

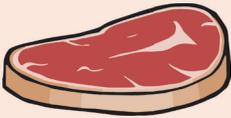
WHAT IS GOUT?

Gout is a painful form of arthritis that is caused by high levels of uric acid in the body. The build up of uric acid in the body can lead to: ^{1,2}

- Uric acid crystal deposits in joints, often in the big toe.²
- Deposits of uric acid (called tophi) that look like lumps under the skin.⁴
- Kidney stones from uric acid crystals in the kidneys.⁴

Uric acid is produced when the body breaks down a chemical called purine. Purine occurs naturally in the body but is also found in certain foods. A diet rich in purines from certain sources can raise uric acid levels in the body. ^{1,4}

A GOUT DIET MAY HELP TO LOWER URIC ACID LEVELS IN THE BODY. ¹

Foods to limit (very high in purines): ³	Foods to eat occasionally (moderately high in purines, but may not raise your risk of gout): ³	Foods that are safe to eat (low in purines): ³	Dairy products that may lower the risk of gout: ³
<ul style="list-style-type: none">• Organ meats, such as liver, kidney, sweetbreads and brains• Meats, including bacon, beef, pork, and lamb• Game Meats• Any other meats in large amounts• Anchovies, sardines, herring, mackerel, and scallops• Gravy• Beer 	<ul style="list-style-type: none">• Fish and seafood (other than high purine seafood)• Oatmeal, wheat bran, and wheat germ 	<ul style="list-style-type: none">• Green vegetables• Fruits• Breads and cereals that are not whole-grain• Butter, buttermilk, cheese, and eggs• Chocolate and cocoa• Coffee, tea, and carbonated beverages• Peanut butter and nuts 	<ul style="list-style-type: none">• Low-fat or non-fat milk• Low-fat yoghurt 

HEALTHY LIFESTYLE TIPS FOR GOUT¹

<p>Weight loss</p> 	<ul style="list-style-type: none"> - Being overweight increases the risk of developing gout, and losing weight lowers the risk of gout. Research suggests that losing weight — even without a purine-restricted diet — lowers uric acid levels and reduces the number of gout attacks.¹
<p>Exercise regularly</p> 	<ul style="list-style-type: none"> - Exercise regularly and maintain a healthy body weight.¹
<p>Stay hydrated</p> 	<ul style="list-style-type: none"> - Keep yourself hydrated by drinking water.¹
<p>Alcohol</p> 	<ul style="list-style-type: none"> - Beer and distilled liquors are associated with an increased risk of gout and recurring attacks. Avoid alcohol during gout attacks and try limit alcohol, especially beer, between attacks.¹
<p>Vitamin C</p> 	<ul style="list-style-type: none"> - Vitamin C may help lower uric acid levels.¹

SPEAK TO YOUR DOCTOR ABOUT A GOUT TREATMENT PLAN THAT IS RIGHT FOR YOU

Brought to you by Aspen

In the interest of patient education, the information provided is for educational purposes and does not replace the advice from your Doctor.

1. Healthy Lifestyle. Nutrition and Healthy Eating. Gout diet: What's allowed, what's not. Mayo Clinic Staff. 18 May 2019. Available online at: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gout-diet/art-20048524> Accessed on 2 April 2019.
 2. Gout. National Institute of Arthritis and Musculoskeletal and Skin Diseases 30 April 2019. Available online at: http://www.niams.nih.gov/Health_Info/Gout/gout_ff.asp Accessed on 2 April 2019.
 3. Diet and Gout – Topic Overview. Healthwise Staff. Medical Review by Anne C. Poinier, MD - Internal Medicine & Martin J. Gabica, MD – Family Medicine & Kathleen Romito, MD - Family Medicine & Mary F. McNaughton-Collins, MD, MPH - Internal Medicine. 01 April 2019. Available online at <https://www.uofmhealth.org/health-library/ty2036> Accessed 29 October 2019.
 4. Understanding Gout--Basics. J Robinson. 15 May 2018. Available online at <https://www.webmd.com/arthritis/understanding-gout-basic-information#1> Accessed on 2 April 2019. Trademarks are owned by or licensed to the Aspen Group of companies. © 2020 Aspen Group of companies or its licensor. All rights reserved. Marketed by Aspen Pharmacare for Pharmacare Limited. Co. Reg. No.: 1898/000252/06. Healthcare Park, Woodlands Drive, Woodmead, 2191. ZAR-COL-04-20-00001 07/20

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