

# WHAT TO KNOW ABOUT GOUT

## THE TRUE CULPRIT: HIGH URIC ACID

Gout is a common, painful form of arthritis, caused by uric acid building up in your blood. It can be a lifelong disease that, for some people, **gets worse over time if the root cause, high uric acid, is not addressed.**

For some, as uric acid continues to build up, it can create lumps and bumps under your skin, called tophi (toe-fye), and collect in different parts of your body, including **your joints, eyes, spine, and major organs like your heart and kidneys.**

## GOUT FLARES MAY BE A SIGN OF A BIGGER ISSUE

**Gout flares** are caused by a build-up of uric acid crystals in your joints and **can be a sign that your uric acid levels are too high.** As these crystals continue to form throughout your body, your risk of other health problems can increase, including:



Long-term joint, bone, and cartilage damage



Kidney disease



Diabetes



Heart issues like high blood pressure, heart disease, and stroke

## MANAGEMENT GOES BEYOND THE FLARES

Gout is progressive and can get worse over time if only flares are managed. Even between flares, uric acid continues to silently build up throughout the body. **Damage can occur even when you're not feeling symptoms.**

## MANAGING URIC ACID LEVELS

**The ultimate goal for gout management is to lower your uric acid levels.**

In addition to lifestyle changes, your healthcare team may recommend short-term medications to relieve flare pain and prescribe long-term medications to help reduce and manage your uric acid levels.



Short-term treatment for flare relief such as colchicine, ibuprofen, and other similar medications to reduce pain and inflammation. These medications do not reduce your uric acid levels.



Longer-term treatment to lower uric acid can include oral options, like allopurinol, febuxostat and probenecid, and non-oral prescription medication. Taking these as prescribed, even in between flares, is important for managing the levels of your uric acid.

## KEEP A RECORD OF YOUR URIC ACID LEVELS AND FLARES

For some, despite changes to diet, lifestyle, and taking prescription gout medications, uric acid continues to build up throughout the body. If this sounds like you, it may be time to talk to your rheumatologist or nephrologist about your options to further lower your uric acid levels.

Click here to visit [InsideGout.com](https://InsideGout.com) to learn more about gout.