoarthritis](#) - what it is, how it's treated, and why we need to stop considering it 'just arthritis'. And because it's spring, we tackle [spring cleaning](#) and provide you with some tips to make it easier on your body.

Finally, our volunteers have provided [delicious recipes](#) for you to whip up this week - [steamed pork with tofu](#) and [Portobello mushroom burgers](#). Yum!

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

Rob Anderson, CEO



It's not 'just arthritis'

Osteoarthritis (OA) is the most common form of arthritis. And because of this, its effects can often be underestimated. If you have OA or know someone who does, you know it can significantly impact every aspect of life. So, it's not 'just' arthritis. [Let's look at what it is.](#)



Spring cleaning the easy way

With the improved weather, we often take the time to do a big spring clean. But this can take a toll on you when you live with a musculoskeletal condition, chronic pain, and fatigue. So we've got some tips to help you [sweep away winter](#) without overdoing it.



Time to make some noise!

With Rattle Ya' Bones Day fast approaching, it's a chance for people everywhere to make some noise and raise awareness of invisible musculoskeletal conditions. Do your bit by sharing your story. [Find out how.](#)



Can I avoid getting arthritis?

Around 7 million Australians live with arthritis and other musculoskeletal conditions. So can you avoid becoming one of them? Maybe? It depends? Find out about risk factors and [how you can reduce yours.](#)



Complementary medicines webinar - 10 November

Most people decide to try complementary medicines based on the potential benefits, but often don't think of potential risks. Like any drug, however, they have risks. But it can be difficult to find all the information you need to make an informed choice. In this **free** webinar, Dr Geraldine Moses will discuss where and how to find this information. [Register today.](#)



Steamed pork with tofu

This [pork and tofu dish](#) from Kitty is full of flavour and will give you a new idea for dinner with delicious Chinese elements.



Portobello mushroom burgers

Vitamin D is essential for our bodies to function at their best. [This burger](#), with all its fillings, is not only a source of vitamin D but also a great source of calcium too!

COVID-19 and Equity - Free symposium

The Australian Ethical Health Alliance (AEHA) invites you to join an online symposium Wednesday 26 October, from 12pm-1.30pm AEDT. The theme will encompass how the most vulnerable in healthcare have been treated throughout

the pandemic: how it happened, why it happened, and what it means for AEHA and the way healthcare is organised. [Find out more and register here.](#)

Recruiting now! Get Back to Healthy study: 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 as prescribed by their GP, physiotherapist, or chiropractor. The study involves a usual care group and a back pain support system group. The support system involves a health coaching program delivered over the phone. You have a 50% chance to be randomly put into either study group. To learn more and register your interest go to: <https://tinyurl.com/getbacktohealthystudy>

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