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Hello, and welcome to MSK News. In this issue, we take a look at the similarities and differences between [rheumatoid arthritis, osteoarthritis and osteoporosis](#). We also explore something that affects many people with musculoskeletal conditions - [inflammation](#). What is it, and how does it affect the body? We've got a [tasty recipe](#) for you to try this long weekend and so much more. Enjoy!

Wherever you are and whatever you plan to do over this Easter long weekend, stay safe, have fun and eat chocolate!

Rob Anderson - CEO



RA, OA and OP - what's the difference?

Rheumatoid arthritis (RA), osteoarthritis (OA) and osteoporosis (OP) have some similarities in their names, but is that where it ends? [This article](#) explores the similarities and differences of these common musculoskeletal conditions.



Bedtime routines - not just for kids!

Do you get to the end of your busy, tiring day, drag yourself to bed and then have trouble falling asleep? Or staying asleep? Developing a healthy and consistent bedtime routine may help you deal with this problem. [Find out more.](#)



Volunteers needed. Are you aged 60 or over?

Professor Robin Daly from the Institute for Physical Activity and Nutrition at Deakin University (Burwood) is seeking people in Victoria with or at risk of osteoporosis or who are concerned about their mobility to join the **TeleFFIT** home exercise and lifestyle self-management program. Visit [TeleFFIT](#) to learn more and express your interest.

This is a paid advertisement.

Let's get cooking!

Mmmmm, we've got some decadence coming your way! Kitty has provided a recipe for a quick and easy [peanut butter French toast](#) that'll give you a sweet and savoury taste sensation. So grab your apron, head into the kitchen and get ready to have your tastebuds sing!



What is inflammation?

We talk about inflammation a lot. But what is it? What's happening in your body when you have inflammation? [Find out about acute and chronic inflammation.](#)



Non-opioid pain management

Do you find it difficult to get relief from persistent pain? Then [register for our free webinar](#) on 3 May, 7-8pm (AEST). Tune in to learn strategies for managing pain, including medicine and non-medicine options. Don't miss out!

An adventure awaits

Buy a raffle ticket to support us and you could win an adventurous \$250k first prize pack including a VW California Beach Campervan, \$125k in cashable gold PLUS over \$6k in shopping vouchers to spend at leading Aussie retailers! [Get your tickets today.](#)



Affordable Medicines Now

It can be extremely challenging to find the money for increasing costs of prescription medicines, along with the rising costs of living. That's why MSK supports the Affordable Medicines Now campaign. It's seeking commitment from political parties to lower the maximum co-payment for PBS listed medicines. Visit affordablemedicines.com.au to learn more about the campaign. You can lend your support by signing the petition and sending an email to your local MP, both of which you can do directly from the website.

Are you interested in improving health care?

[OPUS](#) is looking for patients, carers and community members interested in health care to join their Consumer and Community Involvement Program. People with little-to-no scientific background, of any age or gender are welcome to participate in osteoarthritis-related research projects. You don't need experience with osteoarthritis or a scientific background; all you need is an interest in improving health care and working with researchers. Find out how you can [get involved today.](#)



Research: Psychological interventions for chronic, non-specific low back pain

Researchers at The University of Sydney have recently published their findings on an important study into back pain interventions. They found that treatments for back pain should address *both* physical and mental health. You can [read the full article in The BMJ](#).

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