

Do you suffer from Gout?

See your doctor quickly if you have often a single joint redness/ swelling/ pain



What lifestyle advice is recommended for someone with gout?

- Aim for an ideal body weight — but avoid crash dieting and high protein/low carbohydrate diets.
- Eat sensibly — by restricting the amount of red meat and avoiding a high protein intake. Avoid excessive consumption of foods rich in purines (such as liver, kidneys, yeast extract, and seafood). Certain vegetables (asparagus, beans, cauliflower, lentils, mushrooms, and spinach), and to a degree soy, should be avoided.
- Drink alcohol sensibly — by avoiding binge drinking and restricting alcohol consumption to 21 units per week for men and 14 units per week for women, with at least two alcohol-free days a week.
- Avoid dehydration by drinking water (up to 2 litres/day unless there is a medical contraindication).
- Drink skimmed milk or consume low-fat dairy products (up to 2 servings daily).
- Limit consumption of sugary drinks and snacks.
- Take regular exercise — but avoid intense muscular exercise and trauma to joints.
- Stop smoking.
- Consider taking vitamin C supplements, at least 500 mg/day

What are the medical treatments for gout?

Your doctor will decide which medication will work best for you. Earlier the treatment is started the better so seeing your doctor quickly is important.

Rest, Ice pack, elevate recommended.

Choices vary from different anti-inflammatory medications to corticosteroids either orally or by injection into the joint.

Ensure you have blood test 4–6 weeks after the acute attack

There are preventer drugs that can be used to stop future attacks so ask your doctor if you feel you should be on these.