

ALLIANCE FOR Gout Awareness

6 Ways to Take Control of Your Gout

Gout is a serious, painful disease caused by a build-up of uric acid, a waste product our bodies naturally produce. Once you have gout, there's no getting rid of it. But there's good news: you can take control of your gout.



See a medical professional.

People who have gout should get medical treatment, preferably from a gout specialist. Left untreated, gout can cause other health problems. But proper treatment can help reduce excruciating attacks and can prevent damage to your joints.¹



Take your medication as prescribed.

Gout can never be cured. And for most patients, diet modifications and exercise are not sufficient for long-term management. But patients who take their medication as prescribed, in combination with a healthy lifestyle, set themselves up for successful management of their condition. It's important to note, natural remedies like cherry juice or apple cider vinegar aren't appropriate treatment.



Mind your diet & engage in physical activity.

While dietary choices and lack of physical activity aren't solely responsible for causing gout, they can increase your risk. Avoiding high purine foods, for example, can help keep your uric acid levels down. A trusted medical professional can advise you about lifestyle changes that could help you manage the disease based on your risk factors.

1. National Institute of Arthritis and Musculoskeletal and Skin Diseases



Learn about gout.

Learn about the disease from reputable sources. Aside from a medical professional, government organizations and trusted foundations or organizations that focus on the disease can provide useful, trustworthy information. Understand what gout is, the disease's symptoms and causes, and then tell others. If you have other co-morbid conditions, learn how those impact your gout treatment.



Develop a support network.

Rather than suffering in silence, tell your family and close friends you have gout. A recent survey of gout patients overwhelmingly reported that “most people don't know gout is a form of arthritis.”² Fight misinformation and help those close to you understand the disease. Sharing what you're going through also creates a trusted network you can call on for help during an attack.



Don't give up!

Accepting a gout diagnosis can be disheartening. And learning to live with the condition—and cope with attacks—can be challenging. It's important not to let yourself become frustrated to the point that you stop trying to manage your gout. Your life is worth living to its fullest; your family, friends, work and community depend on your contributions. So, keep learning and keep trying new strategies until you find an approach that works for you.

Following these six steps can help keep your gout well managed and you in control. Uncontrolled gout can stem from a multitude of factors including delays in seeking treatment, not responding well to traditional therapies, the need for lifestyle changes, or issues related to medication adherence or dosing.

2. Alliance for Gout Awareness



The Alliance for Gout Awareness works to reduce stigma and empower patients by improving public understanding of gout. Members collaborate on educational materials and support resources. By heightening public awareness and addressing common misconceptions, the Alliance for Gout Awareness emboldens patients to acknowledge the disease's impact and to seek the treatment they need.



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