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Hello and welcome to MSK News. In this issue we've got lots of info and tips for managing thumb OA, building your resilience and taking the stress out of dressing. If you've got fibromyalgia, you don't want to miss out on our free webinar with Dr Emma Guymer. We have a tasty recipe for you to try, and if you're having access issues with your biologic DMARDS, make sure you take part in our survey. As usual, we've packed a lot in! Enjoy.

Rob Anderson - CEO



Osteoarthritis of the thumb

You don't really notice your thumbs until something makes you take notice. You whack one with a hammer, you jam it in the door or you get arthritis. It's then that you realise how often you use them every day. We take a look at [osteoarthritis of the thumb](#), what it is, how it's treated and things you can do to manage it.



Tips for getting dressed with less stress

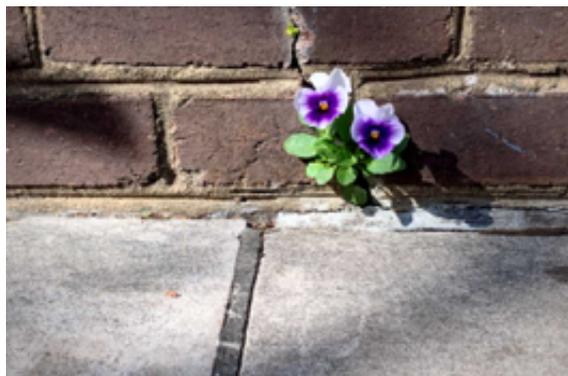
Pain, fatigue, not being able to reach behind your back or over your head and difficulty with buttons and zippers, can make getting dressed a challenge. [We give you some strategies](#) to help you get dressed so that you feel comfortable and put together, despite these issues.

COVID vaccination from the ARA

The Australian Rheumatology Association (ARA) has recently updated their patient information on the COVID-19 vaccination for people with autoimmune inflammatory rheumatic diseases. [Find out more.](#)

Super summer slaw

Warm summer nights call for cool, refreshing salads. MSK staff member Gabi raves about this [yummy, easy to whip up slaw](#) which is perfect alongside chicken schnitzel, lamb or fish...or just on its own!



Building resilience

Resilience is our ability to cope and adapt to changes and challenges that the world throws at us. As this pandemic continues, we're constantly tired, anxious, and stressed, with no end in sight. This is really testing our resilience. [Find out how you can build your resilience](#) so you can cope with the uncertainties of 2022.



Delays in receiving your scripts and biologic medication?

Some people on biologic disease modifying anti-rheumatic drugs (bDMARDs) for arthritis and other musculoskeletal conditions have reported long delays in receiving their medication. How about you? [Take our short survey now](#) or find out more.

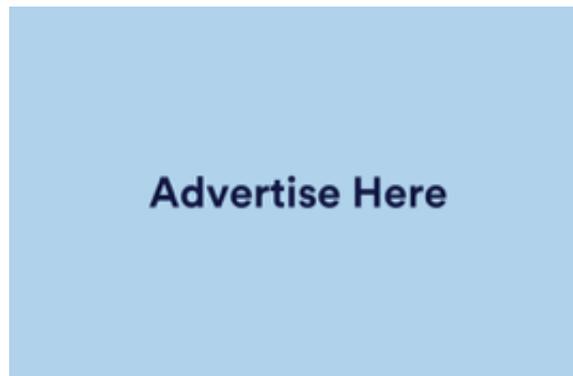
Free fibromyalgia webinar

Join us on Wednesday 23 February as Dr Emma Guymer discusses fibromyalgia - what it is, why it occurs, how it's managed, and the latest research. Don't miss out! [Book now!](#)



Planning for a healthier future

Have you thought about leaving a gift in your Will to MSK? Bequests are a lasting legacy that will have a significant impact on the many people who turn to Musculoskeletal Australia for information, advice and support in their time of need. If you'd like to learn more, read our [Wills & Bequest booklet](#).



Advertise with us!

Contact us if you want to reach people living with arthritis and other musculoskeletal conditions. We have a range of [affordable advertising opportunities](#) available in both our eNewsletter and website. For more information, give us a call on 03 8531 8000 or drop us an [email](#).

Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA, and their carers. Check out their latest [newsletter](#) which has a focus on love, just in time for Valentines' Day.

Be a part of a new research study

The University of South Australia is recruiting people *with* and *without* back pain to better understand people's perspectives of low back pain treatments using an online survey. This survey only takes 15-25 minutes of your time. Anyone with or without back pain can help...and best of all you can start now! Your participation will be influential in guiding better treatment for people that experience back pain.

*Health practitioners treating people with pain are ineligible for this one - sorry! [Click here to start](#).

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