

What Is Gout Arthritis?



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- A long term condition that requires long term treatment.
- Causes sudden attacks of severe pain and swelling, most often in the joint of the big toe.
- A gout arthritis attack usually lasts 7 to 10 days.
- Caused by a build-up of uric acid in the body, which can be genetic.
- If left untreated, gout arthritis can cause damage to your joints and kidneys.

Who Gets Gout Arthritis?



- Māori and Pasifika people have genes that may cause gout arthritis
- Being overweight increases the level of uric acid in the body
- People who have kidney problems

How Is Gout Arthritis Diagnosed?

- A sample of fluid may be taken from around the joint
- A blood test to measure the uric acid in your blood (a healthy level of uric acid is below 0.36 millimoles per litre (mmoL/L))



How Can I Manage Gout Arthritis?



- **Medication** - There are two types of medicine for gout arthritis that are prescribed by your doctor:

Uric Acid Lowering Medicine - Must be taken every day even during a gout arthritis attack. This brings your uric acid level down, stops gout arthritis attacks and prevents further damage to joints and kidneys. You will start on a low dose, which is increased until your uric acid level remains below 0.36 and you no longer get gout attacks. This is called **titration**.

Gout Arthritis Attack Medicines - To treat pain and swelling during a gout arthritis attack.

- **Food and Exercise** - work on being a healthy weight by eating a balanced diet. Be active by walking, swimming, gardening, playing a sport, going to the gym, etc. Find what works for you.
- **Keep hydrated** - Drink lots of water, avoid sugary drinks, fizzes, fruit juices, and alcohol.
- **Footwear** - Try not to wear sandals, jandals, slippers, or even old shoes. These shoes do not support your feet properly.

Wear shoes that:

Have laces or Velcro so you can tighten or loosen your shoe
Have a cushioned insole to support your foot
Have room if your foot swells up
Have a firm sole



Join the private Facebook support group:
facebook.com/groups/goutarthritis

More information and support:



Email: info@arthritis.org.nz, **Phone:** 0800 663 463
Website: arthritis.org.nz



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