

Gout educational resources (ver. 5 Nov 2022)

- [Gout Education \(via Rheum Info\)](#)
- [Eating Guidelines for Gout](#) (Health BC)
- [Oxford Dietary advice for managing gout](#). PDF file.
- **Johns Hopkins—Gout Video Series:** six-part video series on gout, which covers: gout basics, its long-term impact, lifestyle recommendations, treatment, diet, gouty arthritis and pain relief. Short web address format: <https://bit.ly/3sZOFnt>
- [Gout Education Society](#)
- Gout Educational Material in Chinese language:
 1. [RheumInfo.com Chinese language material](#): Shortened link: <https://bit.ly/3NARgxR>
 2. [NIH Chinese language material](#): Shortened link: <https://bit.ly/3zNgwv4>

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Source and most updated version:
ClinicVisit.ca (Patient Education Resources)