

THE QUAY SURGERY

Monthly Newsletter

GOUT

Gout is a type of arthritis that can cause severe pain and discomfort. It occurs when uric acid crystals accumulate in the joints, leading to inflammation. Gout primarily affects the big toe, but it can also occur in other joints like the ankles, knees, wrists, and elbows.

The most common symptom of gout is sudden and intense joint pain, often accompanied by redness, swelling, and tenderness. It typically occurs in episodes, known as gout attacks, which can last for several days or weeks. Factors like a high-purine diet, obesity, alcohol consumption, certain medications, and family history can increase the risk of developing gout.

Managing gout involves a combination of lifestyle changes and medical interventions. Dietary modifications, such as reducing the intake of high-purine foods and staying hydrated, can help prevent gout attacks. Medications like nonsteroidal anti-inflammatory drugs (NSAIDs), colchicine and corticosteroids are commonly prescribed to alleviate pain and reduce inflammation during flare-ups.

Simple measures such as keeping the feet elevated (gouty arthritis in the feet) and use of ice packs can help with pain. Your doctor may prescribe medications to reduce the levels of uric acid in your blood. Regular exercise, weight management, and avoiding excessive alcohol consumption are also crucial in preventing gout attacks.

Click here for [more information](#)

UPDATE

**SKIP THE QUEUE AND USE
E-CONSULT ON OUR
WEBSITE.**

**PLEASE GIVE YOUR KIND
FEEDBACK ON THE NEWS-
LETTER BY CLICKING THIS
[LINK](#)**

**Happy 75th
NHS
anniversary!**

SOCIAL MEDIA POLICY

The surgery recognises that many patients use social media in a personal capacity. In that capacity patients must not post anything that damages the reputation of the surgery or make personal comments regarding the staff.

Examples of social media misuse may include (this list is not exhaustive):

- Posting offensive or critical messages about the surgery/ practice staff or Doctors
- Posting content that could breach practice confidentiality
- Posting derogatory or inappropriate pictures or comments about patients/staff/GP or the practice in general
- Reposting or sharing material of an offensive, sexual, political or religious nature and linking such content to the practice.

If any offensive social media posts are brought to our attention, we will contact our patient/s involved. The posts may be viewed as defamatory. This could result in the patient/s being removed from our practice list.

We would ask you contact the Practice Manager and Assistant Practice Manager via telephone 01244 814272 ext 320 or email to Nicola.Parry5@wales.nhs.uk and Benjamin.Williams4@wales.nhs.uk rather than posting offensive comments about the practice or any of our staff.

We welcome all feedback positive or negative as it gives us the opportunity to review the services we provide, and where necessary make changes.



**We are thrilled to
welcome our
newest GP to our
Practice!
Dr Anne Burton**

