

THE RATTLER

For everything you MUSCHA know



22 March 2025 | Issue 97

#WORDDay2025 was held on March 18.

World yOung Rheumatic Diseases Day is aimed at raising awareness and the knowledge level of parents, doctors, primary practitioners, teachers, and the general public to help in **early diagnoses, and a quick referral to specialised paediatric rheumatologists.**

Living with these types of conditions at any age can be extremely challenging. Being a child or young person having to navigate life with complex, painful and often debilitating diseases is even more so. That is why it is so important that parents, children and young people who are having to navigate musculoskeletal disease are **supported** and **empowered** so that they can **thrive**.

There are many free resources and support services available to both parents and young people including the MHA B.A.M Helpline, MHA's one of a kind TeenTalk (Peer to Peer) platform as well as our suite of [MHA KIDS content](#).

In recognition of #WORDDay2025 I encourage you to read [Bella and Mikayla's interview](#) - two of MHA's amazing team members who have lived with musculoskeletal disease since childhood.

Musculoskeletal disease can affect anyone, at any age and can have significant and life-long impacts. Now, more than ever, we need to focus on shining a spotlight on the hidden musculoskeletal disease epidemic that has real life consequences for millions...including children and young people.

Until the next edition

Helen

Helen Jentz
Chief Executive Officer

Bella and Mikayla - on the importance of WORD day

The Conversation on why rating your pain out of 10 is tricky

Embracing life with Perthes' disease (coxa plana)



Their dedication to advocacy is helping others find the tools to live fully



And why sometimes words work better than numbers



Tims diagnosis at age 6 led to him discovering his passion



If you missed our first webinar for 2025

Fibromyalgia - Managing brain fog and fatigue
Presented by Dr Emma Guymer
you can now

[Watch the recording](#)

muscha.org/community-webinars

Free resource: Caring for a child with arthritis and msk conditions



Ideal for parents and grandparents, carers, teachers and coaches

Tired of complicated recipes? Try our "Easy Chicken Stir Fry"



It's packed with nutrients and tastes amazing

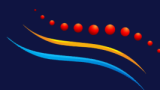
Find out more about Medicare Urgent Care Clinics



Timely, quality care, so you don't have to wait hours in emergency

Musculoskeletal Health Australia's Webinar Series 2025

- 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



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Request a free copy!



This beautiful picture book can help children understand that pain isn't always visible, email info@muscha.org to request your free copy

Zea - Partner offer



Thanks to our good friends at Zea you can save 10% on your first order using code **ZEAMHA10** at check out, with 10% of your purchase donated to MHA too!

Research: An opportunity to share your healthcare experience with The University of Sydney



Join a study on the experiences of adults with chronic pain in Australia's healthcare system

Webinar: Guest speakers answer the question - when I was diagnosed I wish I knew.....



Exploring the awareness gap amongst patients with RA and other autoimmune conditions



PARTICIPATE IN INTERNATIONAL EULAR SURVEY – cardiovascular
diseases of people living with rheumatic and musculoskeletal disease



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