

A guide to help you track your symptoms and start a conversation with your gout specialist

## GOUT SYMPTOM TRACKER

Talking with your gout specialist about your flares and symptoms can help you find the right management plan to reduce your uric acid level and keep it low. If you have an upcoming appointment, use these questions to reflect on a recent flare you've had. If you've just seen your gout specialist, use these questions to track your next flare. If you are a care partner for someone living with gout, talk with them about their experience and answer these questions from their perspective. **Either way, you may want to circle or highlight the questions that feel most relevant to help you prioritize them when you talk with your gout specialist.**

1

Think about your last flare. Approximately when was it, and how long did it last?

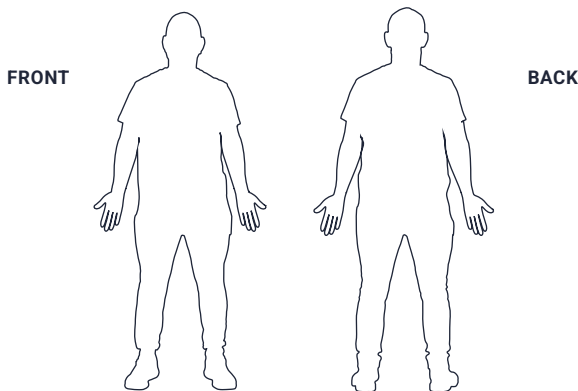
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**TALK TIP:** If you're having 2 or more flares a year, your uric acid levels may be high and it could mean your gout is not well controlled. Ask your gout specialist about your current uric acid level and how it can be addressed.

2

Which joint(s) were affected? Circle all that apply.



**TALK TIP:** As gout progresses, it can affect more than just your joints, potentially causing damage in places like your kidneys, heart, and even your eyes. Ask your gout specialist about the risks of progressing gout and what that could mean for you.

3

What symptoms did you experience during this flare? Check all that apply.

- |  |  |
|--|--|
| <input type="checkbox"/> Joint pain              | <input type="checkbox"/> Stiffness                                       |
| <input type="checkbox"/> Swelling                | <input type="checkbox"/> Tophi (visible, rock-like bumps) on your joints |
| <input type="checkbox"/> Redness                 | <input type="checkbox"/> Extreme sensitivity to touch                    |
| <input type="checkbox"/> Warmth (of your joints) |  |

Other \_\_\_\_\_

**TALK TIP:** Gout flares come with a range of symptoms. Tophi in particular may indicate your gout is more serious. Make sure to ask your gout specialist about how tophi form and what you can do to address them.

4

On a scale of 0 to 10, how severe was your pain (general, not just in your joints) during the flare? Circle your choice below

0 1 2 3 4 5 6 7 8 9 10



No Pain



Mild



Moderate



Severe



Very Severe



Worst Pain

**TALK TIP:** Pain during a flare comes from inflammation that's caused by uric acid crystals building up in your joints. If your pain was between 7 and 10, ask your gout specialist if there is more you can do to help manage it.

5

**How much did your symptoms affect your activity during this flare?**

- Mildly.** I could stay active.
- Moderately.** It was difficult to go about my day.
- Severely.** I wasn't able to follow my usual routine.

**TALK TIP:** If flares are causing you to avoid activities, miss work, or just making it harder to get around, that's a sign that your gout may be getting worse. When you speak with your gout specialist, try to give them specific examples of how gout is impacting your life.

6

**What did you do to manage the flare symptoms?**

- Took medications
- Other relief measures (such as ice, rest, etc)

**TALK TIP:** This is an opportunity to talk to your gout specialist about how you manage your flares, so you understand why it's important to take your medications and what other options you may have to help get the relief you need.

7

**Did the medication(s) you took relieve your symptoms?**

- Yes
- No
- Did not take medication(s)

**TALK TIP:** Relief of gout symptoms is possible—so if you are not satisfied with the relief you're getting from your current gout medication(s), ask your gout specialist if there are other options you should consider.

8

**How many flares have you had in the last year?**

- 0 to 2
- 3 to 5
- 5 or more

**TALK TIP:** High-purine foods, beer/hard liquor, dehydration, or starting/missing certain medications may trigger a gout flare. Keep track of any triggers you notice and let your gout specialist know about them.

9

**How many times have you been to the emergency room or hospitalized for a flare?**

- Never
- 1 to 3
- More than 3

**TALK TIP:** Pain during a flare can get so severe it can't be managed at home. If that's happened to you—even once—make sure you talk to your gout specialist about it.

10

**What is your top goal for managing your gout right now? Check all that apply.**

- Fewer flares
- No missed work
- Less or no pain
- Return to favorite activities and hobbies

Other \_\_\_\_\_

**TALK TIP:** It's important for your gout specialist to understand what you want out of your gout treatment. Discuss your goals and work together on the right treatment plan for you.

## Questions for your gout care partner

1. In the last year, how many times have you gone with your loved one to their gout-related doctor's appointments? \_\_\_\_\_ times

2. In your opinion, how does gout affect your loved one's life?

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**TALK TIP:** You have a unique perspective on your loved one's condition. Your loved one's gout specialist wants to hear from you.



**This guide was created together with gout specialists and people living with gout, to ensure that it's both informative and helpful to you in your own experience.**

**INSIDE  
GOUT**

Learn more about gout at  
[InsideGout.com](https://www.insidegout.com)

The information presented in this guide is intended for educational and informational purposes only. Patients are encouraged to consult their healthcare providers for professional clinical guidance directly related to their care.