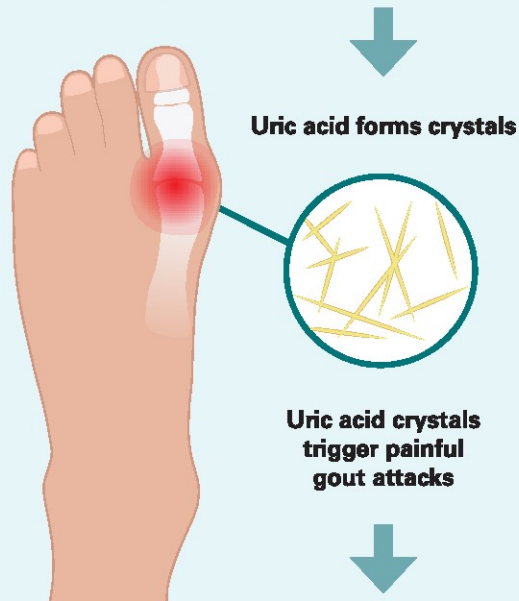


## Patient education aid 1: gout and healthy lifestyle

The purpose of this aid is to assist discussions between healthcare professionals and patients on what gout is and key elements of a healthy lifestyle for gout. The information presented here is not exhaustive of the subject matter. This aid is designed to complement, but not replace, advice provided by a healthcare professional.

Gout causes pain and swelling in joints. This form of arthritis is due to high levels of uric acid, a substance in the body



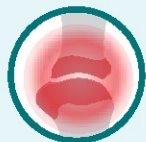
Other problems (complications) can develop if gout is not treated:



Collection of uric acid crystals, forming lumps around joints (**tophi**)



Kidney or bladder **stones**



**Joint damage**

A healthy lifestyle is important:



**Maintain a healthy weight**  
(including weight loss if overweight)



**Exercise regularly**, but rest affected joints during a gout attack



**Avoid smoking**



**Maintain a healthy diet**

The following diet can help to prevent gout attacks:

**✗ Avoid**



Excessive **alcohol** (especially beer and spirits)



**Sugary drinks**, such as fruit juices or carbonated drinks



Excessive **high-purine foods**, especially seafood or meat, including organ meats (the body converts purine into uric acid)

**✓ Include more of**



**Low-fat dairy products**



**Vegetables**, such as lettuce or radish



**Fluids**  
Drink plenty of fluids (at least 2 litres a day), unless under fluid restriction

Your doctor may add urate-lowering therapy (ULT) medications to a healthy lifestyle.