Arthritis Fact Sheet: Gout Arthritis

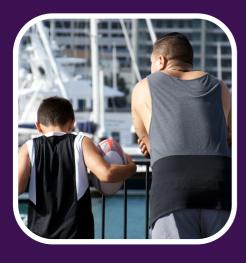
What Is Gout Arthritis?



What Is Gout Arthritis?

- 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)

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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, jandels, 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



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More information and support:









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