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Hello!

While writing this issue of MSK News, I have to confess I've had the song [Walk like an Egyptian](#) stuck in my brain. It's been driving me a little crazy when I wasn't tapping my foot to the beat! Find out how the song VERY loosely relates to [ankylosing spondylitis](#). We also look at how planning and working with your healthcare team can help in the [journey to becoming a parent](#). And [tips to help you](#) look after yourself if you're a carer.

We're thrilled to share contributions from three of our wonderful volunteers. [Kitty](#) and [Shalini](#) have provided some yummy [recipes](#) to get your mouth watering. You're sure to want to try these out soon. We also have an article from [Andrew](#), a rheumatology physio who works closely with people living with AS.

Enjoy MSK News, and have a wonderful week!

Lisa Bywaters, Content and Knowledge Manager



Walk like an Egyptian

DYK, for many years it was believed that



Planning to become a parent

Deciding you want to become a parent is an

several ancient mummies had ankylosing spondylitis (AS)? Cool story. Unfortunately, this has now been debunked. But let's not let facts get in the way of a good story. And let's [find out about AS](#).

exciting and anxious time for any person, but it can be made more challenging and stressful if you, or your partner, have a musculoskeletal condition. [We look at what you can do](#) to be in the best position to have a safe pregnancy and healthy baby.

 This issue is proudly sponsored by Pfizer.

NEED HELPFUL RESOURCES FOR OTHER HEALTH CONDITIONS?

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A physio's perspective

In recognition of World Ankylosing Day on Saturday 6 May, Andrew Zhang, a rheumatology physiotherapist at a large tertiary hospital in Sydney, has written a [guest blog about AS](#).



Sesame seed crusted salmon kebabs

Shalini has made an easy, [healthy salmon dinner](#) with couscous salad. It's crunchy and full of flavour. Perfect for a weeknight when you want something tasty and quick.

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Cheesy cream cauliflower bake

Kitty has created a rich and [creamy cauliflower dish](#) that's perfect for a cold winter's night. Crispy on top with a gooey cheese centre, this is real comfort food.



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Caring for the carer



Learn about the amazing science of the brain

DYK, there are almost 2.7 million carers in Australia? That's about 1 in 10 Australians. Being a carer can be very fulfilling and bring you closer to the person you're caring for. But at times, it can also be demanding and stressful. We provide [some practical](#) tips to help you look after yourself and the person you care for.

If your child has chronic pain, join us on 3 May as Dr Joshua Pate shares his experience, knowledge and the latest research on paediatric chronic pain. Joshua is a senior lecturer in physiotherapy and the author of [Zoe and Zak's Pain Hacks](#), a series of books designed to help children learn and talk about pain. [Register today!](#)

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 or visit their [website](#).

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