

## Don't be whakamā - let's talk about gout

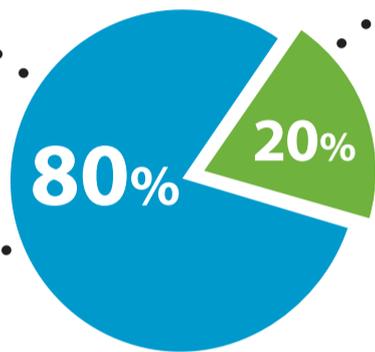
Gout is caused by having too much uric acid in your blood. The acid turns into sharp crystals in your joints, which become very painful. While there's no cure, taking preventor medication everyday can bring your uric acid levels down to normal and prevent painful attacks. Gout is not actually a Koro disease, like many people think, it happens in young people too. It is important to get your gout under control early as it can lead to diabetes, heart disease and kidney problems if left unchecked. Chat to your GP/nurse doctor or pharmacist to make a plan for managing your gout.

**80% of high uric acid is caused by your body not getting rid of uric acid properly.**

**This could be because of:**

- your whakapapa/family history
- your weight
- kidney problems

**You can get rid of 80% of uric acid by taking medicine every day.**



**20% of uric acid is caused by what you eat or drink**

**You can get rid of uric acid by:**

- not drinking alcohol, fizzy drinks, sports drinks or orange juice
- eating less meat
- eating less kaimoana
- drinking water
- being active
- losing weight if you need to

## GOUT STOP

WHANGANUI

**Does gout affect the things you like to do - going to work, playing with your kids, playing sport, doing kapa haka? Would you like to learn more and get support to help keep your gout under control?**

If this is you, think about joining the GOUT STOP Programme.

- 3month programme
- 2 free visits to your General Practice\*
- Prescribed gout medicines – for acute attack and prevention
- Medication dispensed in blister packs for the first 3 months
- FREE prescriptions while on the programme\*
- Ongoing education and support from your pharmacy
- FREE uric acid testing to check your levels are coming down
- GOUT STOP Kaiawhina available for support by referral
- Continue support and/or re-enrol if your target's not met after 3 months.

**\* Please note: Free GP visits and prescriptions are based on meeting criteria**

Talk to your GP/nurse, pharmacist or call the GOUT STOP kaiawhina: **0800 GOUT STOP** or **027 264 9914** or email [hmeihana@wrhn.org.nz](mailto:hmeihana@wrhn.org.nz) for more information.

## WHAT DO YOU KNOW ABOUT MENINGOCOCCAL DISEASE?

Meningococcal disease can be difficult to diagnose because it can look like other illnesses, such as the flu. It is important you know the signs and symptoms, and what to do.

### DON'T WAIT TOO LONG

**If you or someone in your household is sick with more than one of the symptoms:**

- Ring your general practice right away or call Healthline - any time day or night
- Insist on immediate action - don't be put off - a life may be at risk
- Early treatment of meningococcal with antibiotics can save lives
- Even if you or your child have been immunised you can get meningococcal from other strains of the bacteria.

**Don't be alone and don't leave others on their own.**

Go to [www.manageme.org.nz](http://www.manageme.org.nz) or [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) for more information about meningococcal disease. For vaccination options, contact your general practice or phone **0800 775 001** option 1 (Whanganui Regional Health Network).

## Meningococcal Disease

(including Meningitis) **is serious**

Tell your doctor about any of the following signs and symptoms:

Your baby or child may:

- ▶ have a fever
- ▶ be crying or unsettled
- ▶ refuse drinks or feeds
- ▶ vomit /gastro / tummy bug
- ▶ be sleepy or floppy or harder to wake
- ▶ have a stiff neck dislike bright lights
- ▶ have a rash or spots

Adults may:

- ▶ have a fever and headache
- ▶ vomit /gastro / tummy bug
- ▶ be sleepy, confused, delirious or unconscious
- ▶ have a stiff neck dislike bright lights
- ▶ have joint pain and aching muscles
- ▶ have a rash or spots

**!** The rash can occur anywhere on the body. Even one spot on a sick child or adult is important, so show it to your doctor.

