

# Taking control of your Gout

A practical guide to treatments,  
services and lifestyle choices



# How can this booklet help you

## This booklet is designed for people who have gout.

It will help you understand your condition so that you can better manage your symptoms and continue to lead an active and healthy life.

This booklet offers information and practical advice to help you:

- understand what gout is and what it means for you
- understand how medicines can help treat gout attacks and prevent future attacks
- work with your healthcare team to manage the disease in the short and long term

- make healthy choices for your general health and wellbeing
- find support and additional information to cope with the impact of gout.

The information inside is based on the latest research and recommendations, and has been reviewed by Australian experts in the field of arthritis to make sure it is current and relevant to your needs.

So go ahead — take control of your gout!

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# Understanding gout

## What is gout?

Gout is an extremely painful form of arthritis. Often referred to as the 'disease of kings', it was thought that gout resulted from overeating and drinking too much alcohol. In fact, gout can affect anyone regardless of diet and alcohol intake.

Gout occurs as a result of high levels of uric acid in the body.

## What is uric acid?

Uric acid is present in small amounts in our blood. It is made as our bodies break down natural substances called purines. Purines are found in our bodies' cells, as well as some of the foods we eat.

Our kidneys usually remove any excess uric acid from our bloodstream into our urine. However, people with gout have higher-than-normal amounts of uric acid in their bodies. This can be a result of:

- producing too much uric acid and/or
- the kidneys being unable to remove it quickly enough (this is

the main reason for more than nine out of ten people with gout).

If uric acid levels remain high, small, needle-like crystals of monosodium urate monohydrate (urate) start forming in and around the joints (Refer figure 1 on page 5). These crystals form slowly, over months or even years. A gout attack occurs when there is inflammation in the joints where these crystals have formed. As the gout attack settles, the pain and inflammation will disappear but the crystals still remain in the joint(s).

## What are the symptoms of gout?

Generally, the first symptom of gout is severe pain from a gout attack. Uric acid levels can be high for months or even years before a gout attack occurs. An attack of gout usually comes on very quickly, over just a few hours, and often overnight. The affected joint(s) becomes inflamed, causing intense pain, redness, heat and swelling. Often the joint is extremely sore to touch – even just the light pressure of the bed sheets can be excruciating.

Without treatment, a gout attack usually lasts about one week.

While the affected joint(s) is inflamed, it can be extremely painful to walk or use the joint normally.

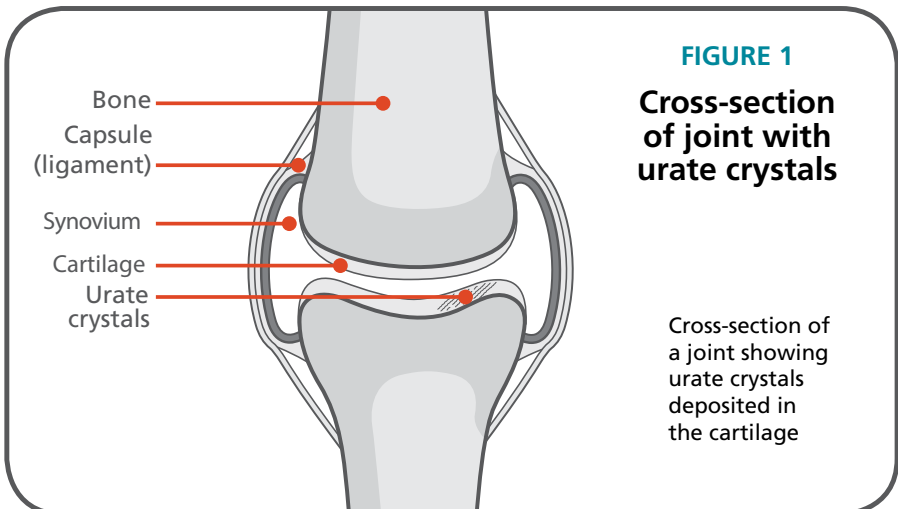
Gout commonly affects the big toe, although other joints can be affected, including the ankles, knees, hands, wrists and elbows.

Urate crystals can also collect under the skin forming small, solid, white painless lumps called tophi (Refer figures 2 and 3 on page 6 and 7). The most common places tophi form are on the toes, ears, fingers, hands, forearms, knees and elbows.

