

THE RATTLER

For everything you MUSCHA know



22 February 2025 | Issue 96

International Women's Day is on Saturday, March 8 and this year we are urging everyone to Accelerate Action. Action for gender equality, action to achieve full gender parity, action to ensure all girls and women have access to the health and support services they need to lead productive and full lives.

So what better time to focus on musculoskeletal conditions which disproportionately impact significantly more women globally than men. Approximately 30.8% of Australian women are living with life impacting conditions such as arthritis, osteoporosis, fibromyalgia and chronic back pain.

In the lead up to International Women's Day, this edition of The Rattler explores the powerful link between social connection and musculoskeletal health, provides valuable insights into osteoporosis, introduces MHA's newest team member, Isabella, and excitingly officially launches our 2025 Consumer Webinar series. The first webinar of the year is NOT to be missed with Dr. Emma Guymer talking about all things Fibromyalgia, on March 11.

Another great edition So let's get *rattling together* to ACCELERATE ACTION for the health and wellbeing of ALL WOMEN.

Until the next edition

Helen

Helen Jentz
Chief Executive Officer

We spotlight a health issue impacting women

Understanding why mature women might

My msk journey: from cricket to sports

worldwide



The statistics speak volumes about the toll these conditions take on women's health

not be using mobility aids



The Senior magazine recently spoke with MHA's CEO Helen Jentz about the impacts

massage to advocacy



Our newest team member is combining her lived experience with her passion

Fibromyalgia—managing brain fog and fatigue



Don't miss this webinar, kicking off our 2025 consumer series

Hungry for flavour? Try our Spicy Pork Noodle Bowl



Whip up a delicious dish fast with this easy, nutritious recipe

Osteoporosis is five times more common in women



But there are many things you can do to help reduce your risk

The OneTouch automatic can opener makes opening cans easy for you with no twisting, just one touch!

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The loneliness link



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You can ensure future generations live free from the negative impacts of musculoskeletal conditions by leaving a gift in your will


Dr Rajna Ogrin, Senior Research Fellow at Bolton Clarke writes about the importance of social connection and its link with musculoskeletal health

When you buy a ticket \$5 goes to MHA to provide free services and support. Get your tickets now for a chance to win big and support a good cause!

Musculoskeletal Health Australia's Webinar Series 2025

SUBSCRIBE

- Fibromyalgia - managing brain fog and fatigue
- Gout - your questions answered
- Stem cells and arthritis
- Building an exercise program for arthritis and musculoskeletal health
- The importance of flexible work arrangements for workers and their right to ask for them
- The link between arthritis and heart disease
- Koadlow Community Lecture



Research: attention Clinicians and Health Care Professionals

The George Institute for Global Health UNSW Sydney

Your feedback may help improve translating research into surgical care!

To be included, participants need to be:

Age > 18 years
And either:

1) Healthcare professional currently practicing in Australia and who has cared for patients with musculoskeletal conditions in the past 12 months
OR
2) Clinical researcher who has worked in the field of musculoskeletal health for at least 12 months

CLICK THE LINK BELOW OR SCAN QR FOR A SHORT SURVEY:

[HTTPS://REDCAP.LINK/TGIMSKSURVEY](https://redcap.link/tgimsksurvey)



Help benefit patients experiencing musculoskeletal health conditions. Take the ten minute survey or [read more](#)

Research: understanding what causes your back pain to flare

THE UNIVERSITY OF QUEENSLAND AUSTRALIA

Join the UQ researchers who are interested in understanding what causes your back pain to flare



Learn more: <https://habs.uq.edu.au/back-pain>



Aged 18+ and had low back pain for at least 2 days in the past 2 weeks that limited your function? [Read more](#)

