Three risk factors for gout:

1. **You are Māori or Pacific**
   Many Māori and Pacific people have genes that make it harder to get rid of uric acid from their bodies.

2. **Your doctor has told you you have high uric acid levels**
   Uric acid is a chemical that everyone has in their body. Some people have higher uric acid levels than others. High levels of uric acid can turn into gout.
   You can reduce your uric acid levels by keeping active, staying fit, keeping your weight down, eating a healthy diet and not drinking beer and sugary drinks.

3. **You have a family history of gout**
   If people in your family have gout then you have a higher chance of getting gout.

Are you at risk of gout?

- [ ] Māori?
- [ ] Pacific?
- [ ] high uric acid levels?
- [ ] a family history of gout?

**If you do get a gout attack:**
Talk to your doctor, nurse, pharmacist or Arthritis NZ educator about medicine to treat the gout attack and about taking medicine every day to bring down your uric acid levels and prevent further attacks.

**Want to know more about gout:**

- **Health Navigator:**
  www.healthnavigator.org.nz/health-topics/gout/

- **Arthritis NZ:**
  Phone: 0800 66 34 63 (freephone for cell phones and landlines)
  www.arthritis.org.nz

**Things you can do to reduce your chances of getting gout**

This leaflet was developed by Workbase Education Trust as part of a research project funded by the Ministry of Health.
Things you can do to reduce your chances of getting gout by bringing down your uric acid levels

**Exercise**
- Keep active.
- Stay fit.
- Keep playing sport.
- Keep going to the gym.
- Keep your weight down.

**Food**
- Keep eating a healthy diet.
- Eat lots of vegetables and some fruit.
- Eat low fat yoghurt or cheese such as Edam.
- Eat only small amounts of red meat or seafood. Eat chicken and white fish.
- Eat takeaways only once a week.

**Drink**
- Keep drinking water, coffee and tea, diet soft drinks and lite blue and green milk.
- Don’t drink too much beer, RTDs or other alcohol.
- Don’t drink sugary drinks such as energy drinks, ordinary soft drinks, orange juice and powdered drinks.

Being overweight increases your uric acid levels.

Some foods, such as red meat and seafood, increase your uric acid levels.

Alcohol, sugary soft drinks and fruit juice increase uric acid levels.