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Hello, and welcome to MSK News!

In this issue, we take a look at [osteoporosis](#) - what it is, how it's treated, and some simple things you can do to look after your bones to reduce your risk of developing it. We also look at the very real [problem of falls](#), especially for people with osteoporosis and other musculoskeletal conditions. And because we're finally getting some good-ish weather, we explore ways you can hit the road for some [fun-filled trips](#) without too many aches and pains.

We also have some [tasty recipes](#) from our volunteers Kitty and Lauren and one from Mabel, one of our MSK Kids. So this week you're spoiled for choice with Kitty's [raspberry probiotic yoghurt drink](#), Mabel's [almond-crusted salmon with baked potatoes](#), and Lauren's [chia pudding](#).

Stay safe, stay well, and have a wonderful week.

Rob Anderson, CEO



**The unseen problem of fragile**



**11 tips for safe, comfortable and**

## bones

We talk a lot about musculoskeletal conditions being invisible. But in the case of osteoporosis, it *really is invisible*. There are no obvious signs when a person develops osteoporosis, and importantly, they *don't feel any different*. Until they break a bone. [Find out about osteoporosis](#) and how you can look after your bones.

## happy road tripping

With the weather improving (finally), many of us are looking out our windows and dreaming about road trips to anywhere but here. But pain and fatigue can sometimes affect your ability to drive. So [we've got some tips](#) to help you *get your motor runnin'* ... so you can *head out on the highway and look for adventure!*



## We're working hard...

to make your Christmas wishes come true. No one wants to feel unheard...especially when they're in pain. Your gift can help us advocate for crucial change to improve the lives of people with musculoskeletal conditions like arthritis and back pain. [Please make your Christmas donation today.](#)



## Staying on your feet

DYK falls are Australia's largest contributor to injuries that require a stay in hospital? More than half of the hospitalisations were due to broken bones. Falls can happen anywhere and to anyone. But the good news is they can often be prevented, or at the least, any injuries that occur can be minimised. [Find out how.](#)



## Kitty's raspberry probiotic yoghurt drink

[This refreshing drink](#) brings together the health benefits of probiotics and calcium.



## A lasting legacy

After looking after your loved ones, family and friends, you may wish to make a gift in your Will to Musculoskeletal Australia.

Probiotics have been studied for their potential benefits for gut health. And dairy foods are a great source of calcium and protein to maintain bone and muscle strength. If you're looking for a tasty, sweet yoghurt drink, look no further!

Bequests allow us to plan and develop vital programs and services to help us transform the lives of people with musculoskeletal conditions for many years to come. If you'd like to learn more, [read our Wills and Bequests booklet](#).



### Complementary medicines webinar

Did you catch our recent webinar on complementary medicines? Dr Geraldine Moses discussed the use of complementary and alternative treatments, and how to find out more about them, including potential risks and benefits. If you missed it, you can [watch the recording now](#).



### Almond-crusted salmon with baked potatoes

One of our MSK Kids, Mabel, is studying nutrition at school. She wanted to [share her salmon recipe](#), packed with ingredients that support bone health, including almonds, salmon, cheese, oranges, and leafy greens. Enjoy!



### Lauren's chia pudding

This [simple and tasty breakfast](#) idea is high in omega-3 and calcium. With only a few ingredients, you can prepare it the night before for a delicious and bone-healthy start to your day.



### Self-care charter: Have your say

The Australian Self Care Alliance is undertaking a survey to seek lived experience input to co-design a charter for self-care. You can take part by [completing a short survey](#).

## Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA and their carers. [Check out their latest newsletter.](#)

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