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MUSCULOSKELETAL
AUSTRALIA

MSK News

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13 May 2021

Hello and welcome!

Is it just me or is 2021 flying by with so much to occupy our days?

In the last week alone we've celebrated Mother's Day, World **Ankylosing Spondylitis** Day, World **Lupus** Day and International **Fibromyalgia** Day. And on Tuesday night the Federal Government released their 2021-2022 budget.

While there was no specific funding designated for musculoskeletal health yet again, we were pleased to see budget allocations in other areas that may assist in addressing some of the issues experienced by people with these conditions. Increased funding for ageing and aged care, mental health services, the Pharmaceutical Benefits Scheme, rural health initiatives and school sport programs are among some of these.

And we'll continue to meet with all levels of government to advocate for Australians living with musculoskeletal conditions – for awareness, for resourcing, for change.

Anyway, closer to home, in this issue of MSK News we're looking at some important topics including - vaccine hesitancy, changing jobs and looking after your gut microbiome. We also have a **delicious lamb kofta recipe**, info on **new medications**, **exciting prizes** to be won and so much more!

Happy reading, and as ever, stay safe and stay well.

Rob Anderson – CEO



Worried about the COVID vaccine?

You're not alone. We look at some of the big concerns people have about the vaccines, and **provide some facts** so you can make an informed choice about getting vaccinated.

Have your say on medicines

The Pharmaceutical Benefits Advisory Committee (PBAC) recommends new medicines for funding by the Australian Government. **Find out what musculoskeletal relevant drugs** are being considered by PBAC at its July meeting and how we can help you provide your input into their decisions.

Is it time to change jobs?

If your health, or the enormous upheavals of the past year has made you reflect on what you value when it comes to career, it may be time to ask yourself – *'is my job still working for me?'* If the answer is no, we've **put together some resources** to help you make a change.



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VOUCHER**



Win a trip to JB Hi-Fi

TODAY only, anyone who purchases a \$10 raffle ticket in support of MSK goes in the running to win a bonus \$250 JB Hi-Fi voucher! You'll also go in the draw to win a first prize worth \$250K. What are you waiting for – **get your ticket today!**

Lamb kofta and yoghurt sauce

Looking for something full of flavour to wow the family this weekend? Melissa, an Accredited Practising Dietitian who's been volunteering with us, has you sorted. **This recipe is full of yummy spices** that'll make your tastebuds sing!



Contact our free national Help Line

Do you have questions about dealing with pain, your musculoskeletal condition/s, treatment options, COVID-19, or accessing services? Then be sure to call our nurses on our free Help Line. They're available weekdays between 9am-5pm on 1800 263 265; **email** or via **Messenger**.



Your gut microbiome

We've known for many years that there are trillions of microbes living inside and on our bodies. But did you know there are almost as many microbial cells as human cells that call our bodies home?! **Find out more about your microbiome**, and how you can look after it for better health.

Free diet webinar

Join us on Wed 26 May at 7pm to hear from Professor Judi Porter as she discusses the importance of diet and nutrition in older adults. Tickets are free but bookings are essential. **Secure your spot now!**



Update training now online!

We're pleased to announce that our warm water and/or chair-based exercise leader update training is **now available online**. Find out more.

Let's be friends

Help us represent people who have musculoskeletal conditions by becoming a Friend of MSK. Anyone can be our friend – whether you live with a condition, care for someone who does, work in the sector, or just want to make a real difference. For just \$20 a year you're on your way to helping us support people for better musculoskeletal health.



Smile!

While stoats may not be everyone's cup of tea, [this footage](#) from the Weasel Wildlife Rehabilitation Centre UK is sure to make you go aww, as two cute little stoat kits – Whisper and Stuart – meet for the first time.



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