

May 2025

Gout & the Whole Body

Survey Results

 ALLIANCE FOR
Gout Awareness



INTRODUCTION

When most people think of gout, they think of pain in the big toe. And, while many gout attacks do start in the big toe, that's not the whole story.

Gout can occur in any joint – and can have serious health impacts throughout the body.

Several comorbidities run alongside gout, including:

- Kidney disease
- Cardiovascular disease
- Anxiety
- Depression
- Diabetes

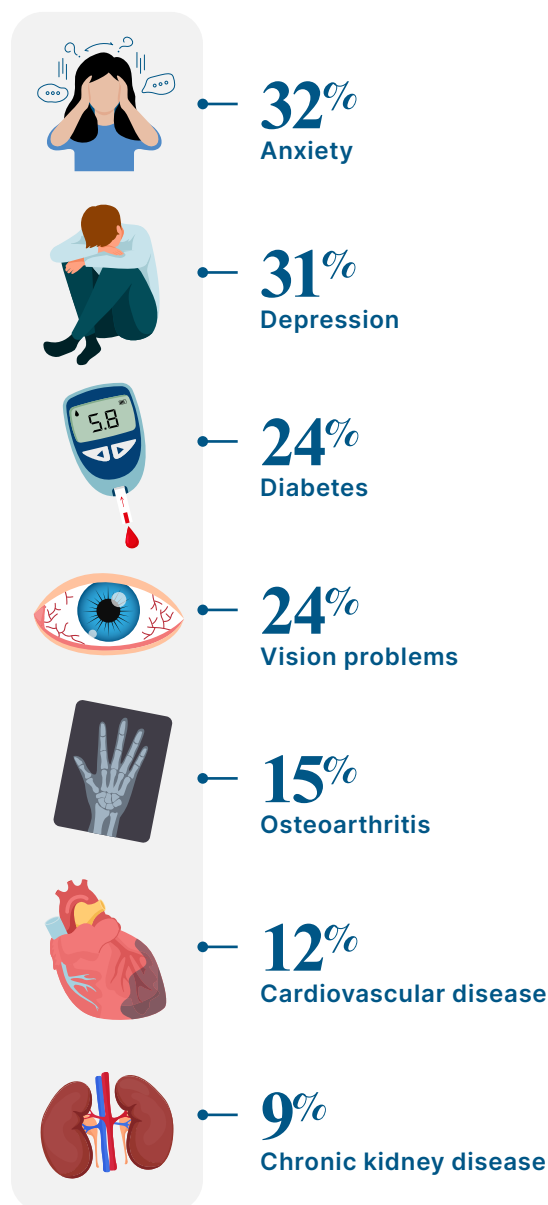
The Alliance for Gout Awareness conducted a national survey of 250 gout patients to explore how well-known these connections are among patients. The results revealed a concerning finding:

Not all patients know about the risk that gout poses to the whole body. And not all providers are talking to them about it.

PART 1

COMORBIDITIES

Gout patients can experience multiple comorbidities. For instance, chronic kidney disease, cardiovascular disease and diabetes can all co-occur. Many patients also report mental health challenges. Respondents indicated that they had also been diagnosed with:



(multiple responses allowed)

Overall, studies show that one in four people with gout have chronic kidney disease. The chance of getting diabetes nearly double when a patient has gout. Gout is also linked with a 58% higher risk of cardiovascular disease. Ensuring that patients are aware of these comorbidities and diagnosed early is imperative.

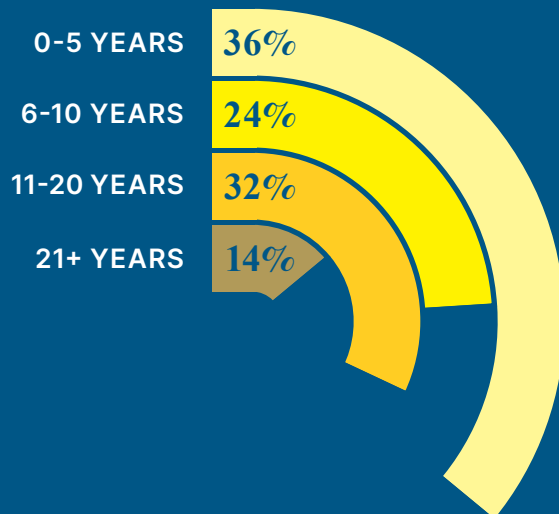
The rate of cardiovascular disease among patients increased with the amount of time they had been living with gout. Why does this matter? Because untreated, gout increases the risk of heart attack and stroke by 15%. Participants noted the following:

<u>Years with Gout</u>	<u>Rate of Cardiovascular Disease</u>
0-5 YEARS	8%
6-10 YEARS	14%
11-20 YEARS	21%
21+ YEARS	19%

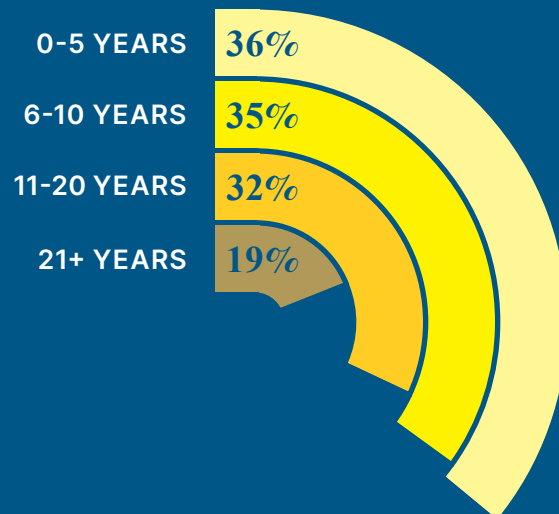
Mental health

More than 1/3 of patients who had been diagnosed with gout in the past five years suffered from anxiety or depression. Mental health can be a significant challenge for many gout patients, and treating both the physical and mental health aspects of the condition is critical.

Years with Gout Rate of Anxiety

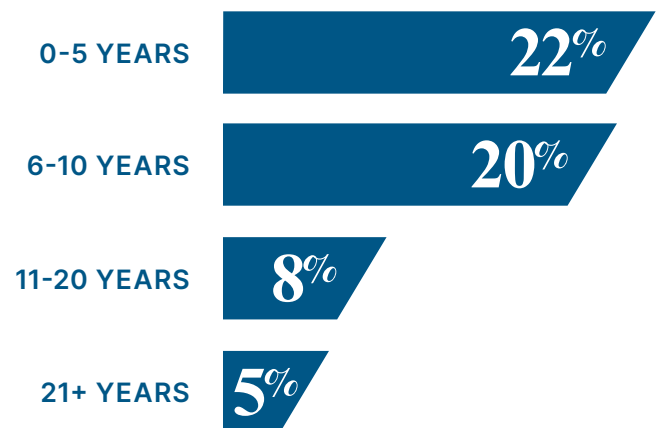


Years with Gout Rate of Depression



On a positive note, patients also reported being **less embarrassed to talk about their gout** as the years passed.

