

## SPEAK OUT ABOUT

# GOUT

FOR PATIENTS

## QUESTIONS TO ASK YOUR DOCTOR ABOUT GOUT:

Take a list of questions about your gout to each visit with your primary care doc or rheumatologist and ask the most important ones first. If you're having attacks, ask about solutions. If you're not, discuss what's working well.

Speak up about your pain and if you are not happy with your current treatment. There may be other options available. Untreated gout can have long-term consequences and cause permanent damage to joints.



## HERE'S HOW YOU CAN SPEAK OUT ABOUT GOUT WITH YOUR DOCTOR:

### UNDERSTANDING GOUT



- What causes gout? Is gout related to diet or is it genetic?
- How is uric acid connected to gout attacks?
- Why does my body make too much uric acid?
- What are the potential long-term consequences of gout for me?
- Do I need to be tested for other conditions related to gout?

### TREATMENT OPTIONS



- What are my gout treatment goals?
- How often do we need to check my uric acid levels?
- Do I need medication to lower my uric acid levels?
- What medications can I take for pain due to a gout attack?

### ONGOING GOUT CARE



- How will you monitor my progress toward treatment goals?
- What happens when I reach my uric acid level target?
- What should I do when I have a sudden gout attack?
- Do I need to change my diet to manage my gout?

### COPING WITH GOUT



- I'm doing everything I'm supposed to to manage my gout, but it's not helping and it's causing me anxiety. What else can you suggest?
- I feel like it's my fault that I have gout, and I feel so alone. Are there any support groups you recommend?
- My family and friends don't understand that gout isn't just about diet. Do you have any resources I can share with them so they might be more supportive?

For more information about gout visit [arthritis.org/gout](https://www.arthritis.org/gout)