## What causes gout?

Gout occurs in people with higher-than-normal levels of uric acid in their body. Some people with gout may produce too much uric acid. More commonly, it results from the kidneys being unable to get rid of enough of the excess uric acid. Some of the known risk factors for having high uric acid levels include:

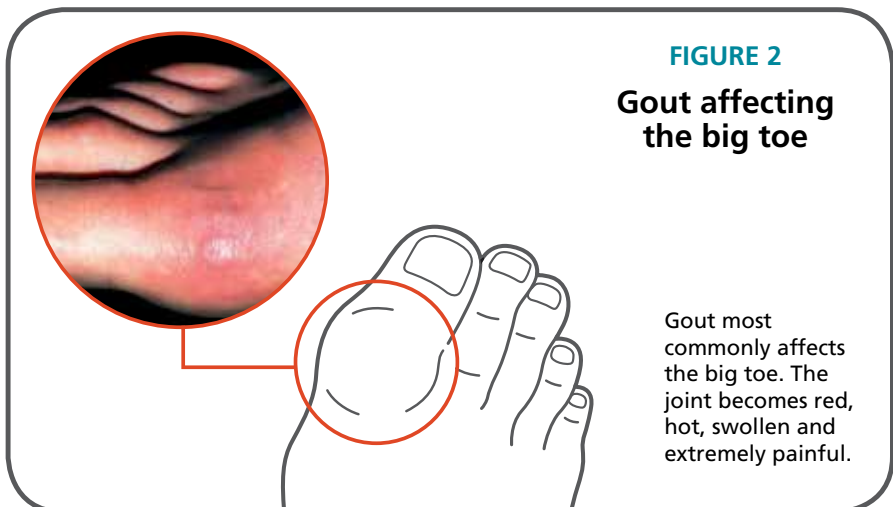
- Genetic factors: Having higher-than-normal uric acid levels can run in families and is one of the most common causes of gout



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- Being overweight or obese
- Having high cholesterol, high blood pressure or glucose intolerance
- Having kidney disease
- Taking certain diuretics ('water tablets'): These medicines drain water from the body and can affect the kidneys' ability to get rid of uric acid.
- Overeating, particularly certain foods that are linked with gout attacks, although this is still not well understood from research. See page 16 for information about gout and diet
- Drinking too much alcohol may raise uric acid levels in the blood by increasing the production of uric acid and reducing how much is passed out in urine. Gout attacks seem to be more common in beer and spirits drinkers than in people who drink wine. However there is no scientific proof that only certain types of alcoholic drinks cause gout

Some people can have high uric acid levels but do not experience gout attacks. However, if you're prone to gout, several factors have been linked to gout attacks including:



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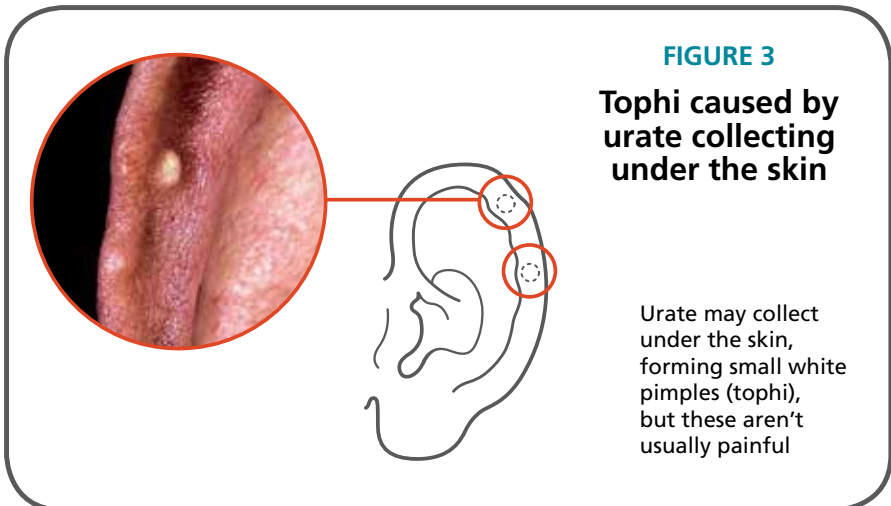
- Consuming large amounts of fructose, a type of sugar, can increase uric acid levels in the blood. It is found in high levels in soft drinks sweetened with corn syrup (not used in soft drinks manufactured in Australia) and fruit juices
- Dehydration (not drinking enough water)
- Being ill with a fever
- 'Crash diets' or fasting
- Having an operation
- Injury or trauma to the joint.

