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## **New educational videos from the Gout & Uric Acid Education Society highlight key insights from the ACR Guidelines on gout diagnosis and treatment**

*Patients and doctors encouraged to discuss target uric acid levels and appropriate treatment plan to avoid gout flares and long-term complications*

**PITTSBURGH, March 12, 2013** – The Gout & Uric Acid Education Society (GUAES) has added six new educational videos for patients and medical professionals to its library of popular educational videos on gout, highlighting the society's most important takeaways from the recently released American College of Rheumatology (ACR) Guidelines on Gout Diagnosis and Treatment. Available under the patient and medical professional portals on [www.GoutEducation.org](http://www.GoutEducation.org), respectively, the latest videos emphasize the need for continuous [communication between gout patients and their doctors](#) about their unique treatment plan, to help prevent gout flares and long-term complications from this poorly understood form of inflammatory arthritis.

“The Gout and Uric Acid Education Society is optimistic that the new guidelines will help to establish a higher standard of care for this increasingly prevalent and potentially debilitating disease,” said N. Lawrence Edwards, M.D., Professor of Medicine, Rheumatology and Clinical Immunology, University of Florida, and Chairman and CEO of the Gout & Uric Acid Education Society. “At the same time, the guidelines cover a lot of ground, so our hope is that these videos will serve as a valuable resource for both patients and their caregivers – from ER staff and nurse practitioners to primary care physicians and specialists –to highlight the key take-away points in the ACR report, in an easily digestible format.”

Featuring insights from GUAES board members, the [medical professional videos](#) discuss the overall implications of the new guidelines for patient care, patient lifestyle recommendations, the role of co-morbidities, the balance between pharmacological and non-pharmacological gout treatments and specific recommendations for drug therapy.

Meanwhile, the [patient videos](#) focus on what patients need to know about how family history, ethnicity and gender can impact their risk for gout, lifestyle and diet recommendations, the importance of understanding their target uric acid level and what to expect from drug therapy. The videos also offer tips to help patients minimize gout flares if they occur when their doctor is not available, such as at night or on a weekend.

To view a statement from GUAES on the two-part ACR guidelines, as well as additional videos and educational resources for patients and medical professionals, visit [www.gouteducation.org](http://www.gouteducation.org).

**About the Gout & Uric Acid Education Society**

Formed in September 2005, the Gout & Uric Acid Education Society has a comprehensive patient education brochure, as well as a user-friendly website for patients, caregivers, family members and healthcare providers. For more information about gout and the Gout & Uric Acid Education Society, please visit [www.gouteducation.org](http://www.gouteducation.org). Follow [@GoutEducation](https://twitter.com/GoutEducation) on Twitter or “like” [Gout Education](https://www.facebook.com/GoutEducation) on Facebook.