Years with Gout Felt Embarrassed

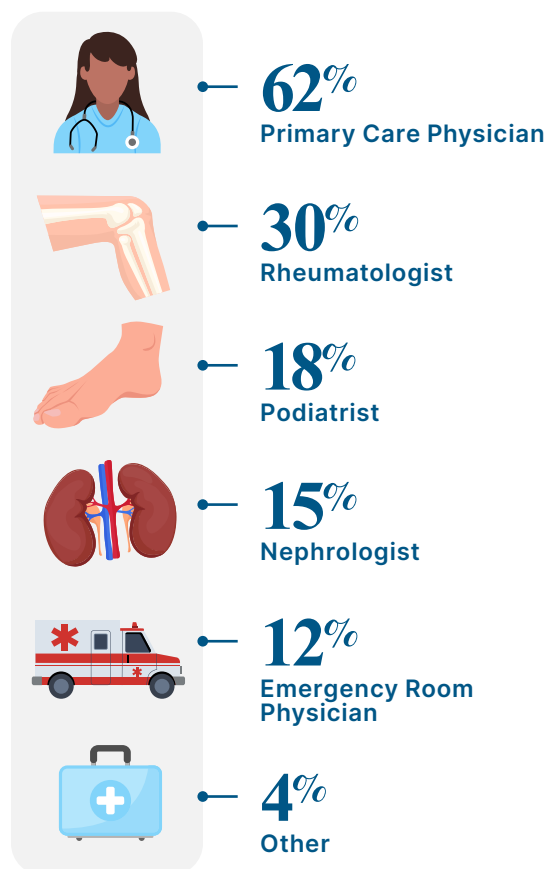


PART 2

MANAGING GOUT

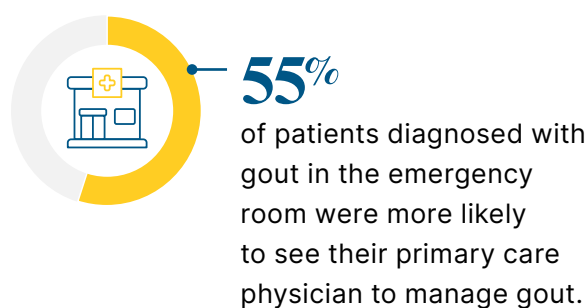
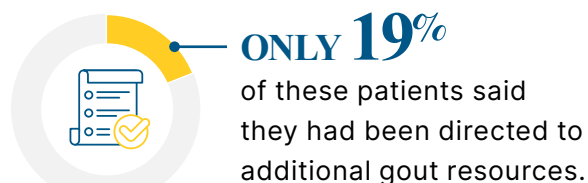
A patient's chances of knowing about comorbidities could depend in part upon the type of clinician who administers their care.

Many patients reported visiting multiple doctors to manage their gout.



(multiple responses allowed)

The majority of gout patients visited a primary care physician to manage their disease.



Of patients who visit a primary care physician, only half were aware that, by treating gout, they were lowering their risk of other diseases. Meanwhile, 72% of people who visited rheumatologists were aware.









PART 3

SPECIALISTS

Overall, patients managed by specialists have positive outcomes.

PATIENTS MANAGED BY:			
	RHEUMATOLOGIST	NEPHROLOGIST	PODIATRISTS
 Take gout seriously	79%	81%	71%
 Believe their doctor takes gout seriously	78%	81%	67%
 Know there are medications to treat gout	78%	76%	76%
 Live without worry of next gout flare	56%	76%	48%

Gout patients seeing a primary care physician for their condition were not as knowledgeable about comorbidities as those who see a specialist which may be explained by the lower rate of patients whose primary care physician discussed risk of comorbidities. Respondents seeing a primary care physician also reported at a higher rate of 35% that they had no comorbidities, which may indicate that they are being under screened and diagnosed.

A photograph of a young female doctor in a white lab coat with a stethoscope, and an older female patient with short grey hair wearing a green sweater. They are both looking at a tablet held by the doctor. The background is a blurred clinical setting. The image has a blue overlay.

CONCLUSION

The results of this survey highlight the need for continued education and the importance of visiting a specialist.

Patients who see a specialist are generally better informed about gout's full impact on their body and health. Yet the majority of patients visit a primary care physician to manage their gout. It is critical that there is increased education among primary care physicians about the disease, how it affects patients and different methods of treatment.

Next, there needs to be more education generally about gout being a whole-body disease. While many see gout as just flares, the disease is serious and progressive. Untreated, it can lead to longer and more frequent flares, permanent joint damage, and other health concerns like increased risk of cardiovascular disease, stroke and chronic kidney disease.

With improved education and patients equipped with the resources they need, outcomes can be improved and patients can live with their gout well managed.

DEMOGRAPHICS

GENDER



67%

Male

31%

Female

1%

Nonbinary

<1%

Prefer not to say

AGE RANGE



4%

ages 18-24

18%

ages 25-34

24%

ages 35-44

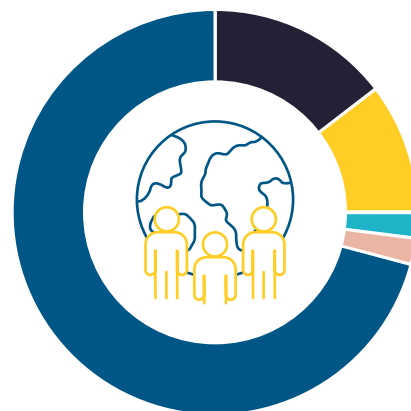
13%

ages 45-55

39%

ages 55+

ETHNICITY



68%

White

14%

Black or African
American

10%

Hispanic or Latino

2%

American Indian
or Alaska Native

2%

Two or more races

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