### Who is affected by gout?

Anyone can get gout. However, gout in pre-menopausal women is rare and your doctor may wish to further investigate your symptoms.

### Can gout cause long-term problems?

Once the inflammation of a gout attack settles down, your joints may feel normal again. However, the urate crystals remain in the joints.



**FIGURE 3**

### Tophi caused by urate collecting under the skin

Urate may collect under the skin, forming small white pimples (tophi), but these aren't usually painful

Another attack may not happen for months or even years. If gout is not managed well and uric acid levels remain higher-than-normal, the time between attacks may get shorter, the attacks may become more severe and more joints may be affected.

The first few attacks of gout may not cause any permanent damage to the joint(s). However, if uric acid levels remain high over time, gout can progress into a chronic (long-term) condition causing:

- Formation of tophi (solid lumps of urate crystals), especially on the toes, ears, fingers, hands, forearms, knees, and elbows (Refer figures 2 and 3 on pages 6 and 7)
- Permanent damage to the cartilage and bone due to the formation of tophi inside the joint. This can lead to constant mild pain and inflammation, similar to osteoarthritis
- Kidney stones.

The good news is, that although gout is very painful, it is extremely treatable for most people. Early diagnosis and the right treatment

are crucial in preventing long-term complications from gout.

### How will my doctor diagnose gout?

Many people with gout do not receive the right treatment because they have not been diagnosed properly in the first place.

The only way to diagnose gout with certainty is by your doctor looking at samples of your **joint fluid** under a microscope. A needle is used to draw a small amount of fluid from one of your affected joints. This fluid is then examined under a microscope to see whether urate crystals are present. If the crystals are present, your doctor can confirm that you have gout. If there are no crystals in your joint fluid, your doctor will consider other causes for your symptoms, such as an infection in the joint.

A **blood test** can measure the amount of uric acid in your blood. If uric acid levels are higher than normal, this can help support a diagnosis of gout. However blood tests can sometimes show normal uric acid levels during an attack. Blood tests are most useful for



working out if your symptoms are due to other conditions, or to monitor your uric acid levels once you have started treatment for gout.

**X-rays** are often normal in the early stages of gout so are not very useful in diagnosing gout. They may show signs of joint damage if you have had poorly managed gout over an extended period.

Top tip: Be certain it's gout



# Treating gout

There are two main parts to treating gout:

1. Treatment of the gout attack
2. Treatment to lower uric acid levels and prevent future gout attacks.

## Treating a gout attack

There are several medicines that can help reduce the pain and inflammation of a gout attack:

- **Non-Steroidal Anti-Inflammatory Drugs (NSAIDs):** These medicines reduce pain and inflammation in the joints. Some NSAIDs can be bought over-the-counter while others are only available with a prescription. Like all medicines, NSAIDs can cause side effects so it is important to get advice from your doctor before taking them. Your doctor will recommend the lowest dose for the shortest period of time to reduce your risk of developing side effects.
- **Corticosteroid injections or tablets:** This type of medicine is also very effective in reducing gout pain and inflammation. Corticosteroids can be given as a tablet or as an injection

(needle) into a joint or muscle. Corticosteroids are usually given only for a few days as a treatment for gout and so do not normally cause any of the serious side effects that can occur with long-term use of these medicines.

- **Colchicine:** This medicine helps to reduce pain and swelling during gout attacks, particularly if NSAIDs cannot be used for safety reasons. Side effects, such as nausea, vomiting or diarrhoea, are common so your doctor will usually recommend low dosages of this medicine. This typically involves 1mg (milligram) initially, 0.5mg one hour later and then no further colchicine for 24 hours. Seek advice from your doctor if you experience any side effects, as he/she may alter the dose or prescribe a different medicine.

