

Got gout? It's not your fault.

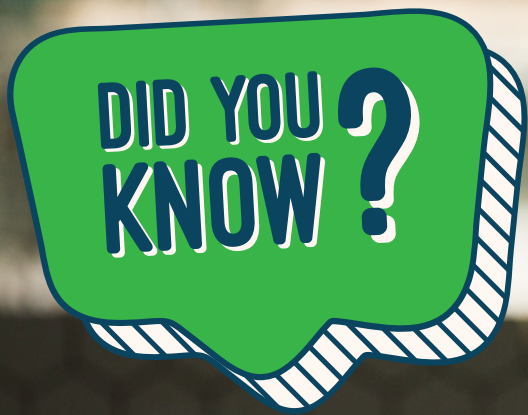
Gout is a type of arthritis that causes severe pain, swelling and redness in your joints.

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.

Māori and Pacific people often have genes that stop their kidneys getting rid of excess uric acid in their urine.

**Talk to your GP about how to
manage your gout.**





You can stop gout!

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

Gout is caused by too much uric acid in your blood. Taking uric acid medicine daily stops gout attacks so you can get back to doing the things you love.

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

**Talk to your GP about joining
Gout Stop.**

