



## **Americans Know Little About Gout** ***National Gout Awareness Survey Fact Sheet***

Gout is the most common form of inflammatory arthritis in men 40 years and older. It is also one of the most painful forms of arthritis. But the majority of Americans don't know much about it. Results of a national survey, that assess the level of awareness about gout among adult Americans, are listed below. The survey was conducted by the Opinion Research Corporation in May 2007.

- The vast majority (85%) of Americans don't know that gout is the most common form of inflammatory arthritis in men over the age of 40
- Two thirds of the population know only a little about gout
- While nearly half the population (48%) has a family member or a friend who suffers with gout, 40 percent do not realize it is one of the most painful forms of arthritis
- More than half of Americans believe that eating rich foods and drinking lots of beer causes gout. More than two thirds think that obesity and a lack of exercise leads to gout. While diet can trigger a gout attack, and obesity is a risk factor, hyperuricemia (elevated levels of uric acid in the blood) is the basic underlying cause of gout
- More than half the population (51%) does not know that men suffer far more frequently from gout than women. It is believed that sufficient levels of estrogen protect women through much of their adult life and women typically do not suffer from gout until after menopause
- Forty percent of Americans believe that gout is more common among minorities, when in fact it is a disease that does not discriminate based on race

### **Survey Methodology**

The Gout & Uric Acid Education Society commissioned the Opinion Research Corporation to administer the survey. A total of 1,024 interviews were conducted by phone among a random, nationwide sample of American adults age 18 and older. The general sample was weighted based on age, sex, geographic region and race to ensure reliable and accurate representation of the total population. At the 95% confidence level, the margin of error is plus or minus three percentage points.