Taking your prescribed medicine at the first sign of a gout attack can help reduce the length and severity of the attack so work with your doctor to find the right treatment plan for you. Have your prescribed medicines readily available so you can start treatment as early in the attack as possible.

Applying ice/cold packs to the painful joint for ten to fifteen minutes at a time, may help reduce pain. You may also need to protect the affected joint. For example, if your big toe is affected you may need to limit the amount of walking and standing you do, and create a bed cradle to keep the bed sheets off your foot when sleeping.

## Treatments to lower uric acid levels and prevent attacks

There are several medicines that lower uric acid levels in the blood to prevent future gout attacks. Your doctor may suggest taking these medicines if you are having frequent gout attacks, your blood tests show high levels of uric acid, or you develop tophi, kidney stones or signs of permanent joint damage.



These medicines need to be taken every day, even if you are not having a gout attack. They can be very effective in lowering blood uric acid levels and controlling gout, if:

- You continue taking the medicine. Keep in mind your doctor may recommend you take the medicine forever
- You take the medicine and do not miss doses
- You take the full/correct dose.

The medicines that reduce uric acid levels work in slightly different ways and can produce varying side effects. Examples of medicines that can lower uric acid levels in the blood include:

- Allopurinol, which decreases the body's production of uric acid
- Febuxostat, which also decreases the production of uric acid
- Probenicid, which increases the kidneys' ability to remove uric acid into the urine
- Other medicines may also be available through specialist doctors if your uric acid levels are not controlled with these medicines.

When first taking these medicines, your doctor will monitor your uric acid levels to work out the right dose for you. It may take several months of gradually increasing the dose to find the right amount as taking sudden, high doses of these medicines can actually cause a gout attack. Bringing uric acid levels down slowly, by starting with a low dose of these medicines and gradually increasing the dose, is much less likely to trigger an attack and can reduce the risk of side effects. Your doctor may also suggest taking other medicines, such as a very low dose of colchicine, to protect against a gout attack during the first few months of starting these medicines.

The medicines used to treat a gout attack only treat the pain and inflammation. They do not affect uric acid levels so you must continue taking your regular dose of uric acid lowering medicine (for example allopurinol) during a gout attack.

**Top tip: Ask your doctor about medicines to lower your uric acid levels for long-term gout management**

## Know your target uric acid level

The goal of treatments for gout is to lower uric acid levels to a level that prevents gout attacks and other long-term problems. Your uric acid levels can be checked with a blood test. For most people with gout, the target uric acid level (serum urate) level you are aiming to achieve is

**Less than 0.36 millimoles per litre (<0.36mmol/L)**

For some people with tophi (hard lumps of urate crystals), joint damage on x-ray and/or symptoms that persist between attacks, the target uric acid level will be less than 0.30 millimoles per litre (<0.30mmol/L).

Ask your doctor what your target uric acid level should be and follow up with your doctor until you find a treatment that helps you reach this target. Get your uric acid levels checked regularly (every six months) and continue to follow the dosage and timing of the treatment that your doctor has prescribed. If your uric acid levels remain higher than the target level, you may need a referral to a rheumatologist for further treatment.

## What side effects do gout medicines have?

To understand more about your medicines and any risks or side effects that they may have, read the Consumer Medicine Information (CMI) leaflet that is available from your doctor or pharmacist. CMI leaflets provide easy to understand information including what the

medicine is for and how it is used; things to consider before using the medicine; and possible side effects and what to do if they occur. Speak to your GP or specialist, especially if you have concerns about the long-term effect of medicines.

The Australian Rheumatology Association and Arthritis Australia publish medicine information sheets.

Call the Arthritis Infoline  
1800 011 041 for copies or visit  
[www.rheumatology.org.au](http://www.rheumatology.org.au) or  
[www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

### Can natural or alternative therapies help?

There are many promises made for non-medical 'cures' or treatments to ease gout – but there's very little proof that any of these work and further research is needed. For example, there is very little evidence that supplements such as celery seed or garlic are helpful in reducing the symptoms of gout.

Because herbal, homeopathic, ayurvedic or Chinese medicines may affect the treatments prescribed by your doctor, please tell your GP and specialist what other treatments you are thinking about using.

