



Suggested Questions for Victor Konshin, Author of *Beating Gout: A Sufferer's Guide to Living Pain Free*

- **You say gout is not a harmless disease. Why is that?**
- **Hyperuricemia causes gout but how does it cause heart disease, kidney disease, liver disease, diabetes and stroke?**
- **Can high levels of uric acid really make you fat?**
- **If this is such a serious problem, why have we not heard about it before now?**
- **Isn't gout just an "old, rich man's" disease?**
- **It is commonly believed that gout is caused by a poor diet or certain foods. How is this wrong?**
- **Gout may not be caused by diet, but can't some foods like seafood and beer make it worse?**
- **Many doctors see gout as a painful but otherwise harmless disease. How are they wrong?**
- **What can you do to reduce the risks that gout and hyperuricemia cause?**
- **Don't gout medications have lots of side effects and can't they be dangerous?**
- **There is a lot of interest in alternative medicines these days. Why do you think alternatives may be dangerous for treating gout and hyperuricemia?**
- **Why did you write *Beating Gout: A Sufferer's Guide to Living Pain Free*?**
- **You say there are many myths and misconceptions surrounding gout. What are the most shocking?**
- **Gout has been around for a very long time. Why is all of this coming up now?**
- **Tell me about how high levels of uric acid are linked to higher intelligence and how it has helped humans to evolve.**

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