

## How do I know whether my gout is **CONTROLLED**?

Your doctor should aim for serum uric acid target of **<360 µmol/L** to control your gout.

When your gout is controlled:

- **no more gout attacks**
- **tophi get smaller or disappear**



## Where to get HELP?

If you have any concerns about gout, see your doctor



For further information, refer to the Clinical Practice Guidelines Management of Gout (Second Edition) available on the following websites:

Ministry of Health Malaysia:

[www.moh.gov.my](http://www.moh.gov.my)

Academy of Medicine Malaysia:

[www.acadmed.org.my](http://www.acadmed.org.my)

Malaysian Society of Rheumatology:

<https://msr.my>

## MANAGEMENT OF



Gout is joint inflammation caused by deposition of uric acid crystals resulting in sudden severe pain

What is **GOUT**?

If not treated properly, it can lead to:

- » tophi formation (swellings beneath the skin containing uric acid crystals)
- » kidney stones
- » joint damage

## How do I know I have **GOUT**?

You may have **GOUT** if the following features are present:

- ✓ **Sudden onset of joint pain** which worsens within hours
- ✓ Joint is **hot & swollen**
- ✓ Typically occurs in the **big toe**, but can also occur in other joints
- ✓ May be **triggered by food**
- ✓ **Pain settles quickly & effectively with treatment** for gout attack

Gout attacks may come & go. You are usually well in between attacks.



**SEE A DOCTOR** if you have the above symptoms.



**DO NOT self-medicate** without consulting a doctor.

## WHAT TO DO when I have a gout attack?



## What treatment options do I have?

Long-term (to control gout)

- Allopurinol

Short-term (to relieve gout attack)

- colchicine/painkillers/steroids



## What can I do to **REDUCE MY RISK** of a gout attack?

1

Practise healthy lifestyle

- Eat a balanced diet

**Eat LESS**



- purine-rich red meat
- fructose-rich foods
- full-fat dairy products
- saturated fats

**Eat MORE**



- vegetables & fruits
- whole grains
- fat-free or low fat dairy products
- fish
- poultry
- beans & nuts
- vegetable oil



- Maintain a healthy body weight
- Exercise regularly
- Drink at least 2 litres/day of water unless the doctor tells you not to
- Stop alcohol

2

Take medicine prescribed by your doctor to control gout