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Hello!

Do you find it tough to include self-care in your daily routine? We've got some [simple tips to help](#). We also look at a [musculoskeletal condition](#) that at one time was suspected to be the cause of Beethoven's deafness.

And did you know your bones are living tissue? They may seem dry and lifeless, but they're very much alive. And just like our muscles, they [need regular exercise](#).

Ready to try your hand at some tasty recipes? We've got you covered. For something to warm you up on these cold, wintery days, try Lauren's [spiced chickpea soup](#). And for a quick, no-cook, sweet snack, whip up some of Shalini's [peanut butter energy balls](#).

Finally, it's with mixed emotions that I share with you that after almost 6 years, our wonderful nurse Clare is leaving MSK. We'll miss her greatly and wish her all the best in her future endeavours.

Enjoy MSK News, and have a great week.

Lisa Bywaters, Content and Knowledge Manager



A disease of the bone

What do a 10th-century Viking, the subject of a 16th-century painting, and Beethoven have in common? They were all suspected of having [Paget's disease](#).



Maximise micro-moments

Having trouble fitting self-care into your day? Perhaps you need to harness the power of micro-moments. We share our tips for making [small moments work](#) for you.



National Arthritis and Back Pain+ Help Line

If you have arthritis, back pain, fibromyalgia, gout, osteoporosis, or another musculoskeletal condition, our nurses can help. Call our Help Line for info and support to manage your condition. Best of all, it's free! Call 1800 263 265, weekdays from 9am to 5pm (excluding public holidays), or email helpline@msk.org.au



Exercise your bones

Like your muscles, your bones respond to exercise by becoming stronger. Find out about your bones and [why exercise is so important](#) for their health.



We need you

There's still time to support our tax appeal. Donate by 30 June to help make a difference in the lives of young Australians living with pain. [Donate securely here](#).

Experience Winter Wellness

Enjoy a complimentary signature wellness activity* with your Bath House Revitalise booking at Peninsula Hot Springs in June.



Experience the invigorating benefits of geothermal bathing and wellness, creating a sense of complete rejuvenation. [Book today.](#)

**Only available Monday to Friday, outside of public holidays, until 30 June 2023.*



Peanut butter energy balls

Looking for a quick, tasty snack that involves zero cooking? Try Shalini's [energy balls](#).



Spiced chickpea soup

Spicy and delicious, Lauren's wonderfully filling and [warming soup](#) is full of flavour.



All aboard!

Anne, one of our amazing help line nurses, recently had a tour of a mock-up X'Trapolis 2.0 train. These trains will provide more accessibility and comfort for passengers and will be hitting the tracks in Victoria in 2025.



Do you currently have low back pain?

The University of Sydney researchers want to help people recover from back pain by simply receiving text messages. If you're interested, [visit their website](#) for more info.



Lounge and learn

DYK, we have a huge library of [webinar recordings](#) that you can watch from the warm comfort of your couch? Learn more about RA, sleep, pain, shoulder problems and more.



Dragon Talks

Join our friends at Dragon Claw for free weekly online meetings. Meet and chat with others affected by autoimmunity (patients and companions). Contact Charmaine@dragonclaw.net or visit their [website](#).

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