

THE RATTLER

For everything you **MUSCHA** know



Issue 100 | June 2025

Hello from our CEO

We're 100! Or better put...welcome to the 100th edition of The Rattler! And what an edition it is. This month we shine a spotlight on all things Men's Health. 'Shoulder-to-Shoulder' has been the theme for this year's Men's Health Week and we can't think of a better connection to musculoskeletal health (get it... shoulder...you know what I mean!).

Some great spotlight topics for the month including:



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Consumer Research



Back pain flare study

Gout, seriously painful



Jack Bobridge on RA

Encouraging the men and boys in our lives to be proactive and in control of their health and wellbeing is so important. Ensuring they have the information and tools to manage their musculoskeletal health goes a long way to helping prevent other serious conditions. But we also know that sometimes men find it hard to make the decision to get the help and support they need. That's why free services and support, like MHA's B.A.M Helpline are so critical.

This is why we need **your support** for our [2025 Tax Appeal](#).

Our goal is to increase the support we offer through our fully self-funded FREE national Back Pain, Arthritis and Musculoskeletal (B.A.M) Helpline. But to do this we need your [DONATIONS](#). Please support us to support the millions of Australians who rely on the FREE expert health information that we provide to manage the painful and life altering challenges associated with musculoskeletal disease.

Until the next edition.

Helen

Helen Jentz

Chief Executive Officer

Your help is urgently needed!

We are facing a growing health crisis -
7+ million Australians are living with musculoskeletal conditions
As a result, the B.A.M. Helpline* must expand so that people in need can have **FREE** access to healthcare professionals to help them manage life with musculoskeletal disease.



*Fully funded by Musculoskeletal Health Australia

DONATE

Top reads



Lupus patient remission

Lani's symptom-free thanks to groundbreaking CAR T-cell therapy, offering new hope for severe cases

[Keep reading →](#)



Make your wellbeing a top priority

We want to remind everyone it's okay to talk about your health and wellbeing.

[Keep reading →](#)

BIG ANNOUNCEMENT COMING SOON!



It's something you **'muscha'** know

Grab a seat and [Click here](#) to make sure you don't miss out

From MHA's MFK

Looking for cooking inspiration?
It's time to rattle around our kitchen

This month's recipe

[Kitty's Special Spaghetti Bolognese](#)



[Click here](#) to get this month's partner offer: 2-for-1 bathing at Peninsula Hot Springs



**Musculoskeletal
Health Australia**
Knowledge. Choice. Connection.

Copyright (C) | 2025 | Musculoskeletal Health Australia | All rights reserved.

ACN: 607 996 921 & ABN: 26 811 336 442

PO Box 130 Caulfield South, VIC 3162

P: 03 8531 8000 ♦ E: info@muscha.org

B.A.M. Helpline 1800 263 265

Why am I receiving these emails?

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)