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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

4 June 2020

Hands up if you've visited your local pub, club, cafe or restaurant now that restrictions have eased? How amazing does it feel to enjoy something that isn't (a) take away or (b) made in your own kitchen or (c) banana bread? It really does feel like our world is opening up again.

In this week's MSK News we look at the latest changes to accessing opioid medications, the curious case of people who are asymptomatic, pre-symptomatic or mildly symptomatic with COVID-19, and our nurse Clare provides some reflections from the Help Line. We also have some exciting news about our new event Walk in July for MSK.

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](mailto: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!

**We need your help.** 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

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### More changes to opioid access

Opioids are a group of medications with which we have a long and complex relationship. They can provide great pain relief but can also cause great harm. On 1 June we saw new changes to how we use and access opioids. Find out about [opioids and these changes](#).



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### 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](#)



### When you have COVID but don't know it

We know that some people with COVID-19 may never feel sick or have any symptoms. They're what's called asymptomatic. But did you know that people can also spread the virus when they're pre-symptomatic or mildly symptomatic? [We look at what these terms mean](#).



## WALK IN JULY FOR MSK

ANY DISTANCE | ANYTIME | ANYWHERE

Overcoming the silence surrounding musculoskeletal conditions & raising funds & awareness for **Musculoskeletal Australia**.

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!**

### COVID reflections

Our Help Line nurse Clare provides some insight into what it's been like to help people struggling with musculoskeletal conditions through a pandemic, from the lows to the highs. [Read her story.](#)



### Information at your fingertips

We have a few online events coming up that may be of interest to you or your loved ones. We have a free webinar on [polymyalgia rheumatica](#) as well as our first [MSK Kids parent support](#) and chat group.

### Don't miss your chance to win big!

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](mailto:helpline@msk.org.au) or send a message via [Facebook messenger](#).



### Smile - and the world smiles with you

This little one has quite a lot to say...stuff that only a Dad can understand apparently.

### 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.



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