

# Gout & Mental Health

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## A Comprehensive Approach to Treatment

The physical pain caused by gout, a common form of inflammatory arthritis, can be debilitating. **But gout can also take a toll on mental health.**

The stigma associated with the disease can lead to isolation, causing those living with gout to suffer in silence. That's why a comprehensive approach that addresses both physical symptoms and mental health is critical for successfully managing gout.

According to a recent survey, 58% of people with gout experienced anxiety, depression or hopelessness. Respondents also reported that gout affects their ability to:

41%



Do their job

30%



Care for their children, spouse or other family members

50%



Participate in hobbies or community activities

28%



Maintain friendships and stay socially active

56%



Enjoy their life

## To take a comprehensive approach to gout, you can:



**Seek treatment** for both physical AND mental health symptoms. Be proactive and don't wait for a flare to make an appointment. Be honest with your health care provider about your symptoms and how you are feeling.



**Find mental health support** by joining patient groups and visiting a mental health professional. Talking about your experience can help you feel better and remind you that you are not alone.

The 988 Suicide and Crisis Lifeline provides 24/7 free and confidential support. FindTreatment.gov offers support for those seeking treatment for mental health and substance use disorders.



**Share your diagnosis** with family, friends and employers. There is no shame in being diagnosed with gout. Being honest with others about your condition allows them to provide the support you need, and it empowers other patients to seek support too.

Gout can take a physical and mental toll, but there is hope. A comprehensive approach to treatment can help you successfully manage the condition and regain your quality of life.