

September 2022

The Journey Toward **Disease** **Management**

A National Survey
of Gout Patients

 ALLIANCE FOR
Gout Awareness



INTRODUCTION

Visiting a rheumatologist is often life changing for people living with gout, the inflammatory arthritis that prompts intense, painful attacks and swollen joints.

But for the more than 12 million Americans living with gout, that visit is hardly the beginning of their journey with the disease.

A national survey of 355 gout patients currently treated by a rheumatologist uncovered the struggles of learning to manage the disease and the multifaceted impact of gout on patients' physical and emotional lives.

LIFE WITH GOUT

Because of painful gout attacks, patients often have trouble walking, climbing stairs or completing everyday tasks. Beyond the physical symptoms, however, gout has debilitating effects on patients' social and emotional lives.

Gout Has a Multifaceted Impact

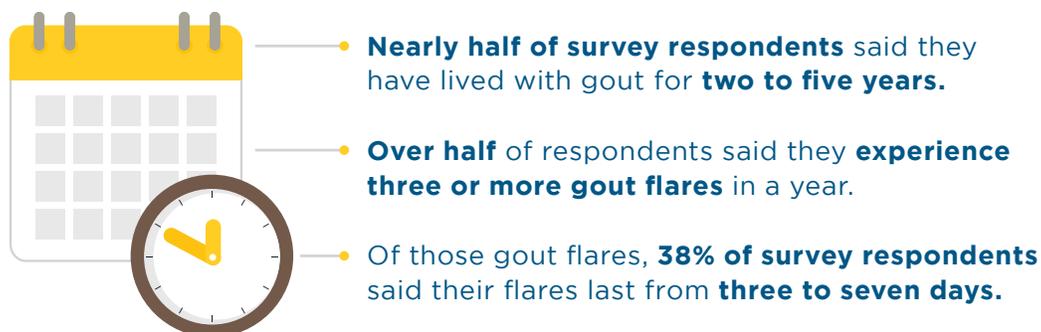
Most respondents said gout attacks have affected their daily activities, with more than 56% stating that gout affects their ability to enjoy life.

Respondents reported that gout affects their ability to:



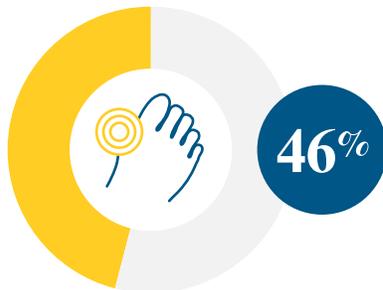
Misdiagnosis is Common

Many gout patients go undiagnosed or misdiagnosed and undertreated for years.



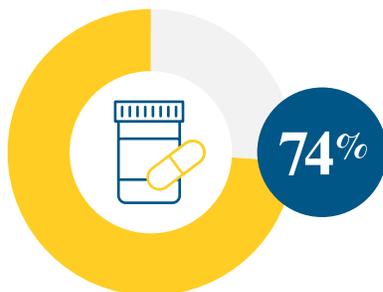
Emergency Care Often Involves Opioid Prescriptions

Many undiagnosed or undertreated gout patients end up visiting an emergency room for a gout flare.



Visited an emergency room because of gout pain

Those visits often result in gout patients being prescribed opioids for pain relief.

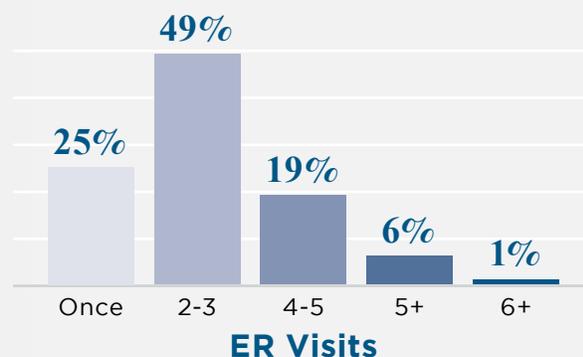


Who visited the ER for a gout attack were **prescribed an opioid** for pain relief

Increased prescriptions of opioid medications can increase the risk of opioid misuse, abuse or diversion.



Despite gout being a treatable condition, many survey respondents reported visiting the ER multiple times for a gout attack.





