

# Patient Patient

*With* **CHRIS ADAMS**



## **Q** When did you first learn that you had gout?

In 1987 I was diagnosed with Crohn's disease, so it was difficult to get the gout diagnosis on top of that. A few years ago, I started having more problems. I suffered from kidney stones and underwent multiple surgeries.

About six months ago, I started having intense pain in my foot. Everything from walking to sleeping was painful. I knew something was wrong, so I visited my primary care doctor, and they tested my uric acid level.

That's when I discovered I had gout.

## **Q** How have you been able to manage both your gout and Crohn's disease?

I've learned how to advocate for myself. I see multiple physicians for each of my diseases, and I have to be honest about my symptoms and the state of my diseases so I can get the best care. Turns out, it's common for those with gout to have other conditions as well.

I also take multiple medications each day. It's up to me to make sure I am taking the right medication at the right time and prioritizing my health.

## Q What's the most challenging thing about managing two chronic diseases?

Managing multiple conditions is tough, but I had the advantage of tackling one at a time. I successfully managed Crohn's disease for years before I received a gout diagnosis.

At that point, I did struggle to understand gout treatment, especially how frequently I should take medication. I was unsure if I should take medication every day or only during a gout flare.

With time and research, I've come to understand how to manage the multiple medications I take.

## Q What advice would you offer to someone with gout who also has other health conditions?

It's important to know your body and be aware of other diseases and symptoms to watch for. You want to build trust with your provider and talk with them about your symptoms so you know your risks and can stay ahead

of other co-occurring conditions. And, I'd encourage other patients to take gout seriously.

Gout may seem like the lesser of your conditions, but it's serious and worsens with time. Having multiple conditions can be challenging, so it's important for gout patients to advocate for themselves. That way, gout patients can ensure

they receive the proper diagnoses and the appropriate treatment for any and all conditions they face.

*Managing multiple conditions is tough—but it can be done.*

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