



Hello!

Living with a chronic condition can be expensive. When you add rising living costs, financial stress is almost inevitable. We've got a [bunch of strategies](#) that may help if you're feeling the squeeze.

And DYK, the shoulder has four joints? No wonder it causes problems for so many people. We look at the complexity of the shoulder and how you can [manage shoulder pain effectively](#).

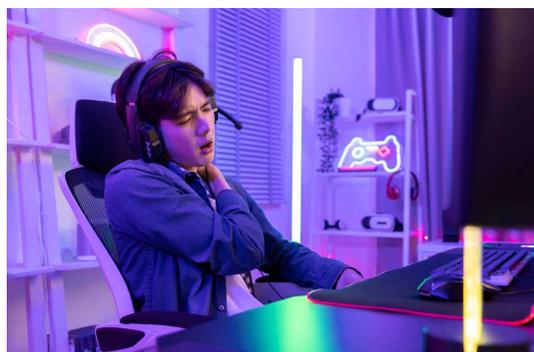
We also delve into the tongue-twisting world of [pharmacogenomics](#) (try and say that fast three times!). This is the study of how your genes may affect how your body reacts to certain medicines. Fascinating and mind-bending stuff!

Ready to do some cooking? Our volunteers have created some [tasty recipes](#) you can whip up in a flash. Try Shalini's [veggie frittata](#) and Kitty's [eggplant pizza](#). Yum!

And finally, I'd like to wish you all the best as I say goodbye. After almost 30 years (yikes) at MSK, it's time for me to move on to new adventures. I started at Arthritis Victoria as a five-year old :) librarian, and have done almost every job imaginable. I've run a library, led self-management courses, created websites, written books, and developed this newsletter at the beginning of COVID. Over these many years, I've worked with so many wonderful people - staff, volunteers and consumers. And it's the people that make you stay somewhere for so long. But it's time to stretch my wings and try something new. So in the words of the children in The Sound of Music - [so long, farewell, auf Wiedersehen, goodbye!](#)

Take care

Lisa Bywaters, Content and Knowledge Manager



## Dealing with financial stress

Not much has changed since ABBA sang, "all the things I could do, if I had a little money." Money, or the lack of it, has been causing headaches and stress since we started using it. We've got some tips to help you if you're [feeling the pinch](#).

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## Shoulder pain

If you're like me, you probably don't think about your shoulders. They're just there. Useful for hanging a handbag on or supporting a heat pack for your neck. Until something goes awry. Find out [about shoulder pain](#) and how you can manage it.

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## Meet our new Chair

At MSK's recent AGM, Jade Rowarth was appointed as Chair of the Board. Jade joined the Board as a non-executive director in 2014 and held the Deputy Chair for the past five years. She has played a significant role over the past 9 years in the development and ongoing implementation of our mission to support people for better musculoskeletal health. Jade has practised as a lawyer for over 20 years in Australia and the UK and runs her own law firm.

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## Pharmaco-huh?

Find out how your genes can affect how your body reacts to certain medicines, and why knowing this may be helpful. Let's look at [pharmacogenomics](#).



## Self-care survey

Help us understand how we can support you in managing your muscle, bone or joint condition. Complete our 10-minute [self-care survey](#) and go in the draw to win 2x Revitalise Bathing passes from our friends at Peninsula Hot Springs.

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## Eggplant pizza

Kitty has whipped up a recipe for a [low-carb vego pizza](#). All the pizza goodness with a go overboard with cheese.



## Veggie frittata

Save time and energy with Shalini's [easy-peasy frittata](#) recipe that uses frozen veg and protein

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**National Arthritis and Back Pain + Help Line**

**Call Now 1800 263 265**

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### OA of the hip and knee webinar

Do you have OA in the hip and/or knee? If so, [register today](#) for our free webinar on 30 August to learn more about this condition from research physiotherapist Prof Rana Hinman.



**FUNDRAISE**

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### Unleash your creativity

Whether at work, home, school, celebrating weddings or birthdays, fundraising in your local community for MSK is a terrific way to support people with musculoskeletal conditions. [Check here](#) for some FUN-tastic ideas to get you started!



### International Self-Care Day, 24 July 2023

Check out [this video](#) produced by the Global Self-Care Federation. It calls for the urgent adoption of a WHO resolution on self-care to give people the tools they need to manage their own health.



### 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](mailto:Charmaine@dragonclaw.net) or visit their [website](#).

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# Thanks for 30 years Lisa!



On behalf of MSK's staff, volunteers and our extended consumer family, we would like to say a very fond farewell to our valued colleague and friend, Content and Knowledge Manager, Lisa Bywaters. Lisa has been with our organisation for over 30 years and is a passionate advocate for improving the lives of people living with musculoskeletal conditions. Nearly all of MSK's resources, newsletters, publications and campaigns have been developed or edited by Lisa. Through her tireless research, no-nonsense approach and quirky sense of humour, she has developed engaging evidence-based information and knowledge resources and helped countless people find the information and help they need. Although we are sad to see her go, we wish Lisa every success in her exciting new role.

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