



Media Contacts:

Melissa Rieger  
Havas PR  
[melissa.rieger@havasww.com](mailto:melissa.rieger@havasww.com)  
412-456-4307

Laura Shore  
Havas PR  
[laura.shore@havasww.com](mailto:laura.shore@havasww.com)  
412-456-0863

## Gout & Uric Acid Education Society Hosts Roundtable of Medical Professionals to Explore Strategies for Promoting Consistency in Gout Diagnosis and Management

*Consensus Paper Available at [GoutEducation.org](http://GoutEducation.org)*

**PITTSBURGH, Nov. 4, 2014** – With gout incidence on the rise, an increasing number of medical professionals, across multiple fields of practice, will continue to be exposed to patients who suffer from gout and are seeking an accurate diagnosis and treatment. However, despite the availability of the “Guidelines for the Management of Gout” by the American College of Rheumatology (ACR), there are many inconsistencies in how gout is diagnosed, treated and discussed by medical professionals. Conflicting messages and treatment recommendations can contribute to confusion, and even lack of compliance, on behalf of the patient – particularly when gout is connected with comorbid conditions, such as kidney disease, heart disease or diabetes.

Seeking to promote consistency in gout diagnosis and management, the Gout & Uric Acid Education Society (GUAES) recently hosted a roundtable discussion of medical professionals, who have vast experience in diagnosing and treating gout patients. Following the roundtable, GUAES worked with participants to develop a consensus paper that overviews strategies for medical professionals to more effectively manage and educate about gout.

“Patients who have gout often turn to more than one medical professional to help manage the lifelong disease – whether they are going to the emergency room for pain relief, or scheduling routine appointments with primary care physicians, podiatrists or other health specialists,” said N. Lawrence Edwards, MD, rheumatologist and Chairman of GUAES. “Regardless of whom they see, patients need to be presented with clear and consistent messages when medical professionals discuss their diagnosis and provide treatment options. Recommendations should also be in line with the ACR Guidelines in order to promote optimal outcomes.”



## Gout Roundtable and Paper – 2

With only 10 percent of gout sufferers receiving proper treatment and high-incidence of non-compliance, Dr. Edwards adds that understanding the benefits of good gout management and treatment are critical – and that failure to comply can be severely detrimental to a patient's health.

Roundtable discussions centered on the need for all front-line medical professionals to prioritize gout as a serious health issue, and to be more vigilant in providing patient education. Resulting discussions are overviewed in a consensus paper – *Take a Stand on Gout: Promoting Consistency in Gout Diagnosis and Management* – which is available through the professional portal of [GoutEducation.org](http://GoutEducation.org).

The paper shares strategies for medical professionals, including a focus on:

- Addressing barriers to patient education
- Addressing barriers to professional education
- Promoting use of the ACR Guidelines
- Identifying when to collaborate with other professionals and refer
- Accessing resources to promote gout education

The paper is authored by the following medical professionals, who represent multiple points of interaction with gout patients.

- **N. Lawrence Edwards, MD** – Rheumatologist and CEO, Gout & Uric Acid Education Society
- **Paul P. Doghramji, MD, FAAFP** – Family Physician, Collegeville Family Practice, Collegeville, PA
- **Mariann M. Harding, PhD, RN, CNE** – Associate Professor of Nursing, Kent State University
- **Joan C. McTigue, MS, PA-C** – Physician Assistant, Division of Rheumatology, University of Florida College of Medicine, VA Medical Center, Gainesville, FL
- **James R. Roberts, MD** – Vice Chairman, Professor of Emergency Medicine, Drexel University College of Medicine
- **Nicholas M. Romansky, DPM** – Podiatrist, Healthmark Foot & Ankle Associates, Phoenixville and Media, PA

###

### About GUAES

The Gout & Uric Acid Education Society (GUAES) is a nonprofit organization of health care professionals dedicated to educating the public and health care community about gout – the most common form of inflammatory arthritis – and the related consequences of hyperuricemia. Learn more at [gouteducation.org](http://gouteducation.org). Twitter: [@GoutEducation](https://twitter.com/GoutEducation) Facebook: [Gout Education](https://www.facebook.com/GoutEducation)