

# GO FOR 6

It's normal to have uric acid in your body, but too much could increase your risk for gout – an extremely painful form of inflammatory arthritis that often comes with other health issues, including kidney disease, heart disease and diabetes. Untreated gout can also lead to permanent joint damage and destruction of tissue.

Maintaining a healthy serum uric acid (sUA) level of 6 mg/dL or below is vital to minimizing risk. Like other healthy benchmark numbers for blood pressure, heart rate, cholesterol and blood sugar, knowing your sUA level is important, too.

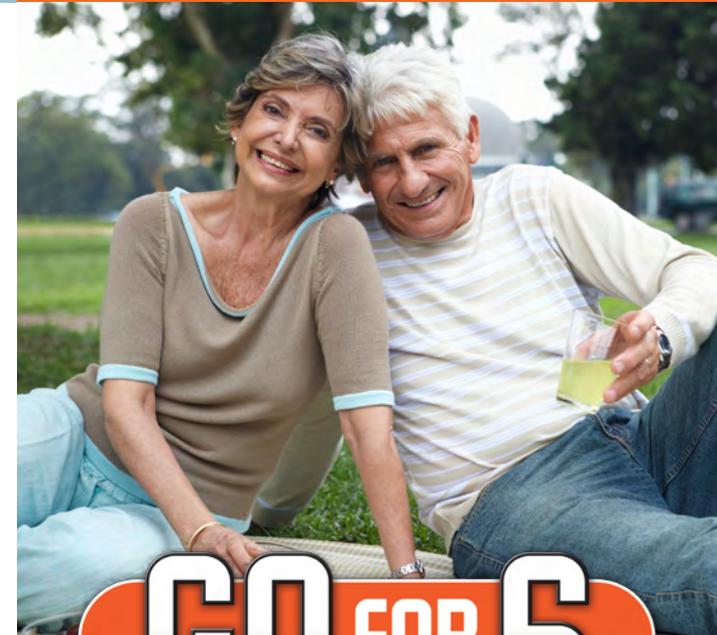
Your doctor can determine your sUA level through a routine blood test. If your sUA is higher than 6 mg/dL, your doctor may prescribe uric acid-lowering medications.

## ASK YOUR DOCTOR FOR A ROUTINE SUA BLOOD TEST, AND KNOW YOUR NUMBER.



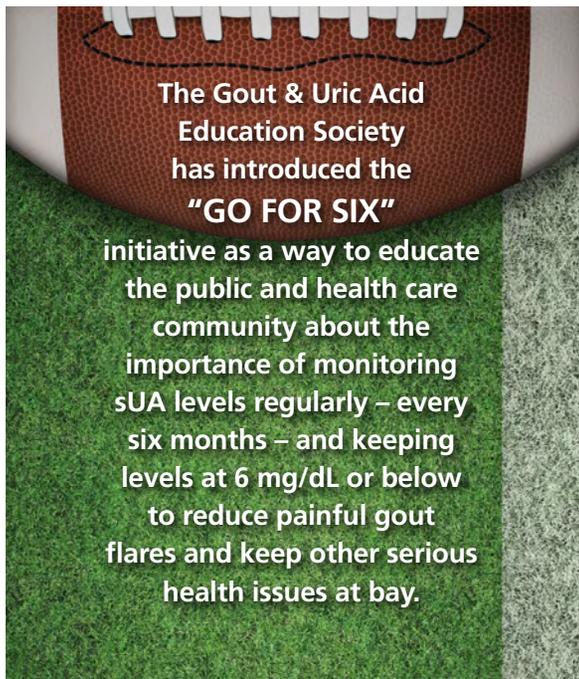
If you have gout, ask your doctor today to test your serum uric acid level – and set a goal to keep levels at 6 mg/dL or below to avoid painful gout flares and other serious health issues.

**Learn more about gout and the “Go for Six” campaign at [GoutEducation.org](http://GoutEducation.org).**



# GO FOR 6

YOU MAY BE AT RISK FOR GOUT.



The Gout & Uric Acid Education Society has introduced the “GO FOR SIX”

initiative as a way to educate the public and health care community about the importance of monitoring sUA levels regularly – every six months – and keeping levels at 6 mg/dL or below to reduce painful gout flares and keep other serious health issues at bay.

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## WHAT IS GOUT?

