

[View this email in your browser](#)



MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

18 June 2020

Welcome! Did you know it's Men's Health Week? Common musculoskeletal conditions that affect men include [gout](#), [osteoporosis](#), [ankylosing spondylitis](#), [back pain](#) and [osteoarthritis](#). So if you're a guy (or you care for one) who has any of these conditions - or any [other musculoskeletal condition](#) – we can help. Contact our national Help Line today on 1800 263 265, [email us](#) or [visit our website](#).

In this week's issue of MSK News we look at the sunshine vitamin, if we'll ever get rid of COVID-19 and the importance of social connections. We'd also like to invite you to join our staff, volunteers and supporters (in spirit) by taking part in our Walk in July event.

Oh and we're really pleased to let you know that many neighbourhood houses are reopening for fun, physical activities. You can find out more about this on our [Active Neighbourhoods](#) page.

Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And if you're enjoying MSK News [forward it to a friend](#) so they can too!

All of our services are provided without cost to ensure that everyone can access support to help manage their musculoskeletal condition. However it does make it hard for us to fund our services. I'm asking for your help; this is hard for us to ask knowing how tough times are for everyone. But now is the time to show us you value our work. If you can, please consider [making a tax](#)

[deductible donation before 30 June](#). Together we can continue to help those who need us most.

Rob Anderson - CEO

---

### Vitamin D - the sunshine vitamin

Most of us 'sort of know' that vitamin D is good for our health, but maybe we don't know the nitty gritty of how it works. So we thought it was timely to do a quick refresher. And what's the link between vit D and COVID-19?

[We explain all.](#)



---

### There's still time to make your tax deductible donation by 30 June

Now more than ever, people with musculoskeletal conditions are relying on our free Help Line to remain connected to a supportive community and to manage their condition. Will you please help by making a tax deductible donation today to ensure the MSK Help Line is available to those who need it most? [Donate here](#) or call us on 03 8531 8011. Our sincerest thanks to those who have already made a donation.

[DONATE HERE](#)



---

### Can we get rid of COVID-19?

NZ has eliminated the virus from their shores recently, abandoning social distancing and most restrictions. Can we expect a similar thing to happen in Australia and around the world? We explore [virus suppression, elimination and eradication](#).



**WALK IN JULY FOR MSK**  
 ANY DISTANCE | ANYTIME | ANYWHERE

Overcoming the silence surrounding musculoskeletal conditions.

**REGISTER TODAY**

No matter where you live or your fitness level, join us for this virtual event. Walk by yourself, with friends and family or get a team together - the choice is yours!

**REGISTER TODAY!**

### Connections

After the loss of a loved one this week I couldn't help but reflect on how this pandemic has impacted **our lives and our social connectedness**. Now more than ever we need to connect with others, in open and honest ways. It's different to pre-COVID - most things are - but it can still be rich and meaningful.



### 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**. As well as **info to help you live well** with a musculoskeletal condition and so much more. It's there when you need it - 24/7.

### Only 3 days to Early Bird draw!

Early Bird draw closes on 21 June so don't miss your chance to win extra prizes as well as \$250,000 in cashable gold bullion. Your \$10 **Play for Purpose** raffle ticket will go a long way in helping us support millions of Australians who live with arthritis, osteoporosis, back pain and other



musculoskeletal conditions.



**Are you ready to take the plunge?**

Our good friends at Peninsula Hot Springs are delighted to be able to welcome guests back to their stunning facility on the Mornington Peninsula. So if you're longing for that overdue massage and a little self-indulgence why not visit them soon. [Check their website](#) for more information, and remember bookings are essential.

**Contact our national MSK Help Line**

If you have questions about things such as managing your pain, COVID-19, your musculoskeletal condition, treatment options, telehealth, or accessing services be sure to call our nurses. They're available weekdays between 9am-5pm on 1800 263 265; email [helpline@msk.org.au](mailto:helpline@msk.org.au) or via [Facebook messenger](#).



**Smile!**

Sometimes you just can't [reach that itch](#) without a little help.





---

## 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.

---

## STAY CONNECTED WITH MSK

Follow us on Facebook, Twitter, YouTube and Instagram for all the latest and greatest news, research, events and more.



*Copyright © | 2020 Musculoskeletal Australia | All rights reserved*



**MUSCULOSKELETAL**  
AUSTRALIA

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?](#)

No longer wish to receive these emails? [unsubscribe from this list](#)

---

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