

**GO FOR 6**

# SCORE CARD FOR GOUT PATIENTS



GOUT & URIC ACID  
EDUCATION SOCIETY

Gout is a painful and chronic form of inflammatory arthritis caused by too much uric acid in the bloodstream. To reduce gout flares and stay healthy, it is critical to get your uric acid checked **every six months** and take steps to keep levels to **6.0 mg/dL or below**.

Gout is linked to many serious health issues – so be sure to keep track of other healthy benchmarks, too!

## KNOW YOUR URIC ACID LEVEL AND OTHER HEALTHY BENCHMARKS



**If you have gout, talk to your doctor about a treatment plan that is right for you. There is hope for even patients with hard-to-treat gout.**

## HEALTHY BENCHMARKS

### SERUM URIC ACID LEVEL

6.0 mg/dL or below

### BLOOD PRESSURE

130/80 or less

### BLOOD SUGAR

100 mg/dL or below (fasting)

### CHOLESTEROL

200 mg/dL or below

### GLOMERULAR FILTRATION RATE (GFR)

90-129 mL/min/1.73 m<sup>2</sup>

### HDL (GOOD) CHOLESTEROL

40-60 mg/dL (higher = better)

### LDL (BAD) CHOLESTEROL

130 mg/dL or below

### HEART RATE

60-100 beats/minute

### WEIGHT

Ask your doctor what's right for you



**LEARN MORE AND ACCESS FREE TOOLS AT [GOUTEDUCATION.ORG](http://GOUTEDUCATION.ORG).**

# SCORE CARD



Keep Track of Your Uric Acid and Other Healthy Benchmarks!

DATE CHECKED	/ /	/ /	/ /	/ /	/ /	/ /
Serum Uric Acid Level						
Blood Pressure						
Blood Sugar						
Cholesterol						
Glomerular Filtration Rate						
HDL (Good Cholesterol)						
LDL (Bad Cholesterol)						
Weight						

Be sure to keep track of your gout flares and share this card with your doctor during your next appointment!

DATE OF FLARE	/ /	/ /	/ /	/ /	/ /	/ /
Location of Flare						
Known Cause/Trigger						
Pain Level (Scale of 1-10)						
Medications and Dosage Used to Treat Pain						
Medications and Dosage Used to Lower Uric Acid						

Access additional information and tools at [GoutEducation.org](http://GoutEducation.org).

