



Myths and Realities About Gout and Hyperuricemia:

MYTH	REALITY
Gout is is a painful disease but otherwise harmless.	Uncontrolled or improperly managed gout can lead to permanent joint damage and disability. The underlying cause of gout, a condition called hyperuricemia, can cause a long list of very deadly conditions.
If I don't have gout, I have nothing to worry about.	Gout is caused by hyperuricemia, high uric acid levels in the body. In those that have not developed gout, this condition is called asymptomatic hyperuricemia, meaning there are no symptoms. However, high levels of uric acid have been strongly associated with heart disease, high blood pressure, kidney and liver disease, diabetes, stroke and obesity — even if gout never develops and there are no other symptoms.
If hyperuricemia is dangerous, my doctor will catch it and fix it.	Historically, hyperuricemia was thought to be benign, but recent research has shown that hyperuricemia is associated with many deadly diseases. This information is still only known to only a small number of researchers and specialists. Also, most blood tests show dangerously high levels of uric acid as “normal.”
Gout and hyperuricemia are caused by diet. I eat a healthy diet so I have nothing to worry about.	Hyperuricemia and gout are influenced by diet but only slightly. Over 90% of cases are caused by genetics and usually cannot be controlled by diet alone.

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