## BE THE HOST WITH THE MOST THIS SUMMER

With these longer evenings and the summer holidays coming up, many of you will be planning parties, BBQs and other get-togethers. They're all a fantastic way to catch up with whānau and friends. This makes it a good time for a refresher about what it means to be a responsible host – that's essentially doing all you can to make sure your guests stay safe while having a great time.

- **Put on enough kai:** healthy but filling and sustaining food is best. See [www.myfamily.kiwi](http://www.myfamily.kiwi) for food ideas and healthy salads to go alongside what's on the grill.
- **Say, 'Yeah, Nah!':** Not everyone wants to drink alcohol and it's good for all of us to opt for non-alcoholic drinks. So make sure you offer no-alcohol and/or low alcohol options. And don't forget water, especially if it's hot.
- **Plan diversions:** Parties are about more than just drinking. What else can your guests do? By organising games, swimming or dancing, there's less focus on alcohol and just as much focus on fun.
- **Let people finish their glass before topping up:** It's hard to keep track of how much you've had to drink if someone keeps filling your glass.
- **Keep an eye on young people:** Whether that's the kids – especially around vehicles or water – or young adults who might need guidance around alcohol. (Remember, young people take their cues from you, including whether you drink responsibly.)
- **Be SunSmart:** During summer we can still be sunburned even late into the day so make sure guests have access to sunscreen (minimum SPF 30) and shade. Maybe have some old hats and/or sunglasses people can borrow – that's certain to provide a great photo.
- **Getting home safe:** Ahead of time, encourage people to make a plan to get home safe. Carpooling (with a sober driver) or sharing taxis is a good plan. Be prepared to make any appropriate space in your home available for guests who need somewhere to stay the night.

*Hopefully it's all gone so well that by the time this party wraps up you're already looking forward to the next one!*



## GOLDEN RULES FOR EVERYONE AT ALERT LEVEL 1

1. Wash and dry your hands regularly.
2. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
3. If you're sick, stay home. Don't go to work or school. Don't socialise.
4. If you have cold or flu symptoms call your doctor or Healthline and get tested.
5. If you are told by health authorities to self-isolate you must do so immediately.
6. If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ Covid Tracer app as a handy way of doing this.
8. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
9. People will have had different experiences over the last several months. Whatever you're feeling - it's okay. Be kind to others. Be kind to yourself.



**With the countdown on until Christmas, the Ministry of Health asks that anyone hosting a party for staff ensures that everyone who is attending is well. If anyone who was planning to attend is unwell, please consider how you can include them in your celebrations via video call or other means that ensure they can take part while everyone is kept safe. Please encourage those attending to check-in at the venue with the NZ Covid Tracer app, in the Covid Tracer booklet available online, or in a personal notebook.**

## ARE YOU LIVING WELL WITH DIABETES?

### How about enrolling in a FREE self-management programme?

You'll get helpful information, discussion with others who have diabetes, an opportunity to put an action plan into place, and much more.

Our next programme starts at 9.30am on 15 January at Gonville Health Community room.

Talk to your health provider about a referral or contact the facilitator Mary Hirini for more information and to enrol. Phone/text **029 222 5388** or email [mhirini@wrhn.org.nz](mailto:mhirini@wrhn.org.nz)



**FACT: You can be sunburnt on cool or cloudy days.**

## Slip

Slip into clothing that covers as much skin as possible

Use the Sun Protection System  
slip, slop, slap, and wrap



## The Cost of Tobacco



or



\$68.50

For help to quit smoking talk to your local health provider or visit [quit.org.nz](http://quit.org.nz) or [smokefree.org.nz](http://smokefree.org.nz)

Pricing as of Jan 2020



## BE A KAITIAKI FOR YOUR WHĀNAU AND WHAKAPAPA

Measles is about 8 times more contagious than COVID-19. Aged 15-30? Get immunised to protect your whānau. It's free at GPs and participating pharmacies.

PROTECT  
AGAINST  
MEASLES  
.org.nz

