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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

*The news you can use  
delivered to your inbox every fortnight*

10 September 2020

Wow, can you believe it's September? This year has flown by so fast...and yet so slowly. There's been so much to deal with; it's been overwhelming and stressful. But now that we're emerging from a long, dark winter, things feel a bit brighter. If we take the obstacles life throws at us one day at a time we'll get through.

So in the spirit of resilience this issue of MSK News looks at **dealing with flares** and **spring cleaning for the body, mind and spirit**. This is the perfect time to tackle some of the issues and problems that may have cropped up over the last few months. And for those in Victoria dealing with extended restrictions and lock downs, stay strong. We're in this with you.

Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And remember to contact our free Help Line weekdays - 1800 263 265 or [helpline@msk.org.au](mailto:helpline@msk.org.au) - and speak with our nurses any time you need information and support. We're here to help.

Rob Anderson - CEO

## Have you had your say?

Our National Consumer Survey is the largest of its kind and will help us understand the

impact of musculoskeletal conditions on everyday Australians. **Kevin from Brisbane** and **Jill from Sydney** have both added their voices to thousands of others. You can too. Help us advocate to improve health and community services for people with these conditions by **taking part today**. Every voice counts!



### Coping with flares

If you live with a musculoskeletal condition, chances are you've had a flare at some stage. Your body turns up the dial on your pain-o-meter and wow...that hurts. We've put together some **info to help you be prepared and take control**.

Free  
Webinar



### Medicinal cannabis: Weeding out the facts

Join us on 6 October at 7pm as speakers Dr Richard di Natale and Prof Iain McGregor discuss the use of medicinal cannabis in Australia - what it is, available forms, access issues in Australia and the current evidence for use. **Find out more and register today**. Places are limited!

### There's still time for a chance to win!

Wouldn't it be fantastic to win \$250,000 in cashable gold to spend on anything you like? Our raffle closes on 23 September so you still have time to **get your tickets**.





## It's time to spring clean - you!

Take advantage of the warmer days and the extra downtime many of us have at the moment and **discover how you can sweep away the cobwebs** and give yourself a spring clean – body, mind and spirit!

## Your spare change can create real change

We've partnered with round-up app **Sipora**, enabling people to donate their spare e-change to MSK each month. Simply download Sipora from the app store and nominate MSK. Sipora "rounds up" every electronic transaction you make on your selected account (from coffees to car insurance, groceries to garden tools) to the nearest dollar and deposits it in your personal secure electronic wallet. Sipora then directs your monthly round-up amount to MSK. **Find out more.**

## Pizza!!!

This colourful and delicious **chicken pizza** is easy to make and ready in no time. Perfect for a lazy Friday night dinner as you contemplate the weekend ahead. Yum! *Image and recipe courtesy of Queensland Health.*



## Research snippets

We're all interested in the advancements happening in research, but there's so much happening it's hard to keep up! That's why we've added this new regular feature – to share some of the **exciting research** we've been reading lately.

## Smile!

Always check your washing machine before

you start it...you never know **what, or who,**  
**may be inside!**



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### Coronavirus Health Information Line

Call this line if you're seeking information on coronavirus (COVID-19).  
It operates 24 hours a day, seven days a week on 1800 020 080.

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