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MUSCULOSKELETAL
AUSTRALIA

MSK News

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

24 September 2020

Spring has well and truly sprung! Things feel so much brighter and happier when the sun is shining. Makes you want to haul the BBQ out or put the picnic rug down, enjoy yummy food and just bask for a bit.

So in this issue of MSK News we're looking at diet - specifically how you can **eat well without breaking the bank** and **anti-inflammatory diets** for MSK conditions.

Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And remember to contact our free Help Line weekdays - 1800 263 265 or helpline@msk.org.au - and speak with our nurses any time you need information and support. We're here to help.

Rob Anderson - CEO

Eat well for less

With tight budgets - and tighter waistbands (hello COVID kilos) - it's timely to look at what we're eating and how we can eat well without spending a fortune. Here are our **top tips for enjoying tasty, healthy and cost-effective**

meals and snacks.



Want to make a difference and be more involved?

Our Consumer Advisory Committee (CAC) plays a vital role in supporting our Board and management on strategic direction and future planning. The CAC is seeking new members from other states and territories and would love to hear from you!

[Find out more](#)



Have you had your say?

Our National Consumer Survey is the largest of its kind and will help us understand the impact of musculoskeletal conditions on everyday Australians. **Ryan from Perth** has added his voice to thousands of others. You can too. Help us advocate to improve health and community services for people with these conditions by **taking part today**. Every voice counts!

Free
Webinar



Medicinal cannabis: Weeding out the facts

Places are filling fast so make sure you **register today!** Our free webinar on 6 October features Dr Richard di Natale and Prof Iain McGregor. They will discuss the use of medicinal cannabis in Australia - what it is, available forms, access issues in Australia and the current evidence for use.

Anti-inflammatory diets

The possibility that we could fight inflammation with the foods we eat sounds amazing, which is why these diets are so tempting. So [what's an anti-inflammatory diet](#) and what's the evidence (if any) behind them?



Your spare change can create real change

We've partnered with round-up app [Sipora](#), enabling people to donate their spare e-change to MSK each month. Simply download [Sipora](#) from the app store and nominate MSK. Sipora "rounds up" every electronic transaction you make on your selected account (from coffees to car insurance, groceries to garden tools) to the nearest dollar and deposits it in your personal secure electronic wallet. Sipora then directs your monthly round-up amount to MSK.

[Find out more](#)



Taco time!!!

This [tasty taco recipe](#) is easy to make and ready in no time. Perfect to enjoy on a lazy spring weekend. And the great thing about them is they're so flexible – add or change ingredients to suit your tastes. Yum!

Image and recipe courtesy of LiveLighter, Dept of Health WA.

Research snippets

This week we've been reading articles about gout and diet, turmeric for knee osteoarthritis and exercising through pain. [Read our research snippets here.](#)



Have your say on medicines

The Pharmaceutical Benefits Advisory Committee recommends new medicines for funding by the Australian Government. Find out [what musculoskeletal relevant drugs are being considered by](#)

PBAC and how MSK can help you to provide your input into their decisions.



Smile!

We all need a **little help from our friends** now and again.

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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