

HEALTH MATTERS

DOES GOUT STOP YOU FROM DOING THE THINGS YOU LOVE?



Rugby, rugby, rugby is my game, love to play, but can't today, I'm in great pain; gout is to blame need to toe the line and look for the signs take my meds, like the doc says attacks will stop, I'll be back on top pain free I will stay, because I love to play. Rugby, rugby, rugby.

Gout is no laughing matter ... it is extremely painful and can stop you playing sport and spending time with your family or whānau.

Gout is part of your whakapapa ... if members of your whānau get gout, there is a good chance you will too. Gout is caused by high levels of uric acid which your body is not able to get rid of.

Your kai is not the cause of gout, **but** certain foods can trigger gout attacks such as; meat and seafood, beer, fizzy drinks, tomatoes and orange juice - so take it easy on these foods and drinks.

Your GP can help you get your gout under control with proper medication, so you can do the things you enjoy ... make an appointment - it will be worth it.

If you want to know more, talk to your pharmacist, GP or nurse or check out www.arthritis.org.nz or www.healthnavigator.org.nz.

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DRY JULY

1

Home
(Self Care)

UNWELL OR INJURED?

Where should I be?

2

General
Practice (GP)
& After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

3

Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

