

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 flares and prevent future flares
- 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. It has been co-designed alongside people living with gout, and 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!

Quality Use of Medicines Alliance



Helping consumers and health professionals make safe and wise decisions about medicines and diagnostics. Funded by the Australian Government through the Quality Use of Diagnostics, Therapeutics and Pathology Program.

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Understanding gout

What is gout?

Gout is a type of arthritis caused by too much uric acid in your blood (also known as serum urate).

What is uric acid?

Uric acid is found in all people, in small amounts in our blood. Our bodies make uric acid every day by breaking down natural substances called purines. Purines are found in our bodies' cells, as well as some of the foods we eat.

Our kidneys usually move any excess uric acid from our blood into our urine. This doesn't happen the same way for everyone. Some people end up with higher-than-normal amounts of uric acid in their blood. This build-up can happen because:

- the kidneys cannot get rid of the uric acid fast enough (this is the main reason for high uric acid levels)
- their body makes too much uric acid, or
- a mix of both.

If uric acid levels remain high, small, urate crystals can start to form. These crystals can form under the skin, around the joints and in other parts of the body organs like the kidneys.

The crystals form slowly, over months or even years. At first they don't cause any symptoms. However, over time they can start to cause problems.

The needle-like urate crystals in the joints can cause swelling and pain as the immune system reacts to them. This is a gout flare.

The crystals still remain in the joint(s) after the gout flare settles. The only way to get rid of these crystals is by taking medicines called urate-lowering therapy.

What are the symptoms of gout?

Usually, the first symptom of gout is severe pain from a gout flare, also known as a gout attack.

A person can have high uric acid levels for many years before they experience a gout flare. There are no warning signs or symptoms that a gout flare is going to happen. Gout flares are very sudden. They usually happen over a few hours or overnight.

The affected joint(s) become inflamed, and there is 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.

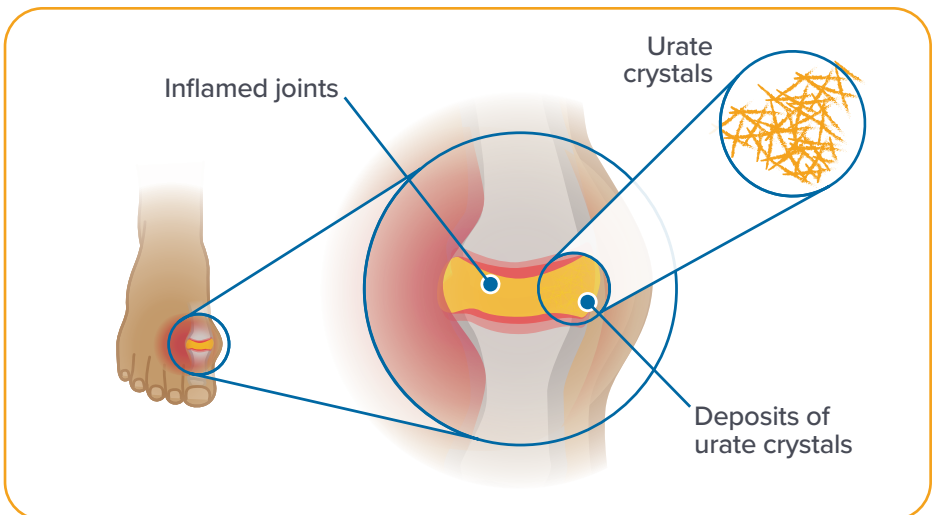
It can also be very painful to walk or move the joint.

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

Gout flares often happen in the big toe (see image below). Other joints can also be affected, such as:

- the ankles
- knees
- hands
- wrists
- elbows.

Urate crystals may also collect outside of the joints. They form small, hard, white, painless lumps under the skin called tophi.



What causes gout?

High uric acid levels can lead to gout. This is mainly due to genetics (family history). Genetics can change how the kidney's work, or affect how uric acid is made in the body.

There are other reasons why some people may have higher than usual uric acid levels.

The main cause of gout is too much uric acid in your blood. This is most often due to genetics.

These risk factors include:

- Being overweight or obese
- Having high cholesterol, high blood pressure, type 2 diabetes or glucose intolerance
- Having kidney disease
- Taking some diuretic medicines (these help you produce more urine). Which can affect how the kidneys' are able to get rid of uric acid.

