

# Improving Gout Management & Reducing Stigma

**Gout is a debilitating form of arthritis that affects over 9 million Americans.**

While there is no cure, gout can be successfully managed. Misconceptions about the disease, however, can keep patients from seeking treatment. To address this issue, the Alliance for Gout Awareness and its members recommend working toward the following goals to improve gout management.



## TIMELY DIAGNOSIS

Gout is often managed by primary care or emergency room providers, who may lack an understanding of gout treatment and the long-term effects of the condition. Providing up-to-date resources for health care providers and facilitating connections with gout specialists can help more patients obtain a timely diagnosis.



## IMPROVED TREATMENT GUIDANCE

Health care providers need clearer, more consistent guidelines that emphasize timely, long-term treatment options, as well as acute treatment for painful gout flares.



## EXPANDED TESTING

Timely and more frequent testing, including of the general population, could help patients identify and address their gout at the onset of symptoms.



## EDUCATION & AWARENESS

Misconceptions about the disease mean that patients may face stigma. Increased education and greater awareness can help both patients and the general population understand that gout is a lifelong condition that can be successfully managed.



## INCREASED ACCESS

Insurance coverage is a significant obstacle to gout treatment. Removing barriers that keep patients from accessing physician-prescribed treatment, especially in communities disproportionately affected by gout, is imperative for better care.

**Patients shouldn't have to suffer in silence.** The groups below stand united to reduce stigma and improve the lives of the millions of people living with gout.

American Association of Kidney Patients • American Kidney Fund • AnCan  
American Podiatric Medical Association • Arthritis Foundation • Alliance for Patient Access  
Fundación Puertorriqueña de enfermedades reumáticas • Global Healthy Living Foundation  
Gout Education Society • Gout Support Group of America • Healthy Women  
Infusion Access Foundation • Lupus and Allied Diseases Association, Inc • National Kidney Foundation  
National Infusion Center Association • Rheumatology Nurses Society • US Pain Foundation