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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

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

13 August 2020

Welcome to MSK News!

We're about six months into the COVID pandemic and I still find it amazing to type those words. Our world has changed so dramatically in such a short amount of time. And with no end date in sight, we thought it was timely to revisit some important topics relating to our health and wellbeing – namely mental health and exercise.

With this second wave of active cases and the tragic number of lives lost, as well as the impact the virus has had on our lives, our work, our family and friends, it's not surprising our mental health is suffering. It's important we acknowledge this and find ways we can look after ourselves and others.

And as far as exercise goes, hands up if you thought that with all this 'extra time' you'd be a whole new you with all the exercise you've been able to fit in? And keep your hand up if you were able to achieve this? Or at the very least maintain your pre-COVID level of fitness? Personally I know it's been a challenge to squeeze regular exercise in at all. And I know I'm not alone in feeling this way. So that's why we're focusing on exercise as well.

Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And if you're enjoying MSK News **forward it to a friend** so they can too!

Rob Anderson - CEO

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## Looking after your mental health - 6 months on

When COVID-world took over earlier this year it was a little surreal, but most of us were optimistic it would end quickly. But sadly things have changed a lot since then, and it's really affecting our mental health. So we've put together **some info and tips** on mental health to help you through these really tough times.

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## Free, free, free!

Have you registered for our free webinars? We have two beauties coming up. On 19 August paediatric rheumatologist Dr Navid Adib will discuss the medical support available for **children living with arthritis** across the age spectrum. And on 25 August rheumatologist Dr Nava Ferdowsi will look at **scleroderma and/or Raynaud's phenomenon** - what they are and how they're treated. Don't miss out!

Register today

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## Contact our free national Help Line

If you have questions about things such as managing your pain, COVID-19, your musculoskeletal condition, treatment options, telehealth, or accessing services be sure to call our nurses. They're available weekdays between 9am-5pm on 1800 263 265; email [helpline@msk.org.au](mailto:helpline@msk.org.au) or via **Facebook messenger**.

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**Can we show you how  
your spare change can  
create real change?**

Visit [msk.org.au/sipora](https://msk.org.au/sipora)  
for more information



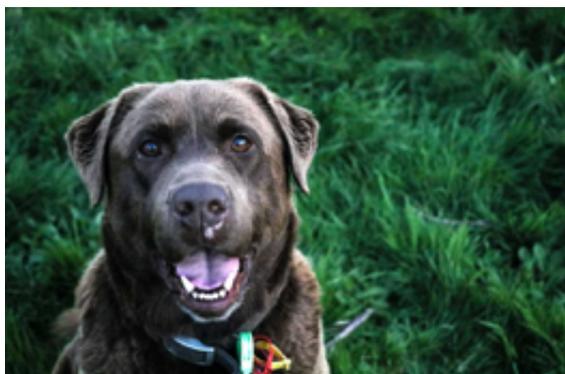
### There's never been an easier way to give!

Your spare e-change will make a big difference to the lives of people who have musculoskeletal conditions.

### Find out how

#### Exercise

With the massive changes to our world and routines, and restrictions coming and going (and then coming back again) many of us are more sedentary than we used to be. This's a big problem. So we've put together lots of tips to help you **get active and stay active**.



#### The purr-fect treatment for COVID and MSK conditions

In the absence of a specific treatment or vaccine for this pandemic our pets are the perfect therapy. **Find out how interacting with animals** can help us manage our pain, anxiety and other health issues. We've also added some info about COVID as it relates to pets.

#### New raffle is now open!

Imagine winning \$250,000 in cashable gold

to spend on anything you like!

But wait there's more...if you get your ticket before 23 August 2020 you'll also go into the draw to win a \$1,000 voucher for yourself and an extra \$1,000 that goes to [Musculoskeletal Australia!](#)

Get your \$10 [Play for Purpose](#) ticket today!



## Information at your fingertips

Visit our [website](#) for up-to-date, detailed information about [musculoskeletal conditions](#), strategies for [managing pain](#) and [getting a good night's sleep](#), [info to help you live well](#) with a musculoskeletal condition and so much more. It's there when you need it - 24/7.



### Smile!

Turn the sound up for [this one](#). It'll really make you smile!

## 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.

## STAY CONNECTED WITH MSK

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