

**EFFORTS TO GIVE CINNAMON COMPRESSES TO  
REDUCE GOUT ARTHRITIS PAIN (URIC ACID)  
WITH BOOKLET MEDIA**

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**SUMMARY**

**Background:** Arthritis gout is an inflammatory joint disease that can cause pain, heat, swelling and stiffness in the joints. Pain in patients with gout arthritis if not treated will have an impact on the ability to move. Cinnamon stick that have been mashed can be used for the treatment of gout sufferers because cinnamon contains essential oils (1-4%). **Objective:** It is hoped that this cinnamon compress education can be useful for the community as a source of information that this cinnamon compress is one of the non-pharmacological therapies to treat gout pain. **Methods:** Management of pain scale reduction in gout sufferers can be treated with non-pharmacological therapy, namely cinnamon compresses with this Booklet media. **Results:** With this education, people can increase their knowledge about reducing uric acid by using an easy cinnamon compress, so that gout sufferers are applied to apply it. **Conclusion:** Education through the Booklet media is very useful to increase public information and knowledge to reduce gout pain independently.

**Keywords :** Arthritis gout, cinnamon compress