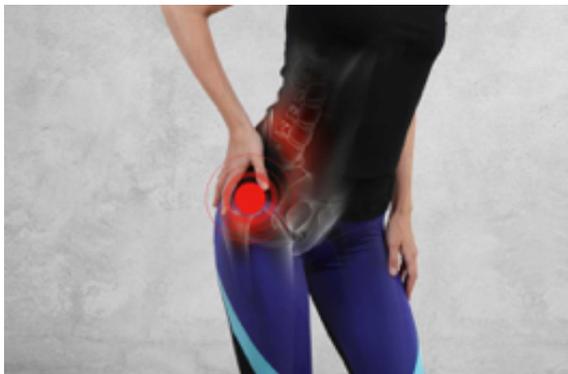


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Hello, and welcome to MSK News. In this issue we take a look at [osteoarthritis of the hip](#), [opioid medicines](#) and how you can create some calm in your day by [developing a morning routine](#). We're thrilled to share that [Reconciliation Australia](#) has approved our Reconciliation Action Plan, and that we were involved in the [Parliamentary Inquiry into Childhood Rheumatic Disease](#). We also have a [couple of tasty recipes](#) for you to try this weekend. And that's just the tip of the iceberg! So without further ado, happy reading. And have a wonderful week!

Rob Anderson - CEO



### Osteoarthritis (OA) of the hip

OA is the most common type of arthritis, affecting 1 in 11 Australians. It can develop in any joint but commonly occurs in weight-bearing joints like your hips. [Let's take a look at hip OA.](#)



### Opioids and musculoskeletal pain

Opioids are strong pain-relieving medicines that until fairly recently were commonly used to treat musculoskeletal pain. [We look at opioids](#), how they work, and their role in managing pain.

### Vale Heather Rose

It is with great sadness that we say farewell



to Heather Rose. Heather was a staunch supporter of Musculoskeletal Australia and served on our Board for many years. Heather also held the role of President of the East Bentleigh Arthritis Self Help Group for some 20 years. Her outstanding commitment and contribution to our organisation was recognised in 2005 with her appointment as a Life Governor.

### Let's get cooking!

We have some tasty new recipes for you to try. Kitty has a quick and easy [creamed corn and tofu soup](#) that only needs 3 ingredients to warm you up! And Lauren has created a colourful [frittata packed with vegies](#), which can be enjoyed hot or cold. So grab your apron, head into the kitchen and let's get cooking!



### Learn more about osteoporosis

Want to know more about osteoporosis and osteopaenia? Then [register today](#) for our free webinar on Tuesday 29 March, 7-8pm (AEDT). Endocrinologist Dr Sonia Davison will discuss these conditions, as well as preventative and treatment options. Don't miss out!



### Rise and shine!

When so much is out of our control, having a morning routine can help you gain control. If your mornings are often stressful and frantic, [find out some simple things you can do](#) to bring calm to your life.



## Let's be friends

Help us represent people with 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.



## Interested in becoming involved?

The MSK Consumer Advisory Committee (CAC) plays a key role in guiding the activities and strategic direction of MSK. The CAC is looking for more members, so [why not play an active role in MSK?](#)



## Our reconciliation journey

We're very proud to have our first Reconciliation Action Plan approved by Reconciliation Australia. We're looking forward to taking meaningful action within our sphere of influence to advance reconciliation within Australia. [Find out more.](#)

## Parliamentary Inquiry Into Childhood Rheumatic Disease

We were thrilled to have the opportunity to present at the hearing for the Parliamentary Inquiry Into Childhood Rheumatic Disease recently. Along with other organisations and consumers, we spoke to the committee about the importance of increasing the number of funded training positions for paediatric rheumatologists, better GP and community awareness, improved access for those in remote areas, funding of resources for secondary school students and a focus on improving transition. We look forward to working with all involved to see real improvements for our kids. [Check out our full submission here.](#)

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