GO FOR SIX WITH GOUT

GOUT IS EXTREMELY PAINFUL, CHRONIC AND SERIOUS. IT IS THE MOST COMMON FORM OF INFLAMMATORY ARTHRITIS.

HIGH URIC ACID, WHICH FORMS CRYSTALS, IS THE CHIEF CAUSE OF GOUT.

1. • 1 in 3 with gout does not know it is caused by a build-up of uric acid

2. IF YOU HAVE GOUT, IT’S CRITICAL TO KEEP URIC ACID LEVELS AT 6 MG/DL OR LOWER.

   Elevated uric acid is linked to:
   • Continued gout flares
   • Bone and joint damage
   • Kidney stones/disease
   • Heart health issues
   • Diabetes

3. YOUR DOCTOR WILL LIKELY PRESCRIBE DAILY MEDICATION TO LOWER YOUR URIC ACID AND RECOMMEND CHANGES TO YOUR DIET AND LIFESTYLE.

   • 6 in 10 with gout do not take uric acid-lowering medications
   • 4 in 10 wrongly think they only need to take medications during a flare

4. STICK TO YOUR TREATMENT PLAN – AND ASK YOUR DOCTOR TO CHECK YOUR URIC ACID EVERY SIX MONTHS.

   • JUST 1 IN 4 with gout checked their uric acid in the past six months

5. KNOW YOUR URIC ACID NUMBER – JUST LIKE YOU KNOW YOUR BLOOD PRESSURE, BLOOD SUGAR AND VISION NUMBERS.

   • JUST 16% of Americans know their uric acid number

6. REMEMBER THAT 6 IS AN IMPORTANT NUMBER FOR GOUT!

   • JUST 1 IN 3 with gout maintains a healthy fitness level

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LEARN MORE ABOUT LIVING WITH GOUT AT GOUTEDUCATION.ORG.