

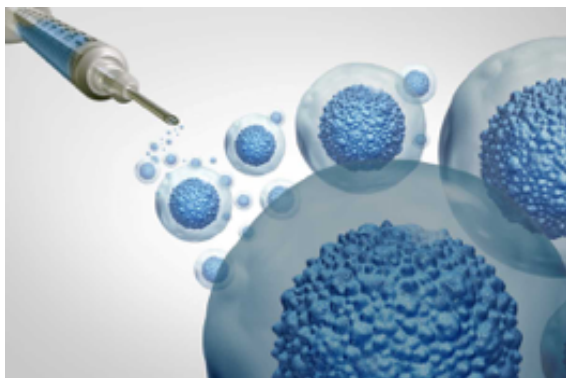
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Happy new year! From all of us at MSK, we hope you had a relaxing and restful holiday period. We certainly did!

In this issue of MSK News, we explore [stem cell treatments for osteoarthritis](#) and the curious condition '[reactive arthritis](#)'. We've got tips to take the stress out of [getting to medical appointments](#), as well as info about our [free webinars](#). And our volunteer [Kitty](#) [has provided a recipe](#) that's perfect for a hot summer day.

I hope you enjoy reading our first issue of MSK News for 2023.

Rob Anderson, CEO



### Stem cell treatments and osteoarthritis

There's a lot of hype about stem cell treatments. But what are stem cells, and are they the miracle treatment we've been waiting for? [We take a look.](#)



### Reactive arthritis

DYK that there's a link between certain bacteria and a type of arthritis? [Find out how](#) a case of food poisoning, or a sexually transmitted infection, can sometimes cause arthritis.



Image: Professor Andrew Briggs and Carolyn Page at the launch of the Victorian Model of Care for Osteoarthritis of the Hip and Knee in 2018.

## Sad news about a great friend

We were incredibly saddened to hear of the recent death of Carolyn Page, Senior Physiotherapist at St Vincent's Hospital, Melbourne. Carolyn was a great advocate for consumer-centred care and worked closely with our staff on a range of projects over many years. She will be greatly missed. We extend our sincere condolences to her family, friends and colleagues.



## Help us advocate for change

Your gift can help us advocate for crucial change to improve the lives of people with musculoskeletal conditions like arthritis and back pain. [Please donate today.](#)



## Taking the stress out of getting to appointments

Getting to medical appointments can often be stressful, time-consuming, costly and difficult. Especially when it's somewhere new, or you're anxious. [We've got some info](#) to help you get to your appointments safely and calmly.



## Setting achievable goals

We often start a new year with great determination and a fistful of shiny new resolutions. But for many people, the resolve fades quickly. We look at how you can set [realistic and achievable goals](#).

## Let's work together

We're looking for opportunities to partner with a diverse range of organisations. We're always excited to work with partners to develop tailored solutions. To discuss how a partnership with Musculoskeletal Australia might work for your organisation, please call +613 8531 8000 or email [karla@msk.org.au](mailto:karla@msk.org.au)



### Japanese cold noodles

[This recipe](#) from Kitty is a refreshing meal idea for a hot summer day. The ponzu sauce provides a tart sensation that'll make your taste buds sing!



### Check out our free consumer webinars!

We've got some great speakers and topics lined up for 2023. And because they're online, you can learn from the comfort of your own home. [Find out about](#) medicinal cannabis, RA, neck pain and more.

## Dragon Talks

Our friends at Dragon Claw host free weekly online meetings providing information, discussion and support for those affected by autoimmunity (patients and companions). Enquiries: [Charmaine@dragonclaw.net](mailto:Charmaine@dragonclaw.net) or [visit their website](#).

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