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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

*The news you can use  
delivered to your inbox*

22 April 2021

Welcome to MSK News!

In today's MSK News, we're pleased to bring you articles exploring more of the issues raised by people who took part in our National Consumer Survey. They include: **7 things you should know about self-care**; **ways to get more enjoyment out of life despite your condition**; and **sex, intimacy and musculoskeletal conditions**.

If you haven't had a chance to **read our report** based on the survey results, I urge you to read it and share it with others. We're thankful that so many people like yourself responded to our survey, so we can now work towards making these invisible conditions visible.

Enjoy this issue of MSK News and have a wonderful weekend!

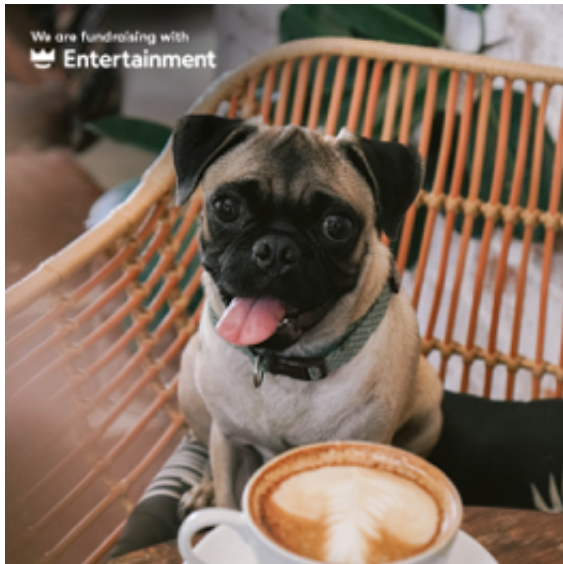
Rob Anderson – CEO

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## Getting your groove back

Living with a musculoskeletal condition can sometimes interfere with your sex life. Pain, fatigue, side effects of meds, as well as everyday stresses can affect your desire to

be intimate. The good news is **there are things you can do** to get your groove back and enjoy a satisfying sex life.



### Give back - get more

Get a bunch of savings while you dine, shop, travel and have fun with an Entertainment Membership. **Purchase a Membership** and you'll also be helping to support us. Right now, you'll also receive a \$10 or \$20 eGift Card with your Entertainment Membership purchase. **T&C's apply**

### 7 things to know about self-care

To understand the breadth of self-care and how you can incorporate it into your life in a meaningful way, the International Self-Care Foundation has developed a framework for self-care around seven 'pillars'. **We take a look at each of them** and how they're relevant for MSK conditions.



### Carrot cake loaf

If you're looking to make a sweet treat this weekend, check out this **scrummy carrot cake loaf**. Perfect for when family and friends pop over for a lazy weekend cuppa. Yum!

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## Contact our Help Line

Do you have questions about dealing with pain, your musculoskeletal condition/s, treatment options, COVID-19, or accessing services? Then be sure to call our nurses on our free Help Line. They're available weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).

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## 13 strategies to help you enjoy life

52% of the people who took part in our 2020 survey said their condition affected their ability to enjoy life in general. If you feel a bit blah too, [check out our top tips](#) to help you feel more happy, optimistic and fulfilled.



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## Pregnancy and arthritis webinar

If you have a musculoskeletal condition, and you're thinking about becoming pregnant and starting a family, join us April 29 at 7pm. Our free webinar, featuring rheumatologist Dr Claire Barrett, will give you the latest information about pregnancy and MSK conditions. [Register today](#).



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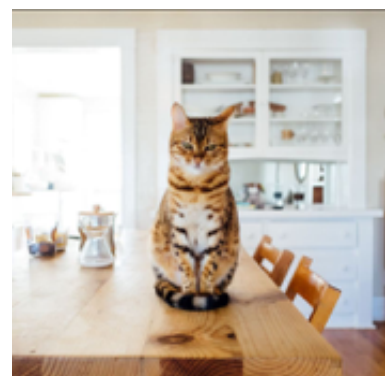
## Become a Friend of MSK

And help us represent people who have musculoskeletal conditions. Anyone can become a [Friend of MSK](#) – whether you live with a musculoskeletal condition, care for someone who does, work in the health sector, or would just like to learn more and make a real difference. For just \$20 a year you're on your way to help us support people for better musculoskeletal health.

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## Smile!

We all love a good massage. And if there's no one around to give you one, [what's a cat to do?](#) Use a 'paw-held' massager of course!



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