

# 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 in 3** with gout does not know it is caused by a build-up of uric acid



**YOUR DOCTOR WILL LIKELY PRESCRIBE DAILY MEDICATIONS 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



**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

**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



**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



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

- **JUST 1 IN 3** with gout maintains a healthy fitness level

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**GOUT & URIC ACID  
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