You may feel concerned that your doctor or other members of your healthcare team will disapprove of complementary therapies. However it is very important to keep your healthcare team informed, even if they do not approve. Your healthcare team, particularly your doctor and pharmacist, can't give you the best

professional advice without knowing all the treatments you are using. This includes vitamin supplements, herbal medicines and other therapies.

See Arthritis Australia's *Complementary therapies* information sheet for more about the safe use of these types of treatments at [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)



# Diet and lifestyle



There are many beliefs and claims about the role of diet and other lifestyle factors in preventing and managing gout. Research has shown certain factors are associated with having gout. For example, people with gout may tend to eat similar types of foods or drinks. However it has not been proven that any of these factors actually cause someone to develop gout. Although there is little scientific proof about the usefulness of many of these lifestyle changes to prevent gout, there can be definite benefits for your general health and wellbeing.

## Purine-rich diet

Several studies have shown that people who have gout are more likely to eat high amounts of purine-rich foods. These foods are often reported to trigger gout attacks as purines are made into uric acid by the body. Some of the purine-rich foods commonly linked to gout attacks include:

- meat – particularly red meat and offal, such as liver, kidneys and heart
- seafood – particularly shellfish, scallops, mussels, herring, mackerel, sardines and anchovies





- foods containing yeast – such as Vegemite and beer.

However there is very little good quality, scientific evidence to show that eating foods rich in purines actually causes gout. Additionally, there is little proof that avoiding the purine-rich foods in the list above can reduce gout attacks. In fact, research shows that not all purine-rich foods

are linked to gout. For example, a number of vegetables (asparagus, mushrooms, cauliflower and spinach) are rich in purines but do not appear to trigger gout attacks. Dairy foods (which can contain purines) actually appear to lower our risk of gout.

Completely cutting purine-rich foods from your diet may cause you to miss out on important nutrients and vitamins.

For most people with gout, a healthy balanced diet is all that is needed to manage gout, alongside medicines to reduce uric acid levels.

If you notice certain foods trigger your gout attacks, you may benefit from cutting down the amounts of those foods in your diet. Most people taking medicines to reduce uric acid levels find they can still eat purine-rich foods without attacks of gout by being careful with the quantity they eat.

### Fructose

Fructose is a sugar that is found in fruits and vegetables. High fructose corn syrup - a mixture of glucose and fructose - is often used as a sweetener in food products such as bread, cereal and soft drinks (not Australian-made soft drinks). An American study found that men who drank five to six servings of fructose-sweetened soft drinks per week were more likely to have gout. However there is no research showing that fructose actually causes gout or that other fructose-rich foods can be linked to gout. Cutting down on the amount of food artificially sweetened with high fructose corn

syrup may be beneficial for your overall health. However naturally occurring fructose in fruit and vegetables also provides general health benefits and should not be completely avoided without advice from your doctor or dietitian.



## Weight loss



An obese person is four times more likely to develop gout than someone with ideal body weight. If you are overweight, gradual weight loss can help lower uric acid levels and reduce the risk of gout attacks. However it is important to avoid fasting or 'crash' dieting, where you go without adequate food for long periods and lose weight rapidly. This type of dieting can actually increase uric acid levels and trigger a gout attack. A combination of balanced healthy eating and regular physical activity is the best way to lose weight. The Australian Government provides advice about the amount and kinds of foods that we need to eat for health and wellbeing including Australian Dietary Guidelines at

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au). For help with weight loss, you can ask your GP to refer you to a dietitian or find one directly via the Dietitians Association of Australia - call 1800 812 942 or visit [www.daa.asn.au](http://www.daa.asn.au)

## Alcohol

Drinking large amounts of alcohol may increase your risk of a gout attack. Alcohol affects the ability of the kidneys to remove uric acid from the blood. Some types of alcohol, such as beer, are rich in purines, which can also lead to increased uric acid levels. However many people with gout can control gout attacks without completely cutting out alcohol. Try reducing the amount of alcohol you drink and avoid binge drinking (drinking a lot of alcohol at one time). Gout attacks are more common in beer and spirits drinkers than in people who drink wine. However there is no scientific proof that only these types of alcoholic drinks lead to gout attacks. Talk to your doctor for advice about your alcohol intake or see [www.alcohol.gov.au](http://www.alcohol.gov.au) for Australian Government Guidelines on recommended alcohol consumption.