What causes gout flares?

You can have high uric acid levels without having gout flares. However, if you have gout, several factors seem to increase the risk of gout flares including:

- Drinking alcohol may trigger a flare by raising uric acid levels and lowering how much is passed out in urine.
- Dehydration (not drinking enough water)



- Drinking large amounts of non-diet soft drinks or fruit juice can trigger gout flares. This is because these liquids have high levels of fructose in them. Fructose is a type of sugar that can increase uric acid levels.



- Rapid weight loss
- Injury or trauma to the joint.



Who can get gout?

Anyone can get gout. People at greater risk include:

- Men, gout is more common in men than women.
- Māori and Pacific Islander communities are at higher risk of gout, largely due to genetic factors.

Can gout cause long-term problems?

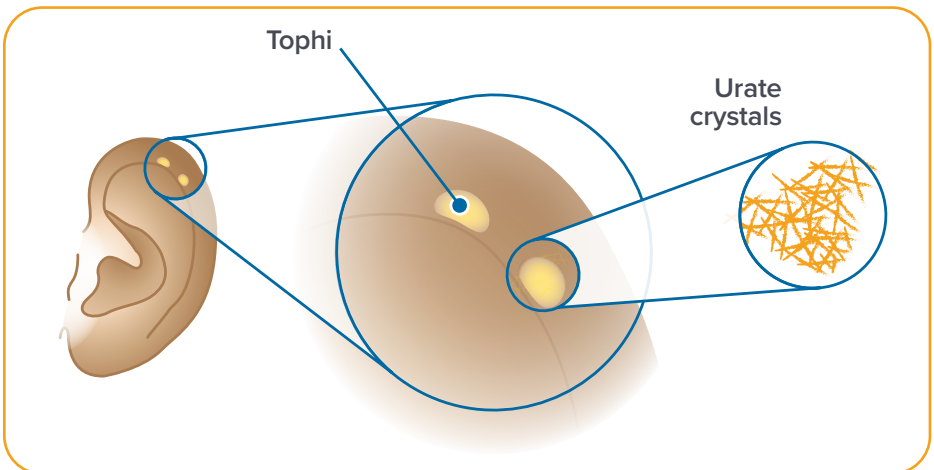
Once a gout flare settles, your joints may feel normal again. However, the urate crystals still remain in your joint(s).

Another flare may not happen for months or even years. The first few flares of gout may not cause any permanent damage to the joint(s). However, if gout is not managed well and uric acid levels stay high then other problems can start to happen.

The good news is, that although gout is very painful, it is extremely treatable. Early diagnosis and treatment to lower uric acid levels are crucial in preventing long-term complications from gout.

These can include:

- The time between flares may get shorter, the flares may become more severe and more joints may be affected.
- Tophi (hard lumps of urate crystals) can form, especially on the toes, ears, fingers, hands, knees, and elbows (see image below).
- Permanent damage can occur to the cartilage and bone due to the tophi forming inside the joint. This can lead to constant joint pain and inflammation.
- Increased risk of kidney stones and other health conditions, including heart health problems.



How will my doctor diagnose gout?

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

The only way to know for sure if you have gout is to have a doctor test your **joint fluid**. The doctor will look at your 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 look for other causes for your symptoms. This could include 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, even during a flare. Your doctor may also:

- ask about your **medical and family history** to identify any risk factors for gout.
- perform a **physical examination** to check your joints for signs of gout, like swelling and redness.

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

Treating gout

What treatments can help stop more flares?

There are several medicines that lower uric acid levels in the blood to help stop future gout flares. These medicines are known as urate-lowering therapies (ULT).

These medicines need to be taken every day, even if you are not having gout flares. They work very well in lowering your uric acid level and controlling gout, as long as you take them as instructed.

Most people will be prescribed **allopurinol**. If this medicine does not work for you, then **febuxostat** is an option. They both work by lowering how much uric acid is made in your body. Other medicines are available through a specialist if your uric acid levels are not controlled by **allopurinol** or **febuxostat**.

When you begin taking ULT, your doctor will monitor your uric acid to work out the right dose for you. Here's what to expect:

Step 1: Your doctor will start you with a low dose.

