“So I walked around the neighbourhood, run into a few other people walkin their dogs. And that achieves two things, it tests my joints are loose, moving. And you get to see people and you gettin out and about.”, — Gomeroi man, aged 66.

- Staying moving keeps your body and mind healthy and keeps your joints healthy too.
- Any movement is better than no movement. Do something you enjoy, like exercising in water or getting out and walking on Country.
- If you’re having a flare up, it’s ok to rest. Get moving again when you feel better. Using a walking stick or a cold pack can help.
- Joint pains can affect your spirit and can make you feel down and frustrated. Yarn about your feelings with family, your doctor or staff at your Aboriginal health service.

DON’T BE SHAME ABOUT ASKING QUESTIONS

The more you know about your gout, the more you can be in charge of your health and wellbeing.

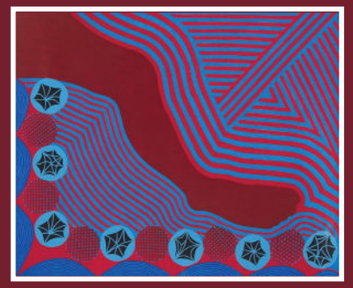
Some questions you could ask your doctor:

- What causes gout?
- Why do I get flare ups?
- What can I do to look after my gout?
- What medications can I take?
- What can be the side effects of these medications?
- How often do I need to see a doctor?
- What is going to happen in the future?

ABOUT THE ARTIST

THOMAS MARKS – LIVING WITH ARTHRITIS

Thomas ‘Marksey’ Marks is a proud Wotjobaluk/ Gunaikurnai man from Gippsland. Being one of many Stolen Generations children, he wasn’t able to grow up on his traditional Country. As an adult, he is now proudly reclaiming his Aboriginal identity through art. In his artwork ‘Living With Arthritis’ Thomas tells the story of his struggle with arthritis and the journey he is on to fight back against the pain. It’s also a story for others who experience arthritis and go through life followed by this lingering pain.



NICOLE DICKERSON – HEALING TOGETHER

Nicole is a Yamaji Woman from Geraldton Western Australia with connections to the Amangu, Naaguja, Wilunyu and Ngarluma People. Nicole grew up interested in art with her creative ways coming from her Dad. Nicole’s art is her form of healing, strength, her words when she cannot speak, and most importantly it’s her story. In ‘Healing together’ Nicole tells the story of how the rain falls on the land, connecting people, cleansing the mind, body & soul, from one place that connects two, to support Healing Together on one land.

WHERE CAN I GO FOR HELP?

If joint pains are stopping you from living well, have a yarn with your doctor, health worker or physio.

If you’d like help finding your local Aboriginal health service have a look at these links:

https://askizzy.org.au
https://www.naccho.org.au/naccho-map

WANT TO KNOW MORE ABOUT GOUT?

Scan here

THE UNIVERSITY OF MELBOURNE

THE UNIVERSITY OF WESTERN AUSTRALIA

Arthritis & Osteoporosis WESTERN AUSTRALIA
Prevent it. Manage it. Cure it.

Arthritis AUSTRALIA

Western Australian Centre for Rural Health

This brochure was developed with funding from the Australian Government and support from Arthritis Australia

STAYING MOVING, STAYING STRONG GOUT

WHAT IS GOUT?

- Gout is a type of arthritis that is caused by a natural chemical in the blood called urate.
- Urate is healthy for most people. In gout, urate builds up in the blood, in and around the joints.
- Excessive urate build up in the blood causes swelling (inflammation) in joints. This can be very painful.
- Urate is not a crystal that gets stuck in joints, even though it is common for people to think this!
- Gout can affect any joint. It is most common in the foot.
- Uncontrolled gout can affect organs too such as the kidneys.
- People can get gout at any age.
- You're more likely to get gout if it runs in your family, if you're overweight or if you have other conditions like diabetes or kidney disease.

WHAT DOES GOUT FEEL LIKE?

- It's common for joint pains to come on quickly, over a few hours, and last for a week or so. These are called 'flare ups'.
- Flare ups can be very painful and stop you living well.
- Joints may also feel swollen, red or hot to touch.

Everyone with gout has a different story.

"When it's flared up, everything stops. Yeah, you can't do anything" — Worimi man, aged 32 years

HOW DO I KNOW IF I HAVE GOUT?

- If you feel joint pains or notice swelling, have a yarn with your doctor or health worker.
- They will ask you questions about your pain and look at your joints.
- To diagnose gout, your doctor might ask you to get some blood tests.
- Your doctor may also send you to a specialist doctor called a rheumatologist.

"I haven't had it (gout) fully blown for a long time because I get the signs and I take tablets as soon as I get that tingling" — Badimaya/Noongar man, aged 53

HOW CAN I LOOK AFTER GOUT?

MEDICINES

- Medicines are the most important way of controlling gout.
- Yarn with your doctor. They will help find the right medicines for you.

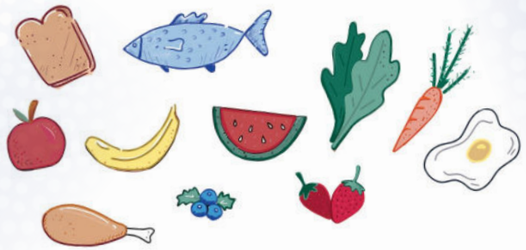
Medicines that can help are:

- Medicine to lower urate in your blood (e.g. allopurinol). These must be taken every day to prevent flare ups.
- Medicines to help swelling (inflammation) and pain (e.g. paracetamol, ibuprofen, colchicine, cortisone).

Some mob reckon there's not much you can do, but with the right plan you can live well with gout!

BUSH MEDICINE

- Bush medicines may help alongside Western medicine. Yarn with your local Aboriginal health service or Cultural Elder to find out more.



HEALTHY LIVING

- Living healthy will help with your gout.
- Drink lots of water and eat lots of fresh veggies.
- Some foods and drinks can trigger flare ups. If you notice a food or drink is causing flare ups, try cutting it out of your diet.
- Alcohol increases the urate in your blood. Drink less. This can help you manage flare ups.
- Cut down, or if you can, get off the smokes. This will keep your body healthy and help with your joint pain.