

GOUT

Gout is caused by high levels of urate or uric acid in the blood. Gout causes pain and swelling of the joints including toes, ankles, heels, knees, wrists, fingers and elbows. Gout can cause kidney stones and kidney problems.



Gout causes swelling in the ankles, heels, wrists and elbows.



Take your medicines regularly.



Exercise.

- Gout attacks begin with severe pain, redness and swelling in the big toe or knees and sometimes the fingers.

Gout is treated with medicines that:

- Relieve the pain.
- Decrease the swelling of the joints.
- Decrease the level of uric acid in the blood.

To prevent a gout attack:

- Take your medicines regularly.
- Drink plenty of water and fluids.
- Exercise.
- Avoid eating red meats and shellfish.
- Limit the amount of alcohol you drink.

During a gout attack, try to reduce the pain by:

- Resting and elevating your swollen joint.
- Applying an ice pack to the swollen joint.

Ask Your Doctor if your joint pain is due to gout.

Ask Your Doctor what medicines you can take to treat your gout.

Ask Your Doctor about your diet and what foods not to eat.

Ask Your Doctor about exercise.

After starting the gout medicine, make an appointment to see your doctor.

Before you begin taking medicine for gout, ask your doctor or pharmacist these questions:

- How many times a day should I take my medicine? _____
- What time of day should I take my medicine? _____
- How long should I take my medicine? _____
- Should I take my medicine with or without food? _____
- Are there any foods or drinks I should not have while taking my medicine? _____
- Can I take my gout medicine with other medicines? _____
- If I forget to take my medicine, what should I do? _____
- If there are warning labels on the medicine bottle, what do they mean? _____
- What are the side effects of my gout medicine? _____