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Welcome to MSK News!

Do you put off going to the doctor? With our busy lives, sometimes these appointments are the first casualties as we try to find the time to do everything. But we have five reasons you should [see your doc about your pain](#).

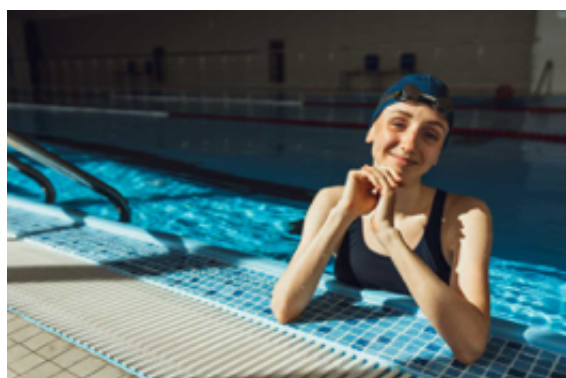
We also take a closer [look at a condition](#) that affects many Australians and celebrities alike, and whether [napping](#) is a good idea.

Our wonderful volunteers - Kitty and Shalini - have provided some tasty, healthy and interesting [recipes](#) to get your mouth watering. You're sure to want to try these out soon.

Finally, we've got all the details on our upcoming [free webinars](#), how you can get discounts to Peninsula Hot Spring's [Awaken festival](#) and loads more!

Enjoy MSK News, and have a wonderful week!

Lisa Bywaters, Content and Knowledge Manager



Riddle me this

What do Lucille Ball, Kathleen Turner, Caroline Wozniacki, Pierre-Auguste Renoir, Edith Piaf, James Coburn and more than 450,000 Aussies have in common? They all live (or lived) with rheumatoid arthritis (RA).

[Find out more about RA.](#)

5 reasons to see your doctor about your pain

Dealing with chronic pain can be challenging. But there are many things you can do and resources available to help you manage. The first step starts with [seeing your doctor](#).

 Pfizer This issue is proudly sponsored by Pfizer.

NEED HELPFUL RESOURCES FOR OTHER HEALTH CONDITIONS?

VISIT: [TALKINGYOURHEALTH.COM.AU](https://talkingyourhealth.com.au)



Join our friends at Peninsula Hot Springs

Attend Australia's first hot springs wellness gathering. Be inspired, empowered and uplifted. Awaken is a celebration of music, art, culture, community and geothermal bathing. [Book today](#) to receive a 20% discount on Awaken passes only (does not include bathing). Quote `awakenfriends2023` when making your booking.



The power of a good nap

Ever had one of those days when you wake up feeling like you need a nap? Many people with chronic pain report that their sleep is affected by their condition. So should we follow the advice of Winnie the Pooh and "when all else fails, take a nap"? It depends. Find out about [napping and how to do it right](#).

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ATSA Independent Living Expo
Melbourne Showground 24-25 May 2023

- Searching for ways you can continue to live independently?
- Looking for daily living or mobility aids?
- Want a lift chair or bed?
- After a compact wheelchair?

Visit the ATSA Independent Living Expo at the Melbourne Showgrounds on 24-25 May 2023. More than 160 companies to answer your questions and show you solutions to meet your needs.

FREE ATTENDANCE - REGISTER [HERE](#)



Chicken, vegetable and feta pasta

We want to give a big welcome to our newest volunteer, Shalini! Her [first recipe](#) looks perfect for the changing seasons. Warm, healthy and easy to make.



Clam seaweed miso soup

Kitty's quick and hearty [Japanese miso soup](#) is full of umami flavour. Japanese seaweed is rich in calcium and fibre and promotes good bone and gut health.



Getting a good night's sleep

Do you have problems getting a good night's sleep? Then join our free webinar on Wed 29



What can an OT do to help my child?

You've probably heard of occupational

March (7pm) to hear from Associate Professor Christopher Worsnop, a sleep physician at the Austin Hospital in Melbourne. He'll give info and tips on what to do (and avoid) to improve your sleep.

[Book your free spot now!](#)

therapists (OTs), but like many people, you may not know what they do. Our free webinar on Thur 30 March (7pm) will focus on how an occupational therapist can help your child. Presented by Natalie Hindman, an OT at Monash Children's Hospital in Melbourne. [Book now.](#)

Dragon Talks

Our friends at Dragon Claw host free weekly online meetings providing information, discussion and support for those affected by autoimmunity (patients and companions). Enquiries: Charmaine@dragonclaw.net or visit their [website](#).

Research participants needed

Do you have current back pain or have experienced back pain in the last 12 months? If so, you may be eligible to help researchers from Macquarie University develop a questionnaire to assess knowledge and beliefs about low back pain. Participation will involve an online focus group. For more info, contact [Letici Correa](#).

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