

## WHAT IS GOUT AND WHAT CAUSES IT?



- ▶ Gout is caused by having too much uric acid in your blood. The uric acid becomes crystals in your joints causing painful gout flares.
- ▶ Most uric acid in the body is created from the breaking down of old cells, with some also coming from certain food.
- ▶ If you continue to have high uric acid levels in your blood, you can get damage to your joints and kidneys.

## GOUT IS NOT YOUR FAULT

- ▶ The main causes of high uric acid in the body are:
  1. Genetics
  2. Kidney problems
  3. Being overweight
- ▶ Most Pacific people have genes that slow down the removal of uric acid from their body.
- ▶ The food you eat makes little difference to changes in your uric acid levels and your gout.



**SCAN HERE TO WATCH A PACIFIC GOUT VIDEO**



We acknowledge the Pacific Peoples Health Advisory Group for co-creating this resource.



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# WARM PACIFIC GREETINGS

Lets Talanoa About Gout



## WE GOUT YOUR BACK

Learn about gout and how to manage it

## TAKING GOUT MEDICATION TO PREVENT FUTURE GOUT FLARES

- ▶ Allopurinol is a medicine that keeps your uric acid levels low throughout your life.
- ▶ Getting the right dose of allopurinol takes time. You start on a low dose, gradually increasing it until there is the right level of uric acid in your blood. This helps the crystals in your joints dissolve and slowly disappear completely. This is the best dose to take every day to manage your gout.

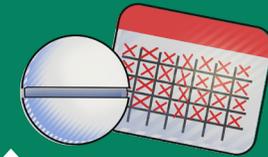
## PREVENTING GOUT ATTACKS AND MAINTAINING ALLOPURINOL



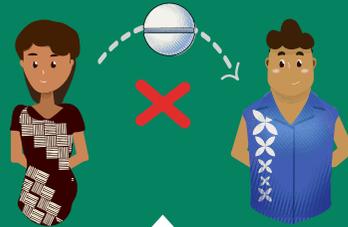
- ▶ When starting on allopurinol, you may get a gout flare. This is common!
- ▶ Keep taking your allopurinol. Your doctor may give you colchicine or other painkillers for the first few months until you are on the right dose of allopurinol.



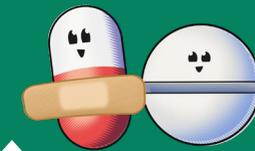
Allopurinol is very safe with very few side-effects. Some people get an upset stomach, especially when first starting allopurinol. If this happens, take your tablets with food. If you get a rash, which is rare, stop the medicine and see your doctor.



Although you need to take your allopurinol every day, this will keep the crystals away and mean no more gout attacks.



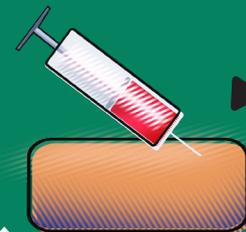
Do not share medicines. Different people need different doses.



Pain killers are not good to take long-term because it can damage your kidneys. Continue to take your allopurinol even during gout flares.



Get a new prescription of allopurinol every three months. Do this early, to avoid gaps in taking your medicine.



You need blood tests to adjust your medication until your uric acid level is low enough to reduce gout flares.