Gout is a painful and chronic form of arthritis caused by an accumulation of uric acid crystals in the joints. A prompt diagnosis and ongoing treatment is necessary to avoid permanent bone, joint and tissue damage, as well as other serious health issues. Unfortunately, just **10 percent of people with gout are getting the ongoing treatment they need.**

## WHAT IS HYPERURICEMIA?

Uric acid typically dissolves in the blood and then passes through the kidneys, where it is eliminated through urine. But if there is more uric acid than the kidneys can get rid of, a condition called **hyperuricemia** (high uric acid in the blood) develops. When uric acid crystals accumulate in the joints and other tissues, painful gout flares can occur.

To avoid gout and other problems, **uric acid levels should be at 6 mg/dL or below**, and should be monitored every six months. In advanced cases of gout and hyperuricemia, your doctor may recommend a sUA level of 5, 4 or even 3 mg/dL.

## KNOW YOUR HEALTHY BENCHMARK NUMBERS

When it comes to uric acid, the number to go for is 6 – but make sure you’re keeping track of these other benchmarks, too!

Blood Pressure	130/80 or less
Blood Sugar	100 mg/dL or below (fasting)
Cholesterol	200 mg/dL or below
HDL (Good) Cholesterol	40-60 mg/dL (higher = better)
LDL (Bad) Cholesterol	130 mg/dL or below
Heart Rate	60-100 beats/minute

## TALK TO YOUR DOCTOR

If you have gout, talk to your doctor to find out the steps you can take to protect your health and prevent long-term damage.

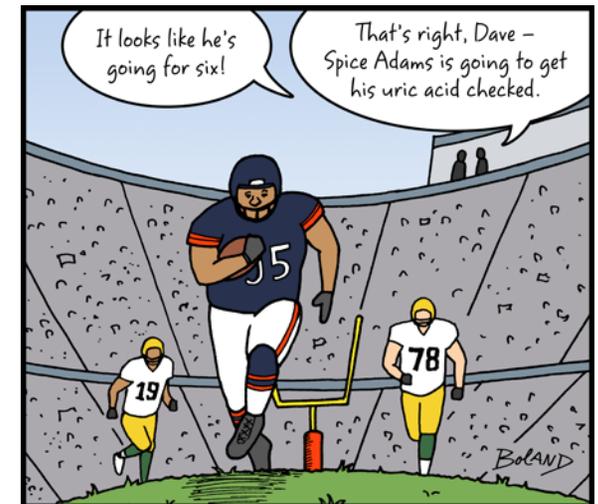
- **KNOW YOUR NUMBERS.** Routine blood tests can check to see if you have elevated uric acid and can measure other healthy benchmarks.
- **TAKE MEDICATIONS AS DIRECTED.** Your doctor may prescribe medications to keep uric acid levels low and gout flares at bay. Medications must be taken as prescribed, and should not be stopped – even if levels improve – without consulting the doctor.
- **STAY HYDRATED.** Drink at least eight cups of water a day to help flush the kidneys and remove uric acid from the bloodstream.
- **AVOID TRIGGER FOODS.** Your doctor may ask that you stay away from high-purine foods (red meat, shellfish and alcohol) and those that contain high-fructose corn syrup.
- **MAKE HEALTHY LIFESTYLE CHOICES.** Exercise regularly and maintain a healthy body weight. Avoid smoking.
- **CONTROL OTHER HEALTH ISSUES.** Obesity, high blood pressure, high lipid levels and diabetes can elevate uric acid – which can lead to gout flares and damage to organs.



Anthony “Spice” Adams – a retired, professional football player from the San Francisco 49ers and the Chicago Bears – was diagnosed with gout during a break from the Bears’ 2009 season. He was put on the injury report.

“The pain was excruciating,” Adams said. “My foot felt like it was sprained. I couldn’t even get up and walk around.”

After his diagnosis, Adams worked with the team’s athletic trainer to learn more about gout and steps he could take to prevent future flares. Today, Adams takes daily uric acid-lowering medication in order to keep his sUA level at a healthy 6 mg/dL or below. He also exercises regularly, stays hydrated and reduces food triggers such as red meat.



Anthony “Spice” Adams – football legend and gout sufferer – monitors his uric acid every six months, checking that it’s 6 mg/dL or lower.

Supported by the Gout & Uric Acid Education Society. Illustrated by Bol’s Eye Comics.