Step 2: Regular blood tests and follow-up appointments with your doctor to track your uric acid levels.

Step 3: Your doctor will increase your dose.

Step 4: This process will be repeated until you reach your target uric acid level (see following page).

It is important to keep taking your medicines even during a gout flare

Know your target uric acid level

The goal of gout treatment is to lower uric acid levels. Lower levels help prevent gout flares 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) you are aiming to achieve is

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

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

What side effects do gout medicines have?

The Australian Rheumatology Association

www.rheumatology.org.au/

and Arthritis Australia

www.arthritisaustralia.com.au/

have excellent information sheets about medicines used to treat and prevent gout.

To learn 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.

www.healthdirect.gov.au/medicines

CMI leaflets have easy to understand information including:

- what the medicine is for
- how to use it
- things to consider before using the medicine
- possible side effects and
- what to do if side effects happen.

Speak to your GP or specialist doctor, especially if you are worried about the long-term effect of medicines.

How is a gout flare treated

Start treatment for a gout flare as soon as you notice the first signs. This can help make the flare shorter and less painful. Work with your doctor to choose the best treatment for you, so you can start quickly if a flare happens.

During a gout flare, you may 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
- avoid certain types of shoes and
- create a bed cradle to keep the bed sheets off your foot when sleeping.

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

- **Non-steroidal anti-inflammatory drugs (NSAIDs):** These medicines reduce pain and inflammation in the joints. 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. This help lower the risk of side effects.

- **Corticosteroid:** This type of medicine also works very well to reduce 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 a gout flare. Normally, this medicine does not cause serious side effects when used for a long time, like other medicines.

- **Colchicine:** This medicine is often given in low doses when starting ULT. This will help to reduce the risk of a flare during the first few months of treatment.

Colchicine can also be used to treat a gout flare. Particularly if NSAIDs cannot be used for safety reasons.

Talk to your doctor if you have any side effects. They may change the dose or prescribe a different medicine.

Call the National Arthritis Infoline on **1800 011 041** or visit www.rheumatology.org.au or 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 no strong proof that supplements such as celery seed or cherry juice help reduce the symptoms of gout.

You may feel worried that your doctor or healthcare team won't approve of complementary or non-medical treatments.

It is very important to keep your healthcare team informed, even if they do not approve. Your healthcare team, especially your doctor and pharmacist, need to

know all the treatments you are using. This helps them give you the best advice. This includes vitamin supplements, herbal medicines and other therapies.

If you are thinking about using herbal, homeopathic, Ayurvedic or Chinese medicine, talk with your doctor first. These medicines may affect your prescription treatments.

See Arthritis Australia's Complementary Therapies information sheet for more about the safe use of these types of treatments at

www.arthritisaustralia.com.au



Diet and lifestyle

There are many myths and claims about diets and other lifestyle changes to prevent gout.

There is little proof that lifestyle changes can stop gout. It is important to make choices that support your health and wellbeing.

If your doctor has diagnosed you with gout, some diet and lifestyle

choices may increase your risk of a flare. We cover some of these factors in the following section.

Gout cannot be controlled by diet alone. The best way to control gout is taking medicine to lower uric acid levels in your blood.

Purine-rich food

Purines are chemicals found naturally in the body and in many of the foods we eat and drink. Our bodies turn some purines into uric acid. Some foods that are very high in purines and can increase the risk of a gout flare include:

- **meat** – particularly red meat, like beef, lamb, goat and pork and offal, such as liver, kidneys and heart.
- **seafood** – particularly shellfish, scallops, mussels, herring, mackerel, sardines and anchovies.
- **foods with yeast** – such as Vegemite™ and beer.

These foods are often said to trigger gout. However, there is little scientific proof that eating them

causes gout. There is also little proof that not eating these foods can reduce gout flares.

For example, some vegetables, like asparagus, mushrooms, cauliflower, and spinach, are rich in purines. However, they do not seem to trigger gout flares.



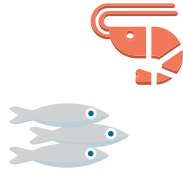


Completely cutting purine-rich foods from your diet may cause you to miss out on important nutrients and vitamins.

