

# Gout Explained

It's more than just pain and inflammation in your big toe

## What Is Gout?

Gout is a serious and painful form of arthritis that occurs when there is too much uric acid in the blood, which can create tiny, needle-like crystals that can build up almost anywhere in your body, including your:<sup>1,2</sup>



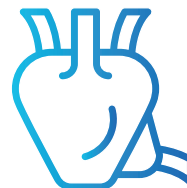
**Bones**



**Joints**



**Kidneys**



**Heart**



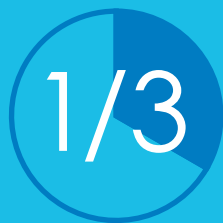
**Eyes**

## Did you know:

If you have kidney disease, you are more likely to develop gout as well?

## What Causes Gout?

Despite what some might think, diet is not the main cause of uric acid buildup.



of the uric acid in your body comes from what you eat<sup>1</sup>



is produced by the body and can be caused by factors like genetics<sup>1,3</sup>

Changing your diet alone may not be enough to manage your uric acid levels and adequately control your gout.

**Buildup** of uric acid can occur

Increased risk of future flares and damage

Uric acid crystals **dissolve**

Decreased risk of future flares and damage

10

9

8

7

**Gout Patients**  
Uric Acid >7 mg/dL

6

5

**Most Humans**  
Uric Acid 4–6 mg/dL

4

3

2

1

0

**Most Animals**  
Uric Acid 0 mg/dL

## What Is Uncontrolled Gout?

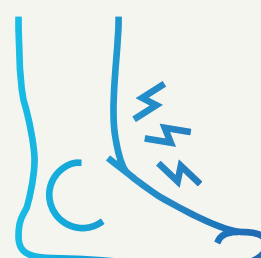
You may have uncontrolled gout if you continue experiencing high uric acid levels and the following symptoms, despite being on oral gout medications:<sup>4</sup>



**Multiple gout flares,** sometimes called gout attacks, per year



**Tophi (uric acid crystal deposits),** which look like lumps under the skin, that do not go away when a flare stops



**Ongoing pain** that continues between flares



A gout flare occurs when your body reacts to the buildup of uric acid crystals with heat, redness, swelling, and pain.<sup>5,6</sup> Even after the flare pain is gone, crystals can remain in your body and build up.<sup>7</sup>

## What Are the Risks of Uncontrolled Gout?

In some cases, gout and the buildup of uric acid can be associated with a greater likelihood of having serious impacts, including:<sup>3</sup>



**Joint damage**



**Bone erosion**

## How Do I Manage Uncontrolled Gout?

While gout is not curable, it is treatable. Getting rid of uric acid crystal buildup can help limit future flares and the long-term damage of gout.<sup>8,9</sup> It's important to talk to a gout specialist, most often a rheumatologist or nephrologist, to share your symptoms and ensure your uric acid levels are under control.

**LEARN MORE** about how to control your gout and keep your uric acid levels under control.

**Gout Revealed**

[www.GoutRevealed.com](http://www.GoutRevealed.com)

**Alliance for Gout Awareness**

[www.GoutAlliance.org](http://www.GoutAlliance.org)

**Gout Education Society**

[www.GoutEducation.org](http://www.GoutEducation.org)

### References

<sup>1</sup> Eleftheriadis T, et al. *J Adv Res*. 2017;8(5):555-560.

<sup>2</sup> Khanna P, et al. *J Clin Med*. 2020;9(10):3204.

<sup>3</sup> Dalbeth N, et al. *Nat Rev Dis Primers*. 2019;5(1):69.

<sup>4</sup> Francis-Sedlak M, et al. *Rheumatol Ther*. 2020;8(1):183-197.

<sup>5</sup> Doghramji PP, et al. *Postgrad Med*. 2012;124(6):98-109.

<sup>6</sup> Taylor WJ, et al. *Arthritis Rheum*. 2009;61(4):535-543.

<sup>7</sup> Schett G, et al. *RMD Open*. 2015;1 (Suppl 1):e000046.

<sup>8</sup> Toprover M, et al. *Arthritis Res Ther*. 2020;22(1):169-180.

<sup>9</sup> FitzGerald JD, et al. *Arthritis Care Res (Hoboken)*. 2020;72(6):744-760.