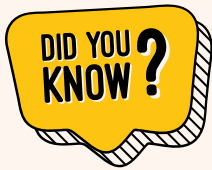


Stop gout. Start living.



Gout is a type of arthritis that causes severe pain, swelling and redness in your joints.

It's not your fault if you have gout!



Myth: Gout is caused by eating too much kaimoana and drinking alcohol.



Fact: Gout is caused by too much uric acid in your blood. Your uric acid levels depend 90% on your genes, and only 10% on what you eat and drink.

Most people get rid of extra uric acid in their urine. But Māori and Pacific people often have genes that stop their kidneys getting rid of extra uric acid. Māori and Pacific men in their 20s and 30s are the worst impacted.

Taking uric acid medication daily stops gout attacks so you can get back to doing the things you love.

The Gout Stop programme offers medication, advice and support to stop gout attacks.

Talk to your GP about joining Gout Stop.