## Other healthy lifestyle choices

- **Drink enough water:** Dehydration (not drinking enough water) may be a risk factor for gout although this is not well proven in research. Drinking 1 – 1.5 litres of fluids a day is recommended for general health benefits. If you are taking diuretics (also known as ‘water pills’ or tablets which help the body get rid of water) or have heart or kidney problems, follow your doctor’s advice about how much water you should be drinking.
- **Vitamin C:** Vitamin C appears to reduce the risk of developing gout although it does not seem to reduce uric acid levels in people already with gout.
- **Stay active** and try to fit in at least 30 minutes of physical activity most days of the week.
- **Quit smoking.** For advice on quitting smoking, contact the Quitline [www.quitnow.gov.au](http://www.quitnow.gov.au)  
Ph: 13 78 48

Top tip: A healthy diet and lifestyle can help you manage your gout



# Who can help?

The good news is that gout can be effectively managed - and a team approach is the best way to combat it. This involves you and your healthcare professionals together with support from family, friends and community organisations.

## How can you help?

Remember, you are the most important member of your healthcare team. By understanding your condition and how to stay on top of it, you can carry on living a normal life.

Work closely with your healthcare team to develop a management plan for your gout. This will include medicines to treat a gout attack and possibly medicines to lower uric acid levels. This will help you be actively involved in your care and decision-making about treatments. With the right treatment, gout doesn't have to get in the way of working, travelling, relationships, hobbies and leisure activities.

Understand how your treatments will help and how to get the most out of them. Your healthcare team can address your concerns and provide

practical advice. Contact your State/Territory Arthritis Office on 1800 011 041. They can provide information and introduce you to support groups, exercise programs and other arthritis management services. See Arthritis Australia's range of information sheets at [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

# Working with your GP

## How can my GP help?

Your GP is an important partner in managing your gout. They can also help you to access other specialists, health professionals and services. Your GP will most likely make the initial diagnosis of gout and may refer you to a rheumatologist (arthritis specialist) if required.

Once your gout is fully assessed, your GP or specialist may prepare a care plan to manage the services and treatments you require. They will prescribe medicines and other lifestyle changes to improve your symptoms and will also see you regularly to monitor your uric acid levels and check your treatment is still keeping your levels to the target level.

Your GP may employ a practice nurse to coordinate your care and access to services.

## How do I find a GP?

If you don't have a regular GP, find one who can support you. Speak to your local practice or medical centre.

## When should I see my GP?

- You should visit your GP when you have your first gout attack. Your GP can prescribe the right medicines to treat the initial gout attack and advise about medicines that lower uric acid levels to prevent future attacks.
- Your GP should also regularly monitor your uric acid levels to make sure they are staying below the target levels described on page 13. This may take several visits when you are first taking medicines to lower your uric acid levels and then may require a blood test every six months.
- Visit your GP immediately if you notice your gout attacks are becoming more severe, more frequent or affecting more joints.

**Top tip:** Work with your doctor to develop a management plan for your gout

# Seeing a rheumatologist

## How can a rheumatologist help?

**Rheumatologists** are doctors who specialise in problems of the joints such as gout. Your GP may refer you to a rheumatologist if:

- it is unclear whether you have gout or if your symptoms are caused by another condition
- your gout attacks are not prevented with medicines to lower your uric acid levels or are becoming more severe
- you require an injection into your joint
- you and your GP wish to seek advice about newer treatments.

While your GP may have prescribed some medicines to treat and prevent gout attacks, the rheumatologist might also recommend other medications to control your symptoms.

## How do I find a rheumatologist?

- You will need a referral from your GP to see a rheumatologist - they will then stay in touch to coordinate your care

- Your GP may recommend a rheumatologist
- You can also contact the Australian Rheumatology Association on (02) 9252 2356 or visit [www.rheumatology.org.au](http://www.rheumatology.org.au) to find a rheumatologist (but you will still need a referral from your GP).

## When should I see my rheumatologist?

- Your rheumatologist may initially want to see you every few weeks to work out how well your uric acid levels are responding to treatment.
- Once the treatment is working well to control your gout, you may only need to return to the rheumatologist if your gout attacks or other symptoms start to worsen.

