



GOUT & URIC ACID
EDUCATION SOCIETYSM

For more information, contact:
Anne Keshner
Gout & Uric Acid Education Society
(312) 751-3511
akeshner@gouteducation.org

Free Brochure Educates Consumers ***ABOUT GOUT***

Gout is one of the most painful forms of arthritis and is the source of pain for millions. Gout causes sudden intense pain and swelling in the joints, which are typically warm and red. Following a first attack of gout, approximately 60 percent of patients will experience another attack within the first year and 78 percent within the next two years. If gout is left untreated it can lead to permanent joint damage and chronic pain.

This brochure is designed to help gout sufferers enhance their understanding of the disease and its treatments, embrace lifestyle modifications and, ideally, restore some control and spontaneity to their lives. The brochure provides information about hyperuricemia, which can lead to gout; risk factors and triggers of gout; diagnosis; lifestyle; diet adjustments; and treatments to manage the disease.

For a free copy of *About Gout: What you need to know about gout and uric acid*, consumers may call toll-free, 877-540-GOUT (4688). Or, they can request a copy of the brochure by writing to: the Gout & Uric Acid Education Society, 875 N. Michigan Avenue, Suite 3300, Chicago, IL 60611-1959 or by sending an email to: contactus@gouteducation.org.

The brochure was developed by the Gout & Uric Acid Education Society, a nonprofit group of health care professionals whose mission is to educate the public and health care community about gout and the related health care consequences of hyperuricemia, with the aim of improving the quality of care and minimizing the burden of gout. For more information, consumers can log on to www.gouteducation.org.

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