Take a Stand on Gout

What is Gout? Gout is a chronic form of arthritis. Excess uric acid forms crystals in some joints, leading to excruciating pain, swelling and inflammation.

Gout is most common in middle-age to older men, but it can occur in anyone at any age.
- Gout is hereditary – so check your family history.
- Asians, African Americans and Hispanics are at higher risk.
- Women are more likely to experience attacks after menopause.
- Health issues, including hyperuricemia, kidney disease, high blood pressure, diabetes, obesity and heart disease, increase your risk.

Gout often begins in the big toe but attacks can spread to the feet, ankle, wrists, hands and elbows.

1 in 3 incorrectly believes that gout is curable.

Take these steps to keep flares under control and lead life normally.
- Know your uric acid level. (Target is <6.0 mg/dL.) Have it checked twice a year.
- Be compliant with treatment or flares may increase in frequency and duration.
- Take prescribed medications (uric acid-lowering drugs, NSAIDs or corticosteroids).
- Eat a well-balanced diet (avoid red meat, shellfish, beer and high-fructose corn syrup).
- Exercise and maintain a healthy weight.

8.3 million Americans have gout. Just 10% receive the right treatment. Uric acid level should be 6 mg/dL or below. 1 in 3 gout sufferers hasn’t had uric acid checked in 5 years.

See your doctor if you have...
- Warmth, pain, swelling or tenderness in one or more joints.
- Excruciating joint pain where even light pressure is unbearable.
- Joint pain and a family history of gout.

Make sure your doctor does a proper diagnostic test.

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For more information, talk to your doctor or visit GoutEducation.org.