# Other health professionals

Your GP or rheumatologist may also refer you to other therapists for further advice.

## How can other health professionals help?

A **dietitian** can give you tailored advice about weight loss, if you are overweight, and provide advice about a healthy, balanced diet to improve your general wellbeing.

A **physiotherapist** (physio) can show you exercises to do at home to strengthen and stretch the muscles in your joints and improve your function. They will also show you pain relief techniques to use at home, including the use of heat packs and walking sticks, to keep your joints as flexible and pain-free as possible.

An **exercise physiologist** can give you advice about exercise, including how to get started safely and the best type of exercise for your health and ability. If you need to lose weight, they can also design an exercise program to work alongside a healthy diet.

A **podiatrist** can help take care of your feet, perhaps by providing shoe

inserts or advice on footwear to reduce pain in your toes and/or feet.

See the section on **Seeking support** on page 26 for information on health professionals who can help you to cope with the emotions you may be feeling.

A **pharmacist** can give you information about your medicines, side effects and interactions, as well as helping you to manage your medicines (eg. checking dosage, managing repeats).

## How do I find a health professional?

- Your GP or rheumatologist can provide a referral, or you can contact a private therapist directly (see Useful resources on page 29).
- If your GP refers you to a health professional as part of a care plan, you may be able to have five sessions per year funded by Medicare. Ask your GP for more information.
- Most health professionals are available in the public health



system (such as at a community health centre or public hospital). There is often a waiting list and you will usually need a referral from your GP. Their services are usually free or low cost.

## When should I see a health professional?

- You may be referred to one or more therapists soon after your diagnosis of gout by your GP or rheumatologist.
- Ask your GP or rheumatologist about seeing a health professional if you notice your physical condition or abilities change.



# Seeking support

## Why me?

It's perfectly normal to wonder why you have developed gout and to feel angry, worried, frightened or confused about it. By taking control of your gout and working with your healthcare team, you can approach the disease with a positive attitude. However, sometimes the condition can get you down, especially if repeated gout attacks are affecting your everyday life. It may also feel as though people around you, even close friends or family, don't understand what you're going through.

## Who can help?

There are many people who can help you deal with the emotional side of gout. Your first step is to try to talk honestly with your partner, parents or children about how you feel. Give them a chance to talk too – they might have worries or feel that they don't know enough about your disease and how it is affecting you.

Visit your GP if you are worried that unwanted feelings are too strong or have been there for a long time. Your GP may be able to suggest ways of coping, or may prescribe medicines if you are especially worried or depressed.

They may also refer you to a counsellor or psychologist, who can talk to you about your worries, feelings and moods, then suggest practical ways to work through them. If you want to contact a psychologist directly, call the Australian Psychological Society on 1800 333 497 or visit [www.psychology.org.au](http://www.psychology.org.au)

beyondblue provides information and advice about depression, anxiety, available treatments and where to get help. Visit [www.beyondblue.org.au](http://www.beyondblue.org.au) or call 1300 22 4636.

Lifeline provides a 24hr confidential telephone crisis support service for anyone across Australia experiencing a personal crisis. Call 13 11 14.

## What about information from websites?

The web can be a useful source of information and support. However, not everyone who puts information on the web is a qualified health practitioner.

Some organisations make unrealistic promises in order to sell their products. Treatment options and practices from overseas may also not be relevant or approved in Australia.

Always check information from the web with a trusted member of your healthcare team.

The Australian Government's Healthdirect [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

is an excellent starting point for web searches, as every site that Healthdirect links to has been checked for quality and accuracy of information.



# Glossary of terms

Arthritis	are-thry-tiss	A name for over 100 different conditions that affect the joints.
Corticosteroid	core-tick-o-ster-oyd	A type of medicine that is very effective in reducing inflammation in the joints.
Dietitian	die-et-ish-un	A health professional who can help you with a healthy diet and weight loss.
Inflammation	in-fla-may-shun	The body's response to damage or infection. Inflammation can cause pain, swelling, warmth, redness and difficulty moving the joint.
NSAIDs	en-sayds	A group of medicines known as non-steroidal anti-inflammatory drugs. These can reduce inflammation and pain.
Purines	pyu-reens	Natural substances found in the body's cells and many different foods.
Rheumatologist	roo-ma-tol-o-jist	A doctor who is a specialist in treating problems of the joints such as gout.
Tophi	toe-fi	Hard lumps of urate crystals that form beneath the skin on the ears, fingers, hands, forearms, knees, and elbows.
Uric acid	you-rick a-sid	A normal waste product found in the blood. It is made as our bodies break down substances called purines.
Urate	you-rayt	A normal waste product found in the blood. It is made as our bodies break down substances called purines.

