



Hyperuricemia and Gout Fact Sheet:

- Gout is caused by high levels of uric acid in the body, a condition called hyperuricemia.³
 - As many as one in three Americans are hyperuricemic and 20% of these people develop gout.⁸
 - 90% of hyperuricemia cases are genetic and can usually only be controlled with the use of medication.¹¹
- Research has shown that hyperuricemia is strongly associated with many deadly diseases such as heart disease, high blood pressure, kidney disease, diabetes, stroke, obesity, hypothyroidism and cataracts.^{4,5}
 - Standard protocol is to not treat asymptomatic hyperuricemia (hyperuricemia without gout) however, recent research has shown this may be serious mistake.⁴
 - Most doctors are unaware of the risk that hyperuricemia poses to their patients.⁴
- 5.1 million Americans suffer from gout.¹
 - The incidence of gout has doubled over the past two decades and continues to increase.²
- Gout sufferers miss 4.6 days of work due to gout related symptoms, resulting in a 2% decline in productivity. Also, 25% of people with gout report pain between attacks which lowers quality of life.¹
 - Improperly managed gout has a strong impact on the quality of life of the sufferer and also has a significant economic impact.¹
- 78% of doctors are not properly treating gout.⁶
 - The seriousness of gout is often under appreciated by general practitioners.⁷
 - Uncontrolled gout may result in severe and permanent joint damage and can be disabling.⁸
- Proper gout management is complicated. Patient education and understanding of proper management is key to successfully managing gout.⁹
- Gout attacks can usually be stopped within an hour or two when treated properly.⁹
- Properly managing hyperuricemia can stop gout attacks altogether.¹⁰
- Improper use of gout medications can be dangerous.¹²
 - Doctors often prescribe inappropriate medications and doses.⁶
- The more gout attacks someone has, the more likely they are to get more.⁷
- Getting an accurate gout diagnosis is key. There are many conditions that can look like gout, and gout is often mistaken for other conditions. Some of these conditions are deadly.³
- Alcohol is the single largest dietary factor affecting gout.¹³
- Other than alcohol, diet has a fairly small effect on gout.^{12,14}

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