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Welcome to another issue of MSK News! We've got a lot packed into this issue, so without further ado, I'll leave you to it. Enjoy!

Rob Anderson - CEO



Specialists and you

People with musculoskeletal conditions will often see a rheumatologist to diagnose and treat their condition. But other specialists may also play a role. Find out more about these [health professionals](#).



Feeling lucky?

Then don't miss your chance to scoop up a \$250k prize pack! There's a Volkswagen California Camper, \$125k in cashable gold and a \$7k+ shopping spree up for grabs. Raffle closes tonight at 8pm AEST. [GET YOUR TICKETS NOW!](#)



Dealing with anger

Many of us are feeling angry at the moment for many reasons. But feeling angry all the time can hurt our physical and emotional wellbeing. Here are some simple [things you can do to manage your anger](#).



Myotherapy: Experience the difference

Have you heard of myotherapy but don't really know what it is? You're not alone! Myotherapy Australia [explains this new-ish allied health profession](#) and how it may benefit people with musculoskeletal conditions.

Shortage of tocilizumab (Actemra) medicines

There's currently a shortage of some tocilizumab medicines due to worldwide demand. If you use tocilizumab, you may be affected. Contact your rheumatologist as soon as possible for information and advice about your treatment. For more information, [visit the TGA website](#).



Rice paper rolls

Spring has sprung, so it's time to ditch the soups and try your hand at some lighter recipes. Melissa (our resident dietitian) has you sorted with these yummy [rice paper rolls](#)



Your one-stop-shop

We know that simple everyday tasks can be challenging if you have a musculoskeletal condition, so we've expanded our shop to include everything you need to keep you

[with peanut dipping sauce](#). Perfect for picnics in the park (or backyard).



Be uplifted and inspired

Join Peninsula Hot Springs to celebrate World Wellness Weekend on 18 and 19 September. This two-day complimentary online program will open with sunrise Yidaki meditation and close with a journey into sacred sound and so much more in between. [Download](#) the program and start planning now.

moving through life. All profits are invested back into developing and supporting our programs and services. [Let's go shopping!](#)



Let's dance!

Researchers at The University of Sydney are studying the perceptions and beliefs of people with chronic pain about the use of dance for pain management. If you're interested in participating, grab your dancing shoes and [jump online](#). Or email benjamin.hickman@sydney.edu.au for more info.

Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA, and their carers. They also have weekly online catch-ups called 'Dragon Talks' which are free for people to join. Check out their [latest newsletter](#) for more details.

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