# Useful resources

## Australian resources

For access to quality online information about gout, start at Healthdirect  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

For advice on healthy eating and appropriate exercise, visit Healthy Active  
[www.healthyactive.gov.au](http://www.healthyactive.gov.au)

To find a specialist, contact the Australian Rheumatology Association  
[www.rheumatology.org.au](http://www.rheumatology.org.au)  
Ph: (02) 9252 2356

To find a physiotherapist, contact the Australian Physiotherapy Association  
[www.physiotherapy.asn.au](http://www.physiotherapy.asn.au)  
Ph: 1300 306 622

To find a podiatrist, contact the Australasian Podiatry Council  
[www.apodc.com.au](http://www.apodc.com.au)  
Ph: (03) 9416 3111

To find an exercise physiologist, contact Exercise and Sports Science Australia  
[www.essa.org.au](http://www.essa.org.au)  
Ph: (07) 3171 3335

To find a dietitian, contact the Dietitians Association of Australia  
[www.daa.asn.au](http://www.daa.asn.au)  
Ph: 1800 812 942

To find a psychologist, contact the Australian Psychological Society  
[www.psychology.org.au](http://www.psychology.org.au)  
Ph: 1800 333 497

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## International resources

The public area on the website of the American College of Rheumatology contains many useful resources  
[www.rheumatology.org/public](http://www.rheumatology.org/public)

The Gout and Uric Acid Education Society (US) has information for both medical professionals and people with gout at  
[www.gouteducation.org](http://www.gouteducation.org)

Arthritis Research UK also provides a wide variety of information for people with gout  
[www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)

Please keep in mind that some issues and treatments from overseas may not be relevant in Australia.

# Notes

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## My contact details

My name: .....

Telephone: .....

## My GP

Name: .....

Telephone: .....

## My specialist

Name: .....

Telephone: .....

## My support team

Name: .....

Telephone: .....

Name: .....

Telephone: .....

## My medicines

Name	Dosage	Instructions

## Arthritis Australia

Arthritis Australia is a not-for-profit organisation that provides support and information for all Australians affected by arthritis.

Contact your State/Territory Arthritis Office to find out about the range of awareness and education programs, support services and resources available.

**Arthritis Infoline: 1800 011 041 [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)**

### Arthritis ACT

Level 2B Grant Cameron  
Community Centre  
27 Mulley Street Holder ACT 2611  
PO Box 4017 Weston Creek ACT 2611

### Arthritis New South Wales

Suite 1.15 32 Delhi Road  
North Ryde NSW 2113  
Locked Bag 2216 North Ryde NSW 1670

### Arthritis Northern Territory

Shop 18 Rapid Creek Business Village  
48 Trower Road, Millner NT 0810  
PO Box 452 Nightcliff NT 0814

### Arthritis Queensland

1 Cartwright Street  
Windsor QLD 4030  
PO Box 2121 Windsor QLD 4030

### Arthritis South Australia

118-124 Richmond Road  
Marleston SA 5033

### Arthritis Tasmania

19A Main Road  
Moonah TAS 7009  
GPO Box 1843 Hobart TAS 7001

### Arthritis Western Australia

17 Lemnos Street  
Shenton Park WA 6008  
PO Box 34 Wembley WA 6913



Arthritis Australia Level 2, 255 Broadway Glebe NSW 2037

**Mail:** PO Box 550 Broadway NSW 2007

**Phone:** 02 9518 4441 **Fax:** 02 9518 4011

**Email:** [info@arthritisaustralia.com.au](mailto:info@arthritisaustralia.com.au)

**Web:** [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

**Arthritis Infoline:** 1800 011 041

ISBN: 978-0-9923052-1-5