

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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