For most people with gout, a healthy balanced diet is the best way to manage gout, alongside medicines to reduce uric acid levels.

If you notice certain foods trigger gout flares, try eating less of those foods. Most people taking medicines to reduce uric acid levels

find they can still eat purine-rich foods without flares of gout by being careful with the amount they eat.

Examples of foods and drinks that can increase uric acid levels in the body:

Red meat	Beef, lamb, pork, goat, veal	
White meat	Chicken, duck, turkey, rabbit	
Organ meats	Liver, heart, kidney, spleen	
Seafood (especially shellfish)	Mussels, scallops, prawns/shrimp, crab, lobster, abalone, oily fish (sardines, anchovies)	
Alcohol	All types of alcohol can increase uric acid levels, especially beer and spirits which are high in purines.	
Fructose-sweetened drinks	Non-diet soft drinks, fruit juice	

Fructose

Fructose is a sugar that is found naturally in fruits and vegetables. When broken down in the body, fructose can increase uric acid levels.

There is no research showing that fructose causes gout. Drinking less

high-fructose drinks, like fruit juices or non-diet soft drinks may help lower the risk of gout flares. Fruit and vegetables provide general health benefits and should not be completely avoided without advice from your doctor or dietitian.

Weight loss

If you are overweight, slow and steady weight loss can help lower uric acid levels. This can also help reduce the risk of gout flares. It is also important to avoid fasting or ‘crash’ dieting. This is when you go without enough food for long periods and lose weight quickly. This type of dieting can increase uric acid levels and trigger a gout flare.

A mix of balanced healthy eating and regular physical activity is the

best way to lose weight. The Australian Government provides advice about how to eat for health and wellbeing including Australian Dietary Guidelines at www.eatforhealth.gov.au. For help with weight loss, you can ask your doctor to refer you to an Accredited Practising Dietitian or find one directly via the Dietitians Association of Australia – call **1800 812 942** or visit www.daa.asn.au

Alcohol

If you have gout, drinking large amounts of alcohol may increase your risk of a gout flare. Alcohol reduces the ability of the kidneys to remove uric acid from the blood. Many people with gout can avoid gout flares 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).

Talk to your doctor for advice about your alcohol intake or see www.health.gov.au (**Health Topic:** Alcohol) for Australian Government Guidelines on recommended alcohol intake.

Other healthy lifestyle choices

- **Drink enough water:** Drink water to reduce the concentration of uric acid in the blood.
- **Vitamin C:** Vitamin C appears to lower the risk of developing gout. Although it does not seem to reduce uric acid levels in people already with gout. Make sure you eat a healthy balanced diet with lots of fresh fruit and vegetables.
- **Stay active:** and try to be physically active for at least 30 minutes a day, most days of the week.
- **Quit smoking:** If you smoke it is important for your general health to stop.

For more information and advice on quitting smoking, contact the Quitline on **13 78 48**, or visit the Department of Health www.health.gov.au
(Health Topic: Smoking)



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



Who can help?

The good news is that gout can be managed well. A team approach is the best way to do this. This includes you, your healthcare team, and 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 create a plan to manage gout. This will include medicines to lower uric acid levels and possibly medicines to treat a gout flare. 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

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 specialists, other health professionals and services. Your GP will most likely make the initial diagnosis of gout. They 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. This will help you to

manage the services and treatments you need. They will prescribe medicines and other lifestyle changes to improve your symptoms. They will see you regularly to check your uric acid levels. This ensures your treatment is keeping your levels at the target.

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 flare. Your GP can prescribe the right medicines to treat your first gout attack. They can also advise about medicines that lower uric acid levels to prevent future flares.
- Your GP should also regularly check your uric acid levels. This helps make sure they stay below the target levels mentioned on page 10. This may take several visits when you are first taking

medicines to lower your uric acid levels. After that, you might need a blood test every six months.

- Visit your GP immediately if you notice your gout flares 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 flares 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.

How do I find a rheumatologist?

- Your GP may recommend a rheumatologist.
- You will need a referral from your GP to see a rheumatologist – they will then stay in touch to coordinate your care.
- You can also contact the Australian Rheumatology Association on **(02) 9252 2356** or visit www.rheumatology.org.au to find a rheumatologist (but you will still need a referral from your GP).

