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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

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

8 October 2020

Welcome to our latest issue of MSK News!

We hope you're all doing well and looking after yourselves and your loved ones. It's been a crazy year so far, but with the warmer weather - and the decreasing COVID numbers across Australia - you can't help but feel more optimistic. We still have a fair journey ahead of us, but together we'll get through.

I'd also like to take this opportunity to remind you that the wonderful nurses on our free Help Line are here to answer your questions – about your condition, treatment options, accessing services and so much more. Contact them weekdays – 1800 263 265 or [helpline@msk.org.au](mailto:helpline@msk.org.au) – for information and support. We're here for you.

As ever, 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

## Painsomnia

It's 2am and you've been tossing and turning for hours. You're so tired but you just can't sleep. Sound familiar? We've all experienced the dreaded 'painsomnia' – or insomnia caused by persistent pain. [Find out what you can do about it](#) and get the sleep you need.



## There's still time to have your say

Our National Consumer Survey is in its last few weeks! It's the largest of its kind and we want to hear from people from all walks of life, all ages and all musculoskeletal conditions. Please help us advocate to improve health and community services for people with these conditions by [taking part today](#). Every voice really does count. [Listen as Susi from the mid north coast of NSW](#) shares her story. She's added her voice to thousands of others. [You can too!](#)

## Getting down and dirty in the garden

Gardening is a great way to relax, get some exercise and vitamin D – all in one go. But it can be painful if you have a musculoskeletal condition. [Check out our gardening tips and hacks](#) to help you enjoy your garden without the pain.



## Want to make a difference and be more involved?

Our Consumer Advisory Committee (CAC) supports 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!

Closing date for applications is Friday 16 October, so if you want to [get involved, get in quick!](#)

## Burgers anyone?

I have it on good authority from our nurse Anne that these beetroot burgers are



delicious and perfect on the BBQ. This is one she whipped up on the weekend. Yum! And the great thing about burgers is that once you've made the patty itself, you can add whatever you want to the **bun to suit everyone's tastes** - cheese, lettuce, onion, tomato, jalapenos, egg, more beetroot - the sky's the limit!

### Win a boot-iful \$250K prize pack!

You could be driving away in a premium Range Rover Evoque with a boot full of cashable gold worth \$125,000 and \$25,000 in vouchers from your choice of Australia's leading retailers. Simply get your **\$10 Play for Purpose raffle ticket** in support of Musculoskeletal Australia and you'll go in the draw to win!



[Buy your ticket here](#)



### Research snippets

This week we've been reading articles about RA and diet, mindfulness for fibromyalgia and the effects of AS on a person's emotional wellbeing. [Read our research snippets here.](#)

### Medicinal cannabis: Weeding out the facts

Tuesday night we hosted a fantastic and extremely informative webinar exploring the issues of medicinal cannabis in Australia with Dr Richard di Natale and Prof Iain McGregor. If you missed it, we'll have the recording on our website very soon! Keep an eye on our website and socials for details.

**Smile!**

These **mountain gorillas** live by the old adage that it's better out than in – whether it's a song or a bit of wind.



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## 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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