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MUSCULOSKELETAL
AUSTRALIA

MSK News

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

27 August 2020

Welcome to MSK News!

In case you missed it, last week we launched our national survey - the largest of its kind ever undertaken in Australia. For too long musculoskeletal conditions have been ignored – even though they're the leading contributor to disability worldwide. With millions of Australians currently living with these conditions - this survey will help us understand how we can better support our community and advocate to improve health and community services.

You can help us by [taking part in the survey and sharing your experiences](#). Or if you'd like more info, [visit our website](#).

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

Spring cleaning - the easy way

Cleaning and re-organising can take a toll on

all of us, adding to our pain and fatigue. So we've put together some **tips and hacks** to help you with Spring Clean 2020.



Free Webinar



Medicinal cannabis: Weeding out the facts

Join us on 6 October at 7pm as speakers Dr Richard di Natale and Prof Iain McGregor discuss the use of medicinal cannabis in Australia - what it is, available forms, access issues in Australia and the current evidence for use. **Find out more and register today.** Places are limited!



Research snippets

We're all interested in the advancements happening in research, but there's so much happening it's hard to keep up! That's why we've added this new regular feature - to share some of the **exciting research** we've been reading lately.



**Can we show you how
your spare change can
create real change?**

Visit msk.org.au/sipora
for more information



Are people with MSK conditions in books, movies & TV?

We're few and far between! We searched

high and low and created this list of some of the **books, TV shows and movies** that feature people with musculoskeletal conditions and chronic pain.



Delicious dhal recipe

We thought you might enjoy this hearty **cauliflower and edamame dhal**. One of our staff guarantees it's easy to cook, delicious, and makes plenty, so you can cook a batch and freeze the leftovers to eat when you're not feeling 100%. *Image kindly provided by Sanitarium Health & Wellbeing Company.*

Your chance to win...

...\$250,000 in cashable gold to spend on anything you like! Get your \$10 **Play for Purpose** raffle ticket in support of **Musculoskeletal Australia** to help people living with arthritis, osteoporosis, back pain and other musculoskeletal conditions.



Smile!

Because who doesn't love a **roll in the hay**?

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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