
MSK NEWS

MUSCULOSKELETAL
AUSTRALIA

The news you can use

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Dear MSK Supporters

This year (like all years) is moving quickly and we are fast approaching the midway point which of course brings with it flu season and tax time. Here at MSK we have been incredibly busy delivering a range of incredible webinars, updates, focus groups and presentations as well as supporting people across Australia through our National Arthritis and Back Pain+ Help Line.

On the issue of back pain there has been a lot in the media of late surrounding back pain, treatments and management. That is why our 2024 Tax Appeal is so important. This year's appeal is focused on the challenging and at times debilitating impacts of back pain and we NEED YOUR HELP. We are raising funds to build better support systems and services for the millions of Australians living with back pain. But more than this, we are focused on delivering services and support to help ALL Australians have better back health.

Our appeal has already kicked off. So if you can [donate](#) a little or a lot, every dollar will help MSK in building better back health for you, your family, your friends and community.

Finally, make sure you join us for our next [consumer webinar](#) with Dr Lionel Schachna on 29 May - Diagnosis and management of axial spondyloarthritis.

As always, MSK continues to take the lead, drive action and deliver essential services that support those living with over 150 musculoskeletal conditions. Please continue to help us shine a spotlight on musculoskeletal health across the country.

Until next time.

Helen Jentz
Chief Executive Officer



Looks like we're in for another bumper flu season - so it's important you know the facts and are clear about what you can do to protect yourself. To find out more, like who should be vaccinated and when, as well as information on COVID-19 vaccinations [check out](#) the latest Connective (t)ISSUES column.



Feel the crunch of autumn

With the colder weather fast approaching, it can be a little tough to stay motivated to exercise. But it's important to keep active all year round, so we've put together [some tips](#) to help you get out there, and brave the elements!



Build your knowledge

For everything you need to know on the 'Diagnosis and management of axial spondyloarthritis' join our FREE webinar with Dr Lionel Schachna on 29 May. [Secure your spot](#) today!



Axial spondyloarthritis?

It's the umbrella term for two different types of inflammatory arthritis that affect the spine. We explain what it is, the most common symptoms, what causes it, how it's treated and things you can do to manage it. [Learn more here](#).



The axSpa plan

Because being diagnosed with axial spondyloarthritis (axSpa) can be scary, we've developed this [self-care plan](#) to support you as you learn about your condition and to help you become an active driver of your musculoskeletal health.



Tax time is almost here!

Please [donate](#) today and help us provide essential services and support to those living with back apin and other musculoskeletal conditions.



Pumpkin and pork stir-fry

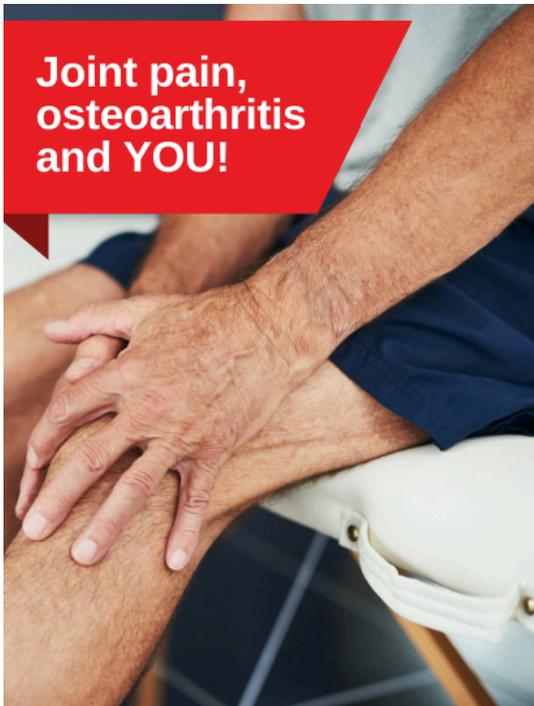
Cooler weather calls for hearty meals. Kitty's latest, flavoursome [recipe](#) is sure to help warm you up!

ALERT!

Anticipated shortage of Abatacept (Orencia®)

Musculoskeletal Australia has been notified by Bristol Myers Squibb, the manufacturer of abatacept (Orencia®), that there is an expected shortage of both the ClickJet (autoinjector) and pre-filled syringe subcutaneous formulations of the medication.

[Find out](#) how this may affect you.



Joint pain, osteoarthritis and YOU!

Do you experience joint pain? Do you have symptoms like stiffness or swelling as a result of living with osteoarthritis?

Are you interested in helping shine a light on how even mild symptoms associated with joint pain and OA can impact your everyday life?

Then we would love to hear from you!

MSK is looking for people who are willing to share their stories to help us build a better understanding of what it is like to live with joint pain and OA.

Interested? Please email info@msk.org.au for more information.

STAY CONNECTED WITH MSK



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