

Bowel Care

Keeping Regular

- Enough food
- Fibre
- Fluid
- Exercise
- Appropriate aperients – if needed



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Omega 3 Fats

- Help fight inflammation
- Good sources
 - Fish - canned and fresh
 - Seafood
 - Walnuts
 - Linseeds
 - Canola
 - Legumes



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Exercise

- Very important
- Can help manage pain
- Strengthen muscles
- Avoid stiffness

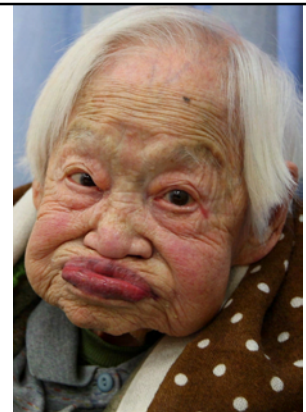


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Misao Okawa

115 years old

The worlds oldest woman and is from Japan! (Osaka)



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Gout

- Caused by build up of 'uric acid'
- Uric acid crystallises and builds up in joints
- Common in big toe
- Red and swollen
- Painful
- Medications can help



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Food and Gout

- Drink plenty of water and tea: around 2 litres (8 cups) a day
- Limit alcohol
- Avoid fatty foods e.g. fatty meat, pies, pastries



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Food and Gout

- If you have a 'flare up' of gout
 - Reduce 'purines'
- Purines break down to uric acid which can make gout worse



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Purines

High amounts found in:

- Offal meats (brain, liver, kidney, heart)
- Sardines, mackerel, anchovies, shrimp
- Meat extracts, gravy e.g. bonox,



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Purines

Moderate amounts

- Meat, fish, seafood, poultry
- Legumes: dried peas and lentils
- Mushrooms, spinach, cauliflower



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These foods can be eaten freely without effecting gout



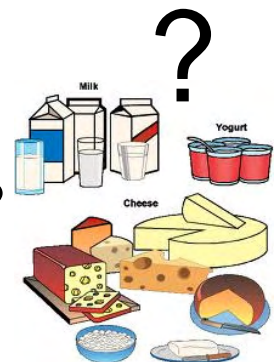
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Nutrition and Arthritis Quiz



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Is dairy bad for arthritis?



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Not true!

- Dairy is a good source of Calcium
- Dairy is very important for keeping strong bones
- Many people with arthritis have problems with thinning bones (osteoporosis)



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Do 'acidic' foods cause arthritis?



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FALSE! Acidic foods *do not* cause arthritis

- High in Vitamin C
- Important for our immune system
- Our stomach is naturally very acidic



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Nightshade foods must be avoided?



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FALSE!

- These foods are good for you and can be eaten.
- No proof that these foods have any effect on arthritis



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Foods rich in omega-3 fats may help with arthritis?



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True! Omega 3 fats can assist with some kinds of arthritis

- Fish: oily fish, such as sardines and salmon,
- Try to eat fish at least two to three times a week
- Fish oil supplements
- Ground linseeds and linseed oil, canola oil and walnuts.



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Questions And Discussion



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References

- Australian Dietary Guidelines
<http://www.eatforhealth.gov.au/>
- Arthritis Australia
<http://www.arthritisaustralia.com.au>
- Thanks to Nerimah Hickford and Caryn Kneale, HACC Dietitians NSLHD. Various slides were incorporated from previous talks produced by them.

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