When should I see my rheumatologist?

- Initially, your rheumatologist may want to see you every few weeks. This is to work out how well your uric acid levels are responding to treatment.
- Once the treatment is working well, you may not need to see the rheumatologist often. You might only need to return if your gout flares up or your symptoms get worse.

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, 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.

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

See the section on **Seeking support** on page 24 for information on health professionals who can help you to cope with the emotions you may be feeling.

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.

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 28).
- 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.



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. You can take control of your gout by working with your healthcare team. This can help you face your condition with a positive attitude.

However, sometimes the condition can get you down, especially if repeated gout flares 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

Beyond Blue provides information and advice about depression, anxiety, available treatments and where to get help. Visit 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 internet 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 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 – ar-THRIGH-tuhss

A name for over 100 different conditions that affect the joints.

Corticosteroid – kor-tuh-koh-STERR-oyd

A type of medicine that is very effective in reducing inflammation in the joints.

Dietitian – digh-uh-TISH-uhn

A health professional who can help you with a healthy diet and weight loss.

Inflammation – in-fluh-MAY-shuhn

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 – PYOOR-eens

Natural substances found in the body's cells and many different foods.

Rheumatologist – roo-muh-TOL-uh-jisst

A doctor who is a specialist in treating problems of the joints such as gout.

Tophi – TOH-fi

Hard lumps of urate crystals that form beneath the skin on the ears, fingers, hands, forearms, knees, and elbows.

Uric acid – YOOR-ik ASS-id

A normal waste product found in the blood. It is made as our bodies break down substances called purines.

Urate – YOOR-ayt

Urate is another name for uric acid. 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

For advice on healthy eating and appropriate exercise, visit the Department of Health

www.health.gov.au

To find a specialist, contact the Australian Rheumatology Association

www.rheumatology.org.au

Ph: (02) 9252 2356

To find a physiotherapist, contact the Australian Physiotherapy Association

www.choose.physio

To find a podiatrist, contact the Australian Podiatry Association

www.podiatry.org.au

Ph: (03) 9416 3111

To find an exercise physiologist, contact Exercise and Sports Science Australia

www.essa.org.au

Ph: (07) 3171 3335

To find a dietitian, contact the Dietitians Association of Australia

www.daa.asn.au

Ph: 1800 812 942

To find a psychologist, contact the Australian Psychological Society

www.psychology.org.au

Ph: 1800 333 497

For information about different medical Pathology Tests Explained www.pathologytestsexplained.org.au

International resources

The patient area on the website of the American College of Rheumatology contains many useful resources

www.rheumatology.org/patient-information

The Gout and Uric Acid Education Society (US) has information for both medical professionals and

people with gout at

www.gouteducation.org

Versus Arthritis (UK) also provides high quality information for people with gout www.versusarthritis.org/

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

My contact details

My name:

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Telephone:

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My GP:

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Name:

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Telephone:

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My specialist:

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Name:

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Telephone:

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My support team:

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Name:

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Telephone:

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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.

www.arthritisaustralia.com.au

ARTHRITIS ACT

Building 18, 170 Haydon Drive, Bruce ACT 2617

PO Box 908 Belconnen, ACT 2616

www.arthritisact.org.au

THE ARTHRITIS MOVEMENT

(Merger of Arthritis NSW and Arthritis Queensland)

PO Box 2121, Lutwyche, QLD 4030

www.arthritis.org.au

ARTHRITIS NORTHERN TERRITORY

Shop 18, Rapid Creek Business Village 48 Trower Road, Millner NT

0810 PO Box 452 Nightcliff, NT 0814

www.aont.org.au

ARTHRITIS SOUTH AUSTRALIA

111A Welland Ave Welland SA 5007

www.fightingarthritis.org.au/

ARTHRITIS TASMANIA

19A Main Road, Moonah TAS 7009 PO Box 780 Moonah TAS 7009

<https://arthritis.tas.org.au>

ARTHRITIS WESTERN AUSTRALIA

17 Lemnos Street Shenton Park WA 6008

PO Box 34 Wembley WA 6913

<https://www.arthritiswa.org.au>

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INFOLINE: Contact your local arthritis office for information, education and support on **1800 011 041** or visit www.arthritisaustralia.com.au