

## IF YOU HAVE GOUT, YOU MAY BE AT RISK FOR DIABETES

In one study, women with gout were **71% MORE LIKELY** to develop diabetes than women without gout.

Diabetes is a disease caused by high blood sugar levels. Like gout, diabetes has been linked to other serious health issues, such as heart disease and kidney damage.

People with type 2 diabetes may be more likely to have high levels of uric acid in the blood – the root cause of gout. Studies have shown that **insulin resistance** may play a role in developing gout. Insulin resistance has also been associated with obesity and high blood pressure, which are risk factors for gout.

Additionally, studies have suggested that people who already have gout and elevated uric acid levels may be more likely to develop type 2 diabetes. This risk is significantly higher among **women**.

Controlling blood sugar and uric acid levels can help to make both diabetes and gout easier to manage.



# GOUT & DIABETES

TALK TO YOUR DOCTOR  
TODAY TO REDUCE PAINFUL  
GOUT FLARES & PROTECT  
YOUR LONG-TERM HEALTH

Learn more at [GoutEducation.org](http://GoutEducation.org).



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# GO FOR 6

## GOUT AND HYPERURICEMIA

### WHAT IS GOUT?

Gout is an extremely painful and lifelong form of inflammatory arthritis caused by a buildup of uric acid crystals in the joints. Untreated, it can lead to permanent joint damage and destruction of tissue, as well as other serious health issues. Unfortunately, just **10 percent of people with gout are getting the ongoing treatment they need.**

### WHAT IS HYPERURICEMIA?

Uric acid is a normal waste product found in your blood. Uric acid typically dissolves in the blood and then passes through the kidneys, where it is eliminated through urine. If there is more uric acid than the kidneys can get rid of, a condition called **hyperuricemia** (high uric acid in the blood) develops. When uric acid builds up and forms crystals in the joints and other tissues, painful gout flares can occur.

To avoid gout and other problems, **uric acid levels should be at 6 mg/dL or below**, and should be monitored regularly by your doctor.



## PROTECT YOUR HEALTH & PREVENT FUTURE FLARES

### TALK TO YOUR DOCTOR

If you have gout or diabetes, talk to your doctor to learn how you can protect your health and prevent long-term damage.

- **Know your numbers.** Routine blood tests can check to see if you have elevated uric acid and measure your blood sugar level.
- **Take medications as directed.** Your doctor may prescribe medications to keep uric acid levels low and gout flares at bay. They must be taken as prescribed, and should not be stopped without consulting the doctor.
- **Talk to your doctor about other medications** and supplements you are taking for gout, diabetes and other health issues.
- **Drink plenty of water.** Drink at least eight cups of water a day to help flush the kidneys and remove uric acid from the bloodstream. Staying hydrated is important for reducing gout flares and maintaining a healthy blood sugar level.
- **Avoid trigger foods.** In addition to maintaining a diabetes-friendly diet, your doctor may ask that you stay away from high-purine foods (red meat, shellfish and alcohol) and those with high-fructose corn syrup (processed foods and soft drinks).
- **Make healthy lifestyle choices.** Exercise regularly and maintain a healthy body weight. Avoid smoking.
- **Control other health issues.** Obesity, high blood pressure and kidney disease can elevate uric acid – leading to gout flares and further damage.

Beyond diabetes, excess uric acid has been linked to other serious health issues, including heart disease and damage to the kidneys.

If you have gout or diabetes, maintaining a healthy serum uric acid level of 6 mg/dL or below is important to reduce risk. Like other healthy benchmark numbers for blood pressure, heart rate, cholesterol and blood sugar, knowing your uric acid level is important, too.



**ASK YOUR DOCTOR FOR A ROUTINE SERUM URIC ACID BLOOD TEST, AND KNOW YOUR NUMBER.**

Visit **GoutEducation.org** to learn more about the Gout & Uric Acid Education Society's "Go for 6" campaign.

