

# Take a Stand on Gout

**What is Gout? Gout is a chronic form of arthritis. Excess uric acid forms crystals in some joints, leading to excruciating pain, swelling and inflammation.**

## ARE YOU AT RISK?

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

**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.

**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.

**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 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.

**Gout can't be cured... but it's manageable.**

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.

**1 in 3** incorrectly believes that gout is curable.



Gout Education Society

**For more information, talk to your doctor or visit [GoutEducation.org](http://GoutEducation.org).**