What is gout?

Gout is a type of painful, inflammatory arthritis caused by too much uric acid in the blood, either because the body makes more than it should, or the kidneys do not remove as much as they should.

An estimated 9.2 million Americans live with gout. Some suffer from a chronic and debilitating form of the condition known as uncontrolled gout.

Uncontrolled gout occurs when a person experiences ongoing symptoms and high uric acid levels, even while taking gout medication.

Frequent visits to the hospital may mean gout is uncontrolled.

1993: 8,454 hospitalizations for gout from 1993 – 2011

2011: 20,949 hospitalizations for gout from 1993 – 2011

Symptoms of uncontrolled gout include:

- **Multiple Gout Flares**: two or more flares, sometimes called gout attacks, per year
- **Tophi**: uric acid crystal deposits, which look like lumps under the skin, that do not go away when a flare stops
- **Ongoing Pain**: that continues between flares

To avoid gout and other problems, uric acid levels should be 6.0 mg/dL or below.

If you have these signs and symptoms your uric acid level may need to be at or below 5 mg per dl.

Take a Step in Controlling Gout

1. See a gout specialist, most commonly a rheumatologist.
2. Talk about your gout symptoms, reveal how gout is affecting your life.
3. Visit the link above to hear from other patients affected by uncontrolled gout and learn more about the condition and available treatments.

Learn more: GoutRevealed.com