

HEALTH MATTERS

ARE YOU AT RISK OF GETTING GOUT?

Are you:

- of Māori or Pacific Island descent?

Do you have:

- high uric acid levels?
- a family history of gout?



Gout is a painful form of arthritis caused by a buildup of uric acid crystals in the joints e.g. toe, foot, ankle, knee, hand and elbow.

Left untreated, gout can cause permanent damage to your joints, making it painful and stiff to move. It can also lead to kidney damage and is linked to diabetes and heart disease.

Want to know more about gout?

- www.healthnavigator.org.nz/health-topics/gout/
- www.arthritis.org.nz or free phone **0800 66 34 63**
- <http://menshealthnz.org.nz/health-topics/gout/>
- talk to your GP, nurse or pharmacist.

FLU

Get immunised

The flu vaccine is **FREE** for people over 65 years, pregnant women, and for people with certain medical conditions.

Available through your general practice and some pharmacies.

Call 0800 IMMUNE (0800 466 863) or go to www.fightflu.co.nz for more info.

CAN BE ANYWHERE

ASK YOUR **MATE** HOW HE'S GOING

#MenStartTalking

menshealthmonth.co.nz

men's health month

1

Home (Self Care)

UNWELL OR INJURED?

Where should I be?

2

General Practice (GP) & After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

3

Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

