Take these steps to keep flares under control and lead life normally.

• Know your uric acid level. (Target is <6.0 mg/dL.) Have it checked twice a year.
• Be compliant with treatment or flares may increase in frequency and duration.
• Take prescribed medications (uric acid-lowering drugs, NSAIDs or corticosteroids).
• Eat a well-balanced diet (avoid red meat, shellfish, beer and high-fructose corn syrup).
• Exercise and maintain a healthy weight.

8.3 million Americans have gout. Just 10% receive the right treatment. Uric acid level should be 6 mg/dL or below.

1 in 3 gout sufferers hasn’t had uric acid checked in 5 years.

ARE YOU AT RISK?

Gout is most common in middle-age to older men, but it can occur in anyone at any age.
• Gout is hereditary – so check your family history.
• Asians, African Americans and Hispanics are at higher risk.
• Women are more likely to experience attacks after menopause.
• Health issues, including hyperuricemia, kidney disease, high blood pressure, diabetes, obesity and heart disease, increase your risk.

Only 1 in 5 knows that family history is a risk factor.

Gout often begins in the big toe but attacks can spread to the feet, ankle, wrists, hands and elbows.

3 in 4 don’t know the parts of the body that gout affects.
7 in 10 don’t know that gout is a form of arthritis.

See your doctor if you have...
• Warmth, pain, swelling or tenderness in one or more joints.
• Excruciating joint pain where even light pressure is unbearable.
• Joint pain and a family history of gout.

Make sure your doctor does a proper diagnostic test.

Gout can’t be cured... but it’s manageable.

1 in 3 incorrectly believes that gout is curable.

For more information, talk to your doctor or visit GoutEducation.org.

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