



Beating Gout: A Sufferer's Guide to Living Pain Free

Reviews and Testimonials

Midwest Book Review:

"Gout is a common disease, well understood by today's modern medical professionals - but far too many of those afflicted fail to receive proper treatment. *Beating Gout: A Sufferer's Guide to Living Pain Free* is a complete and comprehensive guide for those who have gout, covering how they can overcome the day to day pain and how to prevent the condition from leading to something far worse. Using up to date research, and offering recommendations to help stop gout attacks before they happen, *Beating Gout: A Sufferer's Guide to Living Pain Free* is a top pick for long term sufferers and for community library health collections."

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Doody Review Services:

"*Beating Gout* is an excellent book that explains gout and the available treatment options in an easy to understand way. The book educates readers about the stages of gout, its treatment (as well as how it is often mistreated), and the lifestyle and dietary changes necessary for gout sufferers. This is an excellent review of gout that addresses the problem of the lack of information about the disease among the public."

— Tarek Kteleh, M.D.
- Washington University Medical Center

Professional Testimonials:

"*Beating Gout* provides an insider's view to gout, which is a common and painful disease. Victor Konshin provides an excellent and clinically useful handbook on how to recognize and manage this condition that should be useful for both the patient and physician."

— Richard J. Johnson, M.D., FACP
- Board member of the Gout & Uric Acid Education Society

"Fifty years ago, early in the modern era of Rheumatology, diagnosing, treating and managing gouty arthritis was the one form that was the most interesting and exciting. Rheumatology knew the cause, could accurately diagnose gout and had definitive drugs to manage and treat it. Since then it has been lacking new ideas, thoughts and drugs, and good management has waned. *Beating Gout* sets the record straight on the best way to diagnose, treat and manage gout."

— Ralph Argen, M.D., FACP, FACR



"Gout is largely mismanaged by physicians. Current guidelines have provided a gold standard to improve the quality of gout care. *Beating Gout* will help the sufferer to understand the disease and to be involved in their treatment."

— Weiya Zhang, M.D. - European League Against Rheumatism

"Packed with useful information that patients suffering from gout should know. *Beating Gout* is the best resource available for learning how to properly manage gout. I strongly recommend it."

— Elizabeth Hatton, M.D.

Reader Testimonials:

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"I could not believe how little I knew about my gout. I was even more amazed at how little my doctor knew about this disease. Anyone with gout should buy two copies of this book, one for their doctor and one for themselves."

— Mark R., Massachusetts

"*Beating Gout* was very informative and I have been adhering to the advice given. Of course, it has only been a short while and my flare up is still active, but I didn't expect immediate results. The book is more helpful than the information I have received from other sources."

— Donna P., Florida

"I have suffered with joint pain for a long time. Pain in my shoulders, neck, hands and in particular my left foot. There were days that I dreaded getting off of the couch because I felt so lousy and hurt so much. I was becoming pretty despondent. Finally, my doctor said that my uric acid was high. After reading *Beating Gout: A Sufferer's Guide To Living Pain Free* ... the information helped me change my diet - I now feel 20 years younger. Thank you so much for helping me understand what was happening with my body. "

— Beverly G., California

"*Beating Gout* is filled with very useful information in fairly simple terms to help put an end to the nightmare that is gout. There is even a section of technical jargon that you can take to your doctor to help get your treatment plan adjusted! I recommend this book to anyone with gout."

— Francis M., Texas

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For more information on "Beating Gout: A Sufferer's Guide to Living Pain Free," contact Victor Konshin at vkonshin@ayerware.com or visit <http://www.beatinggout.com/>.