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.

ARE YOU AT RISK?

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.

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.

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

3 in 4 don’t know the parts of the body that gout affects.

7 in 10 don’t know that gout is a form of arthritis.

Gout can’t be cured... but it’s manageable.

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.

1 in 3 incorrectly believes that gout is curable.