SEARCHING FOR EFFECTIVE TREATMENT

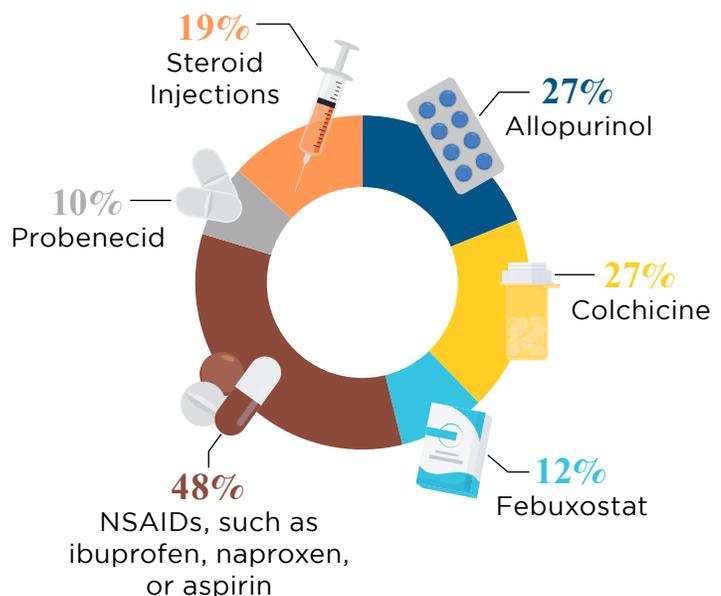
Gout is a complex disease that requires personalized treatment. Determining the right treatment regimen can take months, even years for some patients.

Tried multiple medications



without finding a regimen that got them to a place where they felt their gout was controlled.

Before determining a treatment plan with their rheumatologist, survey participants tried:





FINDING THE RIGHT HEALTH CARE PROVIDER

Rheumatologists can diagnose gout and work with patients to get their uric acid levels under control. These health care providers, however, are rarely gout patients' first stop in their attempt to understand and treat this debilitating condition.



Visited multiple health care providers **without getting clear answers** about gout



Saw multiple health care providers **without finding an effective treatment plan**

Some patients spent years searching for the right provider.



■ **37%**
Struggled with gout for **two to five years** before seeing a rheumatologist

■ **19%**
Struggled with gout for **six years or more** before seeing a rheumatologist

LIVING WELL WITH GOUT

While gout cannot be cured, it can be successfully managed once patients find an appropriate treatment regimen. It is important for patients to work with their providers to determine what treatment works best for them.



82% Said their gout is getting better, and they are learning how to manage it

81% Described their gout as “under control”

Gout is generally considered under control when patients experience one gout flare or fewer per year. Nearly half of survey participants (49%), reported experiencing three or more flares per year, though they still managed to be optimistic about their progress.

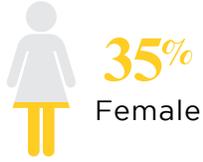
CONCLUSIONS

Survey responses underscore the intense and multifaceted impact that gout has on patients’ lives, inflicting not just physical pain but also emotional pain and disruptions to daily life.

Responses also convey the journey that gout patients undergo, often spending years seeing different health care providers and trying different medications before getting their gout under control. While most respondents found their way to a rheumatologist, the road to gout management was long and arduous for many.

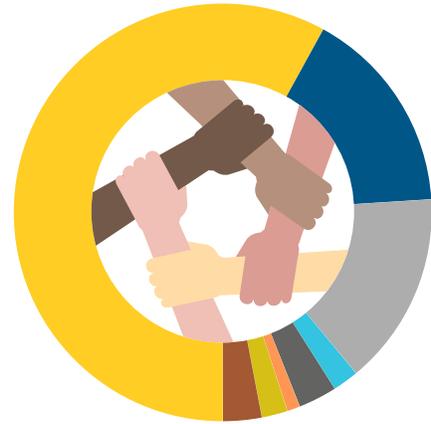
ABOUT THE SURVEY PARTICIPANTS

Gender



Ethnicity

- 58%** White
- 16%** Black
- 15%** Hispanic
- 2%** Asian
- 3%** Native American
- 1%** Middle Eastern
- 2%** Two or more races
- 3%** Other



Age Range



Many gout patients also live with other comorbidities.

Survey respondents described living with the following conditions:

- **Cardiovascular Conditions**
(such as stroke, heart attack, heart failure, Afib or high cholesterol) **30%**
- **Kidney Disease**
(renal disease or chronic kidney disease) **20%**
- **Kidney Stones** **19%**
- **Diabetes** **28%**
- **Obesity** **26%**
- **High Blood Pressure**
(hypertension) **48%**