

# Hello.....



## This is your plan to stay well.

You have **gout**...now what ?

Visit the [www.NHS.uk](http://www.NHS.uk) website and learn more.

Your diet can cause gout. Thankfully there's an excellent service in Walsall that can help with that and reduce your risk of painful gout attacks.

There is a link between gout and heart attacks and kidney damage. So it's important to get good control of it.

One of the aims is to get your uric acid levels below 300. Uric acid is what causes gout.

**ONE YOU WALSALL**

Tel: 01922 444044 (Mon - Fri 9am - 6pm)

Website: [www.oneyouwalsall.com](http://www.oneyouwalsall.com)

# What next ?



Medication plan

To treat a flare up of gout:

\_\_\_\_\_ times a day

To prevent gout flare ups:

\_\_\_\_\_ times a day

6 weeks after the suspected gout attack has ended, you need to book for a blood test. This is also a great time for a full health check, so the blood test will check your kidney's, cholesterol and for diabetes.

Use the new blood pressure and weight machine in the waiting area. It will give a print out which you can bring back to us.

Make an appointment to see the doctor 1-2 weeks after the blood test to chat about your results.