



UK Gout Society 'Friends' Newsletter: January 2018

**Gout hits the high notes!**

The Charity Symphony Orchestra kicked off 2018 with a New Year concert to raise awareness and funds for people living with gout. Over 70 professional and amateur musicians came together to perform well-known classical pieces and donated their time for free at the event in Southampton.

*"Some of the world's most notable composers are alleged to have been affected by gout such as English composer, William Boyce, as well as Handel and Beethoven,"* said Craig Lawton, Chairman of the Charity Symphony Orchestra (CSO). *"There is also evidence to show that listening to music can help ease the pain of arthritis."*



The concert attracted interest from the local broadcast media with coverage appearing on *BBC South Today* TV and *That's Solent* TV:

<https://youtu.be/d09hef5tl-s>



**Gout and Diet**

Gout was recently featured in the *Channel 4* series *Superfoods: the real story*. As well as including an interview with one of the UK Gout Society trustees, Dr Kelsey Jordan, the programme looked at some ongoing research in Leeds studying the potential benefit of eating onions, which contain quercetin - an anti-oxidant which can help to reduce the production of uric acid in the blood. Red onions were shown to reduced uric acid levels by approximately 8%. Eating a balanced diet and avoiding foods high in purines may reduce your risk of having a gout flare – though other key factors will also influence whether you get gout. To read more about gout and diet, visit [www.ukgoutsociety.org](http://www.ukgoutsociety.org) <http://www.channel4.com/programmes/superfoods-the-real-story/on-demand/65679-008>

**#SHOUTABOUTGOUT CAMPAIGN IN WALES**



Llywodraeth Cymru  
Welsh Government



On 28<sup>th</sup> November 2017, the UK Gout Society joined forces with Welsh Assembly Members, doctors and other charities to help raise awareness of gout in Wales.

Speaking at the Welsh Assembly, Rhun ap Iorwerth AM, the Plaid Cymru Health Spokesperson who hosted the event, said: *"The impact of musculoskeletal conditions in Wales is huge and we have a big job to limit that impact. Working together to raise awareness of gout must play a part. We know that gout is often seriously undertreated and greatly misunderstood."*

Arthritis Care Wales and the UK Gout Society called for the British Society for Rheumatology's recent guidelines for managing gout to be fully implemented in Wales.

High profile parliamentary attendees included the Chair of the Health, Social Care and Sport Committee; the Minister for Social Care; and the Leader of Opposition and Welsh Conservatives. Two leading gout experts also spoke about the burden of gout and diagnosis and treatment: Professor Ernest Choy, Head of Rheumatology and Translational Research, Cardiff University; and Dr Martin Bevan, Lead Clinician, Consultant Rheumatologist, Abertawe Bro Morgannwg UHB. Two people living with gout also talked about how gout affects their everyday lives and the importance of seeking help and support from a health professional.

**STOP PRESS**

The Meon Valley Orchestra will be holding its first solo concert on Saturday, 10<sup>th</sup> March 2018, at the United Reform Church, Fareham, near Portsmouth. Tickets cost just £10 (including refreshments) and all proceeds will go to the UK Gout Society. The orchestra is unique because concert-goers can influence in what the musicians play on the night. For more information, please contact: [stuartreed28@gmail.com](mailto:stuartreed28@gmail.com)

**Got any fundraising ideas? Like to hold a fundraising event for the UK Gout Society? Email us at: [info@ukgoutsociety.org](mailto:info@ukgoutsociety.org) Or write to us at UK Gout Society, PO BOX 90, HINDHEAD M GU27 9FW. Website address: [www.ukgoutsociety.org](http://www.ukgoutsociety.org)**