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MUSCULOSKELETAL
AUSTRALIA

MSK News

Your weekly update about
COVID-19 and musculoskeletal health

21 May 2020

As we enter another week of iso and there's talk of more restrictions being lifted, you can't help but feel optimistic. Even if many of us are shivering as we wait outside coffee shops for our morning caffeine hit. It's getting so cold! What a time to be physical distancing!

To help you stay up-to-date and informed while you wait for that coffee/tea to arrive, this issue of MSK News looks at COVID-19 treatments, managing chronic pain in iso and we also look at how our language is changing as we live in this strange new world.

And of course, we'll update you on our latest news and goings on at Musculoskeletal Australia.

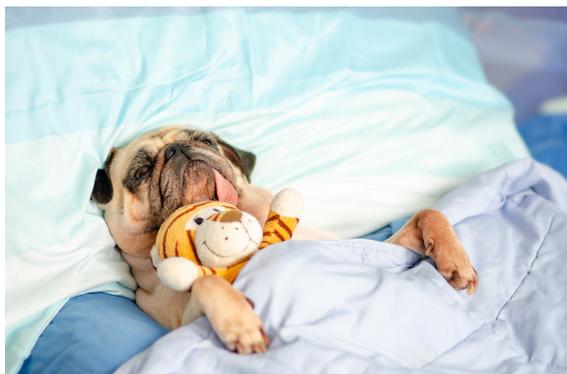
Remember if you need any information or support, we're here to help. Call us weekdays between 9am and 5pm on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).

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!

Rob Anderson - CEO

Treatments for COVID-19

While there are no treatments specifically able to target SARS CoV-2, the virus that causes the disease we know as COVID-19, there's a LOT of research being done to find one. We take a quick look at [some of the treatments being investigated](#).



Pain, pain, go away

For many of us our pain is always there. It's a constant - just like taxes. Pain is invisible, it hurts and it's exhausting. So we look at some ways you can [manage your pain in iso](#).

Make your tax deductible donation by 30 June to help the most vulnerable people

Now more than ever, we're asking for your support to help people get through this especially tough time. Please consider 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.

[DONATE HERE](#)

New virus, new language?

Have you noticed how many new words, acronyms and phrases have entered our vocabulary since rona arrived? Do you know what a quarantini is? Or sanny? Or magpieing? Read our blog so you're up-to-date on the [latest words and phrases](#) that have emerged during this pandemic.



Volunteers - the heartbeat of our organisation



It's National Volunteer Week and a BIG thank you goes to every one of our volunteers for the priceless contribution they make to our cause. These generous people dedicate their time to help us in various capacities. Rosie, one of our data entry volunteers, [share's her story](#) about what it's been like volunteering during this pandemic.

Share your MSK message

You can help us help others by creating a short video or even a photo with a message of support, help and hope to others living with musculoskeletal conditions who may be struggling with isolation and COVID-19. For more information [email us](#). We'd love to hear from you and share your story.

THIS SPONSORED CONTENT BY AbbVie

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AbbVie Discovery Series: The evolution of arthritis treatment and care - presented by Adam Spencer.

Information at your fingertips

Have you checked out our [short videos from our nurses Anne and Clare](#)? They're helpful, bite-sized pieces of info to help you manage your musculoskeletal condition during this pandemic. We also have a large collection of videos for you to watch on our [YouTube channel](#). From managing pain, to understanding your condition, mindfulness and so much more.

Interested in participating in research? There are some really exciting research trials looking for participants across Australia. We're helping researchers promote their studies by sharing them on our Facebook page. [Follow us](#) to stay informed of current research projects.

You've got to be in it to win it!

Buy your ticket before 21 June and you not only have the chance to win \$250,000 in cashable gold bullion but you'll also go into the draw to win a \$1,000 voucher for yourself and an extra \$1,000 that goes to



Musculoskeletal Australia! A \$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.

Contact our national MSK Help Line

Our nurses are keeping on top of all the latest medical information about COVID-19 and how it relates to your musculoskeletal condition. They can give you lots of helpful information and support. Contact the MSK Help Line weekdays on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).



Smile - and the world smiles with you

When you just can't get enough - it's more